



KMF

# THE BE A BETTER MAN TRAVEL BATTLE PLAN

- NUTRITION
- TRAINNG
- BOOZE

FORGET THE 'ALL OR NOTHING' APPROACH, GET CLEAR ON YOUR GEAR 3, GET SOME QUALITY DOWN TIME, ENJOY YOURSELF AND COME BACK FEELING READY TO RUN THROUGH WALLS!





# NUTRITION

These top principles will help you stay on top of your nutrition while you travel so you don't feel the need to track calories and you can enjoy your down time guilt free.

## KEY PRINCIPLES:

- Aim to eat at maintenance calories
- Eat 2 major meals per day (example 2 x 1000 calorie meals)
- Choose 1 or 2 courses and avoid 3 courses when eating
- Eat later rather than earlier
- Say no to bread baskets unless you want as part of a meal
- Drink 1 large water before and after each meal
- Eat when you are hungry not for the sake of it
- Eat to 80% fullness and try not to stuff yourself
- Share deserts or starters
- If you can get self-catering, go for that option

## HOW TO ORDER OUT:

- order grilled or baked meats (white meat preferably)
- ask for sauces/dressings on the side
- ask for extra salads and veggies
- follow the 2 carb rule (next page)

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# THE 2 CARB SOURCE RULE

The aim of this is to minimize the amount of calories you consume at dinner or any meal by giving yourself 2 carb sources to choose from as people usually over consume in the form of carbs when on holidays. Of course you can go for more than just 2 carb sources at your meal but this is a simple way to reduce the amount of calories you consume at dinner and it gives you a simple framework to follow. It also will mean you will have a great dinner, not feel bloated or over-do it and feel crap.



## 2 CARB SOURCE EXAMPLE:

- a) bread starter and fries in main meal with no booze or dessert
- b) burger bun and fries for main meal with no booze or dessert
- c) burger bun and dessert with no fries or booze
- d) beer or wine and burger bun with no dessert or fries

## IN-BETWEEN YOUR MEALS

There is a good chance you will want to snack in between your meals. A lot of the time you will not be hungry but instead either bored or dehydrated so get a large glass of water first. If you do want to snack though here are some of my favourite options.

- Coffee
- Diet Drinks
- Fruit
- Protein shake
- werther's originals (bring a packet with you)
- 1 treat (ice cream, 1 bar or 1 packet of crisps)

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# DINNER EXAMPLES WITH 2 CARB STRUCTURE

## OPTION 1:

starter: chicken skewers

Drinks: Sparkling water/Half a bottle of rose wine

Main Meal: Grilled Fish, fries, and Salad

Desert: Decaf flat white

## OPTION 2:

starter: None

Drinks: Sparkling water/Diet Coke

Main Meal: Burger & Bun + Fries and Salad

Desert: Shared Desert

## OPTION 3:

Starter: Bread and Dips

Drinks: Sparkling water/Diet Coke

Main Meal: Spag Ball

Desert: Decaf Coffee

## OPTION 4:

Starter: None

Drinks: Sparkling water/3 Beers

Main Meal: Pizza

Desert: None

## OPTION 5:

Starter: Caesar Salad

Drinks: Sparkling water/Half bottle wine

Main Meal: Roast Chicken and Veg (no carbs)

