



BUSINESS TRAVEL

Following are guidelines (not rules) for maintenance during business travel. The closer you stay to guidelines the more likely you are to maintain or lose. The further you stray from guidelines, the more likely you are to gain.

- While away, all days are Vegetable Days with the following changes:
 - Hours for eating are extended 12 noon–8pm.
 - If eating past 8pm, finish eating at least 2 hours before you go to bed.
 - 5–7 oz. of protein: fish, chicken, turkey, ham, eggs and/or legumes. Note, heavier proteins such as beef might give you an upset stomach.
- Fill up first on vegetables and protein. After that, if you would like to taste other things do just that – taste and be sensible (i.e., not a whole plateful).
- One glass of wine or clean alcohol (e.g., vodka tonic, scotch and diet soda, **no juice**).
- You will find your sense of satisfaction comes quickly. Listen to your body and stop eating when you feel satisfied. Paying attention will stop you from overeating. Your old habits are still there, but you overcome them by taking control and choosing to stop.
- After your business trip, resume your 4-day food plan with two Milk Days.

**Our goal during travel is to maintain your weight.
We are not concerned with weight loss during this time.**

Have a successful trip!!!