



PATTY WILSON COACHING



— FREE TRAVEL GUIDE · 2026

Eat Well *Anywhere*

Simple strategies to stay lean, energized & consistent while traveling. You can enjoy life without feeling like you're starting over.

Vacations

Hotels

Airports

Restaurants

Business travel

Created by **Coach Patty Wilson** · Scottsdale, AZ · pattywilsoncoaching.com

You don't need perfection. *You need a plan.*

Whether you're headed on vacation, traveling for work, or dining out with friends, one meal won't derail your results. What matters most is consistency.

This guide will give you simple, practical strategies to help you make smart choices, enjoy your trip, and come home feeling good in your body. These are the same rules I use to stay consistent, no matter where I am.

Inside this guide, you'll learn

- What to eat at hotels
- Airport survival tips
- Travel snacks that keep you satisfied
- Restaurant ordering strategies
- Staying consistent on business travel
- How to enjoy vacation without gaining weight

How to use it

- 01 Learn my 5 Travel Rules**
Page 3. They're the backbone of everything else.
- 02 Print your toolkit before you go**
Page 11: packing checklist and travel-week tracker.
- 03 Keep the cheat sheet on your phone**
Page 7: what to order, by cuisine.



5

TRAVEL RULES

Simple habits that go wherever you go.

8

MENUS DECODED

What to order, from Mexican to the business buffet.

5

EASY RECIPES

Hotel-room friendly, 5 ingredients or less.



COACH PATTY TIP · CONSISTENCY OVER PERFECTION

The women who maintain their results while traveling aren't perfect. They simply make more supportive choices more often. You don't need willpower. You need a plan.

Five rules that go *everywhere I go*.

These simple rules keep me consistent, no matter where I am. Follow them, and you'll stay on track without missing out on the experiences you love.

Rule

1

Protein first

Start every meal with quality protein to stay full, satisfied, and in control.

Rule

2

Hydrate before you eat

Drink water first. It can help curb cravings, supports digestion, and keeps your energy up.

Rule

3

Walk daily

Movement doesn't have to be intense. Aim for 8,000–10,000 steps to keep your body moving and your mind clear.

Rule

4

Never skip breakfast

Skipping breakfast often leads to poor choices later. Fuel your body and set the tone for a better day.

Rule

5

One indulgence doesn't mean an entire cheat day

Enjoy the treat, let it go, and get right back to your next healthy choice. Consistency over perfection.

REMEMBER

Success while traveling is about what you do *most of the time*, not all of the time.



COACH PATTY TIP

You don't need willpower. You need a plan. These rules remove the guesswork and help you make confident choices anywhere you go.

Build your hotel *breakfast success.*

A balanced breakfast fuels your day, controls cravings, and keeps you on track while you travel.



Walk the buffet with this in mind: build your plate from the first three columns, and treat the last one as a “sometimes.”

PROTEIN

- ✓ Eggs
- ✓ Egg whites
- ✓ Bacon
- ✓ Sausage
- ✓ Greek yogurt

FIBER

- ✓ Berries
- ✓ Apples
- ✓ Grapefruit

HEALTHY FATS

- ✓ Nuts
- ✓ Avocado

LIMIT

- ✗ Pastries
- ✗ Sugary cereals
- ✗ Pancakes
- ✗ Waffles
- ✗ Juice

Your hotel room *heroes*

A few simple tools, endless possibilities. Every recipe on page 8 works with these.

Electric kettle

Hot water, tea, oats

Microwave

Warm-ups in a minute

Mini fridge

Yogurt, fruit, protein

Utensils & bowls

Mix, chill, enjoy



COACH PATTY TIP · FOCUS ON PROGRESS, NOT PERFECTION

You don't have to eat the “perfect” breakfast. You just need one that supports your goals more often than not.

Airport survival, *made simple.*

Airports can be tricky, but a little preparation goes a long way. Stay nourished, hydrated, and stress-free from check-in to touchdown.

HYDRATE FIRST

Drink water before coffee or alcohol. It keeps your energy up and helps reduce bloating.

EAT SMART

Choose protein, fiber, and healthy fats to stay full and help avoid blood sugar crashes.

MOVE OFTEN

Walk the terminal, stretch, and take the stairs when you can. Your body will thank you!

PACK A PLAN

Bring your own snacks, stay organized, and you'll always have a healthy option.

MANAGE STRESS

Deep breaths, good food, and movement keep your mind and body balanced while you travel.

BE PREPARED. BE POWERFUL.

How you handle the airport *sets the tone* for your whole trip.

Travel snacks *that work*

Smart snacks keep you satisfied, energized, and in control, anywhere. The key is protein, fiber, and healthy fats. These are easy to pack, mess-free, and help you skip the vending machine and overpriced airport food.

