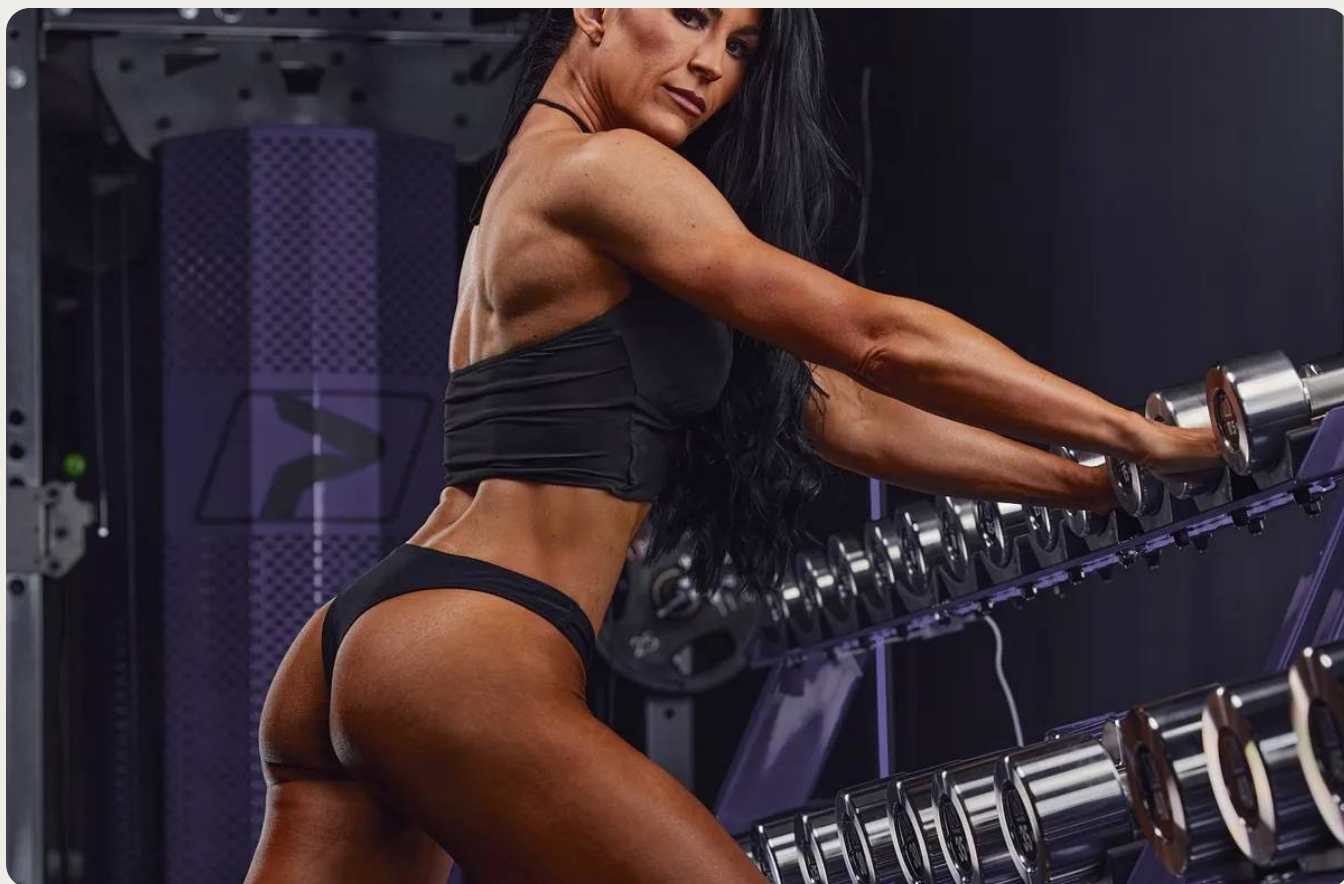


— FREE GUIDE · STRENGTH TRAIN WITH VAL

The Travel Protocol

How to keep your strength, your progress, and your sanity while you're away. No restriction required.