Desert: Desert of choice

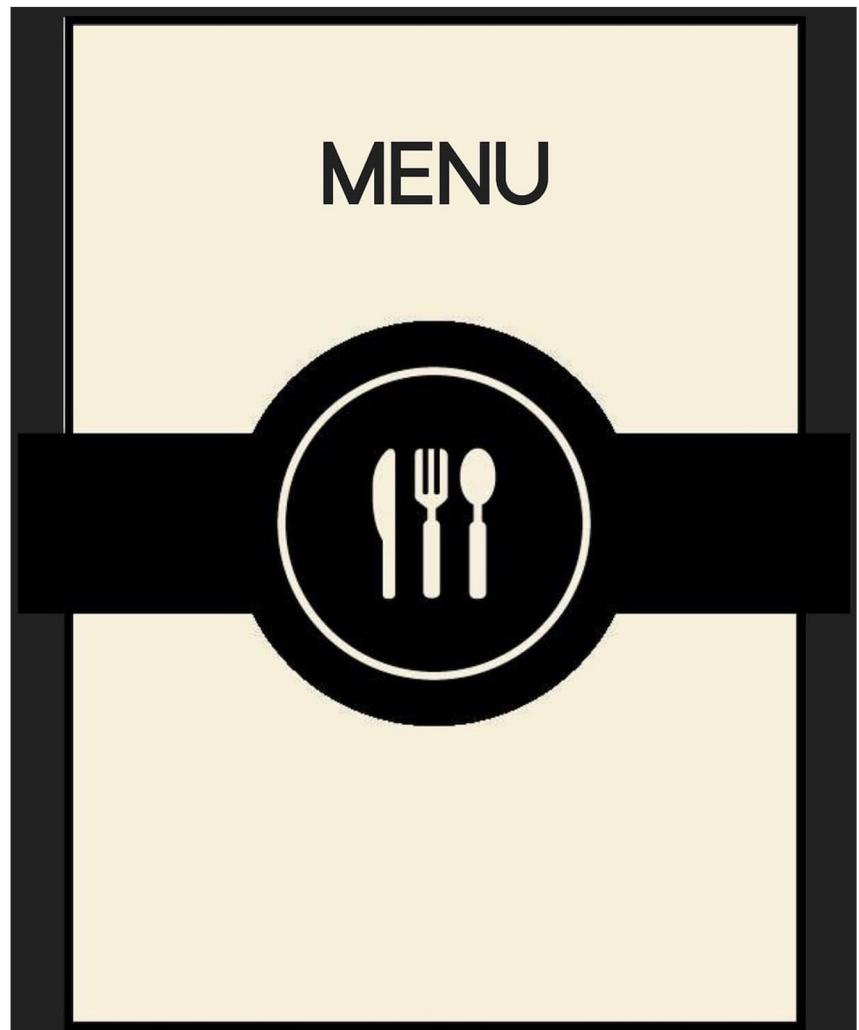
## OPTION 6:

Starter: None

Drinks: Sparkling water/Half bottle wine

Main: Caesar Salad and Fries

Desert: Desert of choice



# TRAINING

Another thing that usually gets knocked on the head when guys go on holidays is their training routine. If you make a commitment to do some form of activity each day you will have more energy, look and feel better in your clothes and enjoy your holidays even more. Trust me, keeping some form of consistency around your training will not only mean you can enjoy yourself guilt free but you will also have more energy and feel better and more confident each day.

**When it comes to training and exercise over your holidays here are my key tips**

## TOP TIPS:

- Bring your training gear with you
- Try new gyms and equipment
- Embrace water sports, hikes, swimming etc
- Explore new town or city by running
- Train with family or partner
- Join classes at your hotel



# 3 TRAINING PRINCIPLES I FOLLOW WHEN TRAVELING:

## 1. TRAIN IN THE MORNING

This is essential. By getting up and doing your workout first thing, you will not only have set yourself up for the day but you will also have reduced any opportunity for distractions. Plans will just materialise, people will call around or you will be asked to meet someone for lunch. Loads of things could possibly derail you from your good intentions or training so get up, get it done and enjoy the rest of your day.

## 2. KEEP WORKOUTS SHORT AND INTENSE

By keeping your training short and intense, you will be much more likely to do it. Workouts can range from anywhere between 15 mins to an hour but my advice is to keep them short and snappy.

-If you usually have a training split, incorporate some full body workouts, as you will be able to target more muscle groups in the same session meaning you won't have to do as many workouts throughout the week.