● Nuts & seeds

● String cheese or cheese slices

● Beef jerky or turkey slices

● Protein bars (low sugar)

● Fresh fruit or dried fruit

● Hummus & veggie packs

Snack smart

- Pack snacks before you leave.
- Keep portions in check.
- Choose whole foods most of the time.
- Avoid ultra-processed and sugary snacks.
- Stay hydrated. Thirst is often disguised as hunger.



COACH PATTY TIP

Control what you can. You can't always control delays or crowds, but you can control the choices that keep you feeling your best.

Don't go hungry. When you're starved, willpower goes out the window. Keep a snack within reach and stay in the driver's seat of your choices.

The Restaurant Formula: *on track, anywhere.*

You don't need to overthink it. Use this formula every time you order for a balanced, satisfying meal that supports your goals.

1

PROTEIN

Choose a lean protein to stay full and satisfied.

+

2

VEGGIES

Fill half your plate with non-starchy veggies for nutrients and fiber.

+

3

HEALTHY FAT

Add a source of healthy fat for flavor, fullness & balance.

+

4

SMART CARB

Choose your carb intentionally and keep portions in check.

THE RESULT

A meal that *fuels your body* and fits your goals.



Bonus reminders

- ☐ Drink water throughout your meal.
- ☐ Go slow and enjoy each bite.
- ☐ Listen to your fullness cues.
- ☐ One meal won't make or break you. Consistency will.

CONSISTENCY OVER PERFECTION



COACH PATTY TIP

The formula takes the guesswork out of dining out. Use it, trust it, and enjoy your meal with confidence. You've got this!

What to order, *by cuisine*.

Here's my Restaurant Formula applied to the menus you'll actually see on the road. Pick one from each column, and go easy on the last one. Screenshot this page before you travel.

CUISINE	1 · PROTEIN	2 · VEGGIES (½ PLATE)	3 · HEALTHY FAT	4 · SMART CARB	GO EASY ON
Breakfast café	Eggs, egg whites, Greek yogurt	Veggie omelet fillings, berries	Avocado, nuts	One slice of toast or a piece of fruit	Pastries, pancakes, waffles, juice
Mexican	Grilled chicken, steak, shrimp, or fish	Fajita peppers & onions, lettuce, salsa	Guacamole	A few tortillas, or a small side of beans or rice	Chip basket refills, queso, sugary margaritas
Italian	Grilled chicken, fish, or shrimp	Side salad, roasted or sautéed veggies	Olive oil	A small portion of pasta, or share one	Bread basket, creamy sauces
Steakhouse & grill	Steak, salmon, or chicken	Grilled veggies, asparagus, salad	Dressing on the side, olive oil	Half a baked or sweet potato	Loaded sides, fried starters
Japanese & Asian	Sashimi, chicken, shrimp, tofu, edamame	Stir-fried veggies, seaweed salad	Avocado, sesame	A small scoop of rice	Tempura, sweet sauces, fried rice
Mediterranean	Chicken or fish kebabs, souvlaki	Greek salad, grilled veggies	Olive oil, olives, hummus	One pita or a small side of rice	Extra pita, fries
Burgers & fast casual	Burger patty or grilled chicken	Side salad, lettuce, tomato, onion	Avocado	The bun or small fries: pick one	Combo meals, soda
Business dinner or buffet	Start with the protein station	Fill half your plate from the salad or veggie trays	Nuts, cheese, or dressing: one	Choose one starch you really want	Grazing on bread and desserts "because they're there"

Ask for it

Sauces and dressing on the side, veggies instead of fries, grilled instead of fried. Asking is normal.

Water first

Rule #2 still applies: drink water before the bread basket or cocktails arrive.

Choose your treat

Dessert, a drink, or the bread: pick the one you'll love, enjoy it, and let it go.

Simple. Delicious. *Satisfying.*

No fancy ingredients. Just real food. Eating well while traveling doesn't have to be boring or complicated. These easy recipes and ideas are perfect for hotel rooms, when you're short on time, or on the go!

RECIPE 1

Overnight Oats

- ½ cup oats
- ½ cup Greek yogurt
- ½ cup almond milk
- ½ tsp chia seeds
- Berries on top

Mix, chill, enjoy!

RECIPE 2

Tuna & Avocado Bowl

- 1 pouch tuna
- ½ medium avocado
- Mixed greens
- Cherry tomatoes
- Olive oil + lemon

Fresh, filling, fast!

RECIPE 3

Greek Yogurt Parfait

- Greek yogurt
- Berries
- Nuts or granola
- Drizzle of honey

Protein-packed and delicious!

RECIPE 4

Turkey Wrap

- Whole grain wrap
- Turkey slices
- Hummus
- Spinach + veggies

Wrap it up and go!

RECIPE 5

Apple & Nut Butter

- 1 apple
- 1-2 tbsp natural nut butter
- Cinnamon (optional)

Sweet, crunchy, satisfying!



Quick recipe tips

- Keep it simple with real, whole ingredients.
- Use what's available. Get creative!
- Prep ahead when you can.
- Focus on protein, fiber, and healthy fats.
- Choose recipes with 5 ingredients or less.



