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Eat Right While Traveling

<http://www.homeschoolfitnesscoach.com/blog/508/>

I can't wait until Friday! We will be headed to Indianapolis at 6am to attend the IAHE Convention! I need to sit down and plan my curriculum agenda so I can navigate the vendor hall confidently. If I've learned anything over the last 12 years about conventions, is to have a plan before you get there. You can so easily become overwhelmed with all the books, videos and curriculum choices. I thought I would share with you our meal plans while we are there so you can see that eating whole foods is still possible even though you are away from home. I am using protein bars from Precision Nutrition's original cookbook Precision Nutrition and their newest cookbook, Gourmet Nutrition Since we are leaving really early in the morning on Friday (not early for me, but for everyone else), I will be making boiled eggs the night before. After peeling them I will store them in the fridge for the next morning's breakfast. All the protein bars will be made Wednesday since I have no boot camps that day and can get a lot of cooking done. We also have a cooler that can be plugged into the car adapter or a regular outlet. So we will be taking this with us for some of the things that need to stay cold. Our hotel may or may not have a fridge so I am planning ahead. We also plan on eating out for dinner after we pick up the babies on Friday and Saturday. Here's the plan for both days: 6 am: Boiled Eggs and Fruit (on the road food) 9 am: Banana Nut Squares (Gourmet Nutrition) for snacks until lunch time. Noon: In Hotel Room - Grilled Chicken Salads/Nuts/Fruit OR All Natural turkey breast deli meat wrapped up in cheese slices/Nuts/Fruit 3 pm: Granola Bars (Gourmet Nutrition) for snacks until dinner 6 pm: Pick up little ones and head out to a restaurant for dinner Our hotel has a workout room, but as usual, it is all cardio equipment (gag me!). So, I will bring along a trusty kettlebell and do a workout in the hotel room. I'll try and get one of the kids to video tape it so you can see what can be done even though your away from home. That's the plan. I'm excited! Can you tell? Post from: Homeschool Fitness Coach

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