-Also, incorporate super sets, giant sets or circuit training which have a bit more of a cardio element but will ensure that you get your training done in super quick time.

-Home workouts work great as you can smash out a quick session without needing any equipment.

-HIIT (High Intensity Interval Training) also works really well as rest times are short and the workout is intense.

## 3. MOVE MORE THAN USUAL

One of the easiest ways to burn more calories over the weekend is to get out and move more.



# ALCOHOL

There is a good chance that your holiday will have alcohol involved. However, this does not mean you are doomed. With a few adjustments here and there, you can still drink, enjoy yourself and not do huge amounts of damage to your progress.

A lot of the time, it is not actually the alcohol that undoes all of the progress people have made with their training and nutrition. It is usually, the fast food that is bought on the way home or how you eat the day after that is what causes the damage.



I am talking about the following day, while on the sun bed or locked up in your hotel room surrounded by an array of empty boxes of pizza and chocolate.

The last thing you want to think of when hungover is eating healthy or exercising and I get that. Trust me, I have been there.

A key way of avoiding this is by limiting the amount of damage the alcohol causes to your body. Here are 3 things you can do to improve how you feel the following day:

## 1. STAY HYDRATED

Your hangover is essentially your body in a dehydrated state, so if you can counteract this, then you won't feel as bad. Limit your pain the morning after by:

- drinking a glass of water between every 2 drinks when you are out. I normally get a pint of water and sip on it.
- drinking 2 pints of water before you go to bed.

I am not saying that this is some magic formula and you will be as right as rain the following day, but it will make you feel better and if you are feeling better, you will be less likely to go for unhealthy food choices

## 2. GO FOR BETTER ALCOHOL CHOICES

When it comes to gaining weight and adding bodyfat, it all comes down to the amount of calories you consume in relation to the amount of calories you burn. With this in mind, it is a good idea to go for alcoholic choices that are not so calorie dense and are usually in the 100 calorie per drink bracket. These include:

- Clear spirits (vodka and gin)
- White or clear wines
- Light beers

Also, mix your drinks with diet mixers like Diet Coke or Diet 7up as opposed to their sugary alternatives that are higher in calories.

For cocktails, ask for diet mixers and sugar free syrups to reduce the calorie intake

By being aware of the above calorie amounts you can decide how many drinks you will have ahead of time and plan for the amount of calories you will consume. For example, you may decide that you will have 6 drinks when you go out and if you go for any of the above, that will be roughly 600-700 calories that you can account for. You could cut 2 of your daily meals in half or skip a meal to make up for these calories. The key thing is to have a plan or strategy in place and implement it.

## 3. DO SOME FORM OF LIGHT EXERCISE THE DAY AFTER

At the end of the day, alcohol is an energy source, just not a very good one, but an energy source all the same. With this in mind, a good idea is to use up this energy the day after. Not only will you be clearing the alcohol from your system but you will also be making yourself feel 10 times better mentally and if you are feeling mentally better, then you are more likely to make better nutritional choices.

If you are not feeling the best, then just go out for a walk and get some fresh air. Any form of cardio such as a jog, cycle, swim or hike will make you feel better.

If you own your morning, you will own the day.

My strategy after I am out is to wake up, drink 2 pints of water, a large coffee and then go for a jog for around 30 mins. If I am near somewhere with a steam room, I will pop in there and then take a cold shower. I am usually a new man afterwards.





# DAILY CHECKLIST

If you follow the following guidelines each day, you will not only have an incredible holiday but more than likely come back feeling and looking better and ready to run through walls!!

- Some form of exercise or activity
- 30 min walk
- 3 litres of water
- 8 hours Sleep minimum
- Something I looked forward to
- less than 2 hours on my phone
- 70% + compliance with quality foods

Remember buddy, we don't want to operate in gear 5 while on holidays, but we do want to stick to stay in gear 3. Have an incredible break legend. I cannot wait to hear about it.

#beabetterman

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