IFBB BIKINI PRO | N1 CERTIFIED (BIOMECHANICS & PROGRAM DESIGN) | PN1 NUTRITION | 100S OF WOMEN COACHED SINCE 2016



You worked hard for this. A week away, or a whole summer of them, shouldn't cost you the progress you built. Here's what I tell the women I coach before they leave: you don't have to be perfect on the road. You just have to be intentional.

Maintenance isn't a plateau. It's a win. This is the exact protocol I give my clients before they travel, so they come home proud instead of panicked.

7

STEPS TO TRAVEL WITHOUT LOSING WHAT YOU BUILT

Skim it before you pack, then screenshot Step 7 for the plane ride home.



— STEP ONE · BEFORE YOU GO

Set Your Anchors

☐ **Decide your non-negotiables.**

Pick two or three habits you'll hold no matter what: protein at every meal, a daily walk, your water. Everything else gets to flex.

☐ **Plan for maintenance, not fat loss.**

Travel isn't the week to diet. Eat at maintenance, protect your muscle, and enjoy the trip you paid for.

☐ **Pack protein.**

Jerky, protein bars, or a shaker and powder in your bag. A protein source in your carry-on solves most of the travel-eating chaos before it starts. And if you track your food, pack a [collapsible food scale](#). Mine folds flat, weighs next to nothing, and ends the portion guessing.

☐ **Set the mindset.**

You're not being bad. You're living your life with a plan, and that's exactly what sustainable looks like.



Survive Transit

☐ Eat before you fly, or pack a meal.

A high-protein meal before you leave, or one packed to eat on the plane, keeps you out of the starving, everything-here-is-fried trap. Bring a small cooler when you can (this [soft cooler](#) is the one I travel with), ice packs clear security without issue as long as they're frozen solid.

☐ Work the airport.

Find the obvious protein win: grilled chicken, a protein box, Greek yogurt, jerky, a turkey sandwich. Protein first, then fill in around it.

☐ Hydrate in the air.

Flying is dehydrating. Water plus an electrolyte packet beats another coffee or a second glass of wine.

☐ Move when you can.

Walk the terminal, stand, stretch. A little movement keeps you from arriving stiff, puffy, and sluggish.



Own the Menu

☐ Protein first, always.

Anchor every meal around a palm or two of protein. It keeps you full and protects the muscle you worked for.

☐ Use the Plate Method.

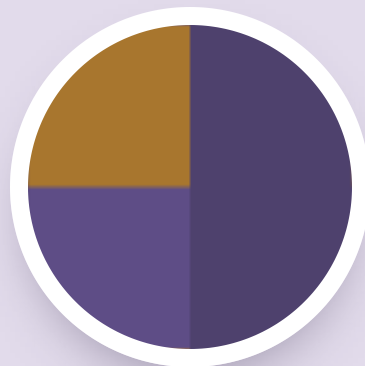
Half your plate veggies, a quarter protein, a quarter starch or fat. Simple, portable, and it works at any restaurant on earth.

☐ Buffer before the big one.

Before a long dinner or a BBQ, have a high-protein snack like a shake or Greek yogurt, so you arrive in control instead of ravenous.

☐ Eat the thing you came for.

Order the dish you actually traveled for and enjoy it, no guilt attached. Freedom is the point, and this is how you keep it for good.



- ☐ **½ Plate**
Veggies & greens
- ☐ **¼ Plate**
Protein
- ☐ **¼ Plate**
Starch or fat

THE PLATE METHOD · WORKS AT ANY RESTAURANT ON EARTH

Drink Smart

☐ **Know the cost.**

Alcohol runs about 7 calories a gram, and it quietly lowers your guard around food. It isn't evil. It's just worth spending on purpose.

☐ **Pick your number first.**

Decide how many you'll have before you go out. A choice made sober beats one made three drinks in.

☐ **Swap the mixers.**

Soda water, lime, and spirits over sugary mixers saves hundreds of calories a night without touching the fun.

☐ **Bookend with water.**

One glass of water between drinks. You'll drink less, feel better, and skip the next-day wreckage.

Keep the Muscle

☐ **The 3-Day Anchor.**

If your full split feels like too much, commit to two or three full-body sessions. You maintain muscle on far less than you think.