COACH PATTY TIP

You don't need a perfect recipe. You need a plan, simple options, and the confidence to choose you.

Move. Fuel. *Thrive.*

Movement doesn't have to be complicated. Small bursts of activity keep your energy up, your stress down, and your confidence high, no matter where you are.

TRY THIS

Mini challenge!

- ☐ Walk 10 minutes after each meal.
- ☐ Do 3 rounds of 10 squats, 10 push-ups, and a 30-second plank.
- ☐ Stretch for 5 minutes every morning or before bed.

FEEL BETTER. MOVE BETTER. LIVE BETTER.



Easy ways to *move while traveling*

WALK MORE

Take the stairs, explore on foot, and aim for 8,000–10,000 steps a day.

STRETCH OFTEN

Loosen tight muscles, support circulation, and reduce travel stiffness.

GET CREATIVE

Do bodyweight exercises in your hotel room: squats, push-ups, planks, & more!

MOVE DAILY

Even 20–30 minutes can boost your mood, energy, and focus.

LISTEN TO YOU

Honor your body. Rest when needed, and balance activity with recovery.

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You don't have to do it all. You just have to keep showing up.

COACH PATTY



COACH PATTY TIP

Movement is self-care. It's not about perfection. It's about progress.

The 80/20 rule: *good choices, great memories.*

You don't have to be perfect on vacation to make progress. Use the 80/20 rule to enjoy your trip, stay consistent, and come home feeling good.

80%

OF THE TIME

Make choices that nourish your body and support your goals.

20%

OF THE TIME

Enjoy the foods, drinks, and experiences that make your trip special.

How to apply it

01

Start strong

Start your day with a nourishing choice to set the tone.

02

Stay hydrated

Thirst is often mistaken for hunger.

03

Keep moving!

Activity helps you feel good and make better choices.

04

Plan ahead for events and treats

Balance them with lighter choices throughout the day.

05

Practice gratitude and presence

Enjoy every moment!



One meal doesn't make or break you.

It's the choices you make most of the time that create the results you want. Get back to your plan at the next meal and keep moving forward. Progress over perfection.



COACH PATTY TIP

It's about balance, not deprivation. You can have both. Enjoy the moment. Own your choices. Trust your plan.

Pack it, track it, *enjoy it.*

SNACKS TO PACK

- ☐ Nuts & seeds
- ☐ String cheese or cheese slices
- ☐ Beef jerky or turkey slices
- ☐ Protein bars (low sugar)
- ☐ Fresh or dried fruit
- ☐ Hummus & veggie packs

RECIPE BASICS

- ☐ Oats + chia seeds
- ☐ Tuna pouches
- ☐ Natural nut butter
- ☐ Whole grain wraps
- ☐ Pick up on arrival: Greek yogurt, berries, avocado, apples, turkey, greens

HABITS ON THE GO

- ☐ Water bottle (hydrate first)
- ☐ Walking shoes for 8,000–10,000 steps
- ☐ Workout clothes for room workouts
- ☐ Room check: kettle, microwave, mini fridge, bowls
- ☐ This guide's cheat sheet on my phone

DAY	BREAKFAST (NEVER SKIP)	PROTEIN FIRST	WATER BEFORE MEALS	8-10K STEPS	FORMULA AT RESTAURANTS	SNACK PACKED	MINI CHALLENGE	MY 20%: ENJOYED & LET GO
Day 1	☐	☐	☐	☐	☐	☐	☐	
Day 2	☐	☐	☐	☐	☐	☐	☐	
Day 3	☐	☐	☐	☐	☐	☐	☐	
Day 4	☐	☐	☐	☐	☐	☐	☐	
Day 5	☐	☐	☐	☐	☐	☐	☐	
Day 6	☐	☐	☐	☐	☐	☐	☐	
Day 7	☐	☐	☐	☐	☐	☐	☐	

Events & treats I'm planning for:

My go-to order when I eat out:

Key takeaways

- Plan ahead and prepare for success.
- Make smart choices most of the time.
- Stay active, stay hydrated, and fuel your body.
- Use the 80/20 rule and enjoy the journey.
- Be kind to yourself and trust your plan.

Plan

Fuel

Enjoy

REPEAT

You've got this. *Keep going!*

Travel doesn't have to derail your progress. You have the tools. You have the plan. This is not about perfection. It's about progress: one choice, one meal, one day at a time.

“

She is extremely knowledgeable about nutrition and how to manipulate your look with the foods you consume. Patty was a joy to work with and helped keep me motivated to stay on track with my nutrition.

MINDY O., NUTRITION COACHING CLIENT

Book your free 15-minute call

Need help creating a plan that works for your lifestyle, goals, and schedule? Whether you're navigating travel, nutrition, weight loss, hormones, or simply trying to stay consistent, you don't have to do it alone. Your next breakthrough may be one conversation away.

pattywilsoncoaching.com/contact



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Thank you for letting me be part of your journey! Coach Patty