☐ **Quality over quantity.**

Keep the effort high, a couple reps in the tank, even when the volume drops. High effort is what protects your gains.

☐ **Make the location the workout.**

Hotel gym, resistance bands, or a bodyweight circuit in your room. Something is always better than nothing.

☐ **Let NEAT do the heavy lifting.**

Walk, hike, swim, explore. Hit your steps through the day and you may not need a single cardio session.



Feel Good, Not Puffy

The goal is simple: feel like yourself when you land, not wrecked.

☐ **Protect your sleep.**

New time zones and late nights add up. Guard your wind-down routine and aim for seven to eight hours wherever you can.

☐ **Support digestion.**

Chew slowly, keep your fiber and water consistent, and don't panic over travel bloat. It's mechanics, not fat.

☐ **Ten minutes of calm.**

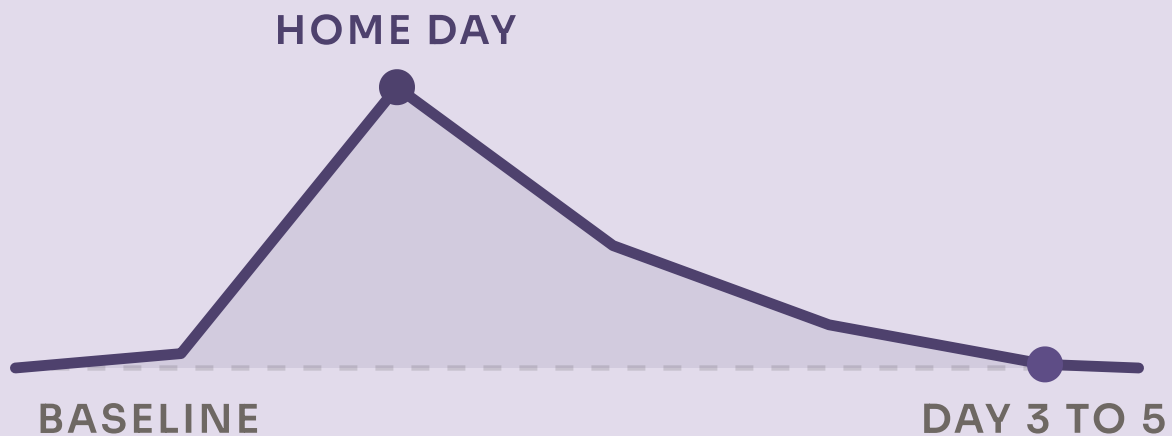
Breathwork, a stretch, or a quiet walk. Managing your stress keeps cortisol in check, and your cravings with it.

☐ **Magnesium before bed.**

It replaces minerals lost to heat and sweat, and helps you sleep and recover on the road.

The Post-Trip Scale Script

Read this before you step on the scale. This is the part that saves people.



THE SPIKE IS WATER & TRAVEL, NOT FAT · IT SETTLES WHEN YOUR ROUTINE DOES

☐ **The scale will be up, and it isn't fat.**

It's water, sodium, extra food volume, and travel. You can't gain five pounds of fat over a weekend. It isn't physically possible.

☐ **Give it three to five days.**

Go back to your normal food, water, and movement, and watch it settle. It always does.

☐ **Don't punish yourself.**

No crash diet, no make-up cardio. That's how one great trip turns into one bad month. Give yourself grace and pick your habits back up.

☐ **The scale is a data point, not a verdict.**

It measures one moment. It doesn't measure your worth or your progress. Watch the weekly trend, not the daily spike.

— **THE MAINTENANCE MINDSET**

80% on-plan, 20% flexible. Maintenance is a metabolic win, not a failure. You're not trying to peak on vacation. You're protecting what you built so you come home ready to keep going. You're in the driver's seat the whole time.

— YOUR NEXT STEP

Want a plan that travels with you?

Built around your life instead of the other way around. Let's map the plan that keeps your progress with you, wherever you go.

Book a free consult →

STRENGTHTRAINWITHVAL.COM

Built from real coaching with women 35+ who take real trips and come home proud, not panicked. No crash diets. No punishment. Just a plan that travels with you.

Val Lusvardi

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