







2024 Summer Survival Guide

Summer time can bring some unique challenges between traveling for vacation, outdoor festivals and events, and gatherings with friends. Here are some tips, tricks, and summer recipes to help you throughout the summer!

VACATION AND TRAVEL

BEFORE YOU TRAVEL

The first thing to do is to plan, prep, and prepare. Making a plan ahead of time is important as we are more likely to slip back into unhealthy patterns when we don't have a plan.

Overall, avoiding sugar and carbs and trying to stick with lean proteins, veggies, and berries or green apples is a good place to start. When traveling and staying with friends or relatives, you cannot control your environment 100% of the time, but with a plan in mind you have a comfortable place to start.



Do some research on the area you are going to:

- If this is personal travel, are you staying with family and friends? Are they aware you are on a Nutrition program?
- If you are going out to eat, look at restaurant menus before you get to the restaurant. Fruit can be the hardest part to find when eating out, so bring your fruit with you.

ON THE ROAD



Sometimes when you're on the road, food choices can be limited. If you are able to, packing your own small cooler is extremely helpful. Below is a list of things you can pack:

VACATION AND TRAVEL

- **Fresh Fruits:** Berries, apples, oranges. Anyone of the fruits on the program can be thrown in. Another travel friendly option are kids' individual apple sauces (either cups or squeeze packets)
- **Vegetables:** Cut up your vegetables in advance (peppers, green beans, zucchini, etc).
- Fats: Individual packs of nut butters, individual guacamole, unsalted sunflower seeds or pumpkin seeds.
- Alkaline Water: Bring your wand! Bring your refillable water bottle! Essentia, Qure, Ethos, and Fiji are all common brands of bottled water with a high alkalinity to pack in your cooler.

With all travel recommendations, make sure you watch portion sizes and ingredients when trying new things.

If you are unable to pack a cooler or decide not to, here are a few tips to use when you are traveling.

CONVENIENCE STORE/GAS STATIONS: Everyone knows that these places are not the best when you are eating healthy, but there are some choices you can pick from after gassing up your vehicle:

- Proteins: Boiled eggs (2): Many convenience stores have recognized that their patrons are looking for healthier protein alternatives. You can find boiled eggs in packages of two which is equal to 3 ounces of protein. You can also find prepackaged grilled or baked chicken. Just make sure you watch your 3 ounces of protein at each meal!
- ✓ Vegetables: Vegetables are the hardest to find while traveling. Many gas stations/convenience stores have some sort of fast food restaurant attached to them. Subway and Arby's will allow you to request just the vegetables for purchase.
- Alkaline Water: Here are some great alkaline bottled water brands you may find at a gas station or convenience store: Essentia Ethos, and Fiji are all brands of bottled water with a high alkalinity.
 - If you are unable to find a good alkaline water bottle, make sure to use the wand

VACATION AND TRAVEL

ON THE PLANE

When at the airport, there can be limited options for you to find what you need. This can also be very costly. Here are some tips for traveling by plane.



- You can carry food in your carry on, and most foods go through security whether they are prepackaged or something you pack.
 - ▶ Bring fruit and nuts for your snack.
 - > Individual protein packets
 - Applesauce packets
 - Nut packs
 - Kind bars
 - > Refillable water bottle and your pH wand. You can refill your bottle after security

SUMMER DRINKS

We know that summer time usually comes with vacation times, and outdoor social gatherings. While what you drink is not anyone's business, here are some tips and recipes for you.

- Seltzer or Tonic water with lime (Tonic water can have High Fructose Corn Syrup, so check ingredients when possible)
- **⊘** STUR water additions (sweetened with Stevia)
- **⊘** Use Koozies at gatherings

Poolside Bubbles

INGREDIENTS

- ▶ 12 ounces chilled seltzer water
- ▶ ½ orange sliced
- № ½ lime sliced
- 2 drops liquid stevia

Put all ingredients in a chilled glass and enjoy!

Cucumber Lime Mocktail

INGREDIENTS

- 1 large cucumber
- 1 cup of water
- ▶ 2 limes
- > 3 tbsp mint leaves
- 2 tbsp stevia
- pinch of salt
- ▶ 1 cup carbonated water
- 2 cups of ice cubes (or more as needed)

- Ø Peel and dice 1 large cucumber, then add to a high-speed blender.
- Strain the cucumber juice through a fine strainer or cheesecloth into a jar.
- Serve in glasses with ice cubes. For decoration, you can add some cucumber slices, a lime wedge and some more mint.



SUMMER RECIPES



Tomato Basil Strawberry Salsa

INGREDIENTS

- ▶ 2 large Roma tomatoes, seeded and chopped
- ▶ 1 1/2 cup strawberries, diced
- > 1 small red onion, diced
- ▶ 1/2 cup chopped fresh basil
- Juice of one fresh squeezed lime
- > 1/4 teaspoon sea salt and ground pepper

INSTRUCTIONS

Reference your nutrition guide for serving sizes

Deviled Eggs

1/2 deviled egg = 1 healthy fat

INGREDIENTS

- ▶ 6 hard-boiled eggs cooled
- ¾ cup olive oil or avocado oil mayo
- ▶ 1 teaspoon white vinegar
- ▶ 1 teaspoon yellow mustard
- % teaspoon salt
- Freshly ground black pepper to taste
- Smoked paprika and fresh dill weed for garnish

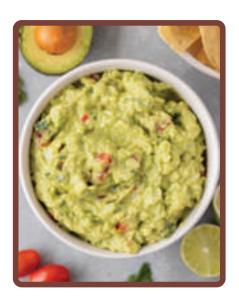


- Ø Peel cooled hard-boiled eggs gently so the whites remain intact and slice in half lengthwise.
- Remove the yolks and place them in a medium bowl, place the whites on a serving platter. With a fork, mash the yolks into a fine crumble.
- **⊘** Add mayonnaise, vinegar, mustard, salt, and pepper, mix until smooth.

Fresh Homemade Guacamole

INGREDIENTS

- > 3 ripe avocados
- > 1/2 cup white onion minced
- ¾ cup cherry tomatoes diced
- > 2 tablespoons minced, deseeded jalapeños (1 jalapeno, minced)
- ▶ 1 tablespoon minced cilantro
- > 3 tablespoons lime juice juice of 3 limes
- ▶ 1/2 teaspoon Himalayan sea salt
- ¾ teaspoon black pepper



INSTRUCTIONS

- Ø Add onions, tomatoes, jalapenos, cilantro, lime juice, salt and pepper to the avocado mash. Stir until combined.



Grilled Zucchini

INGREDIENTS

- > 2 cups zucchini, quartered
- ▶ 1 Tbsp. garlic powder
- ▶ 1 Tbsp. onion powder
- ▶ ¼ tsp. salt
- ½ tsp. black pepper
- > 2 tsp. olive oil



Lime Chicken Kabobs

INGREDIENTS

- > 3 cloves garlic, minced
- [▶] ½ cup lime juice
- 2 Tbsp. olive oil
- ▶ ½ tsp. cumin
- ୬ ½ tsp. salt
- ▶ ½ tsp. black pepper
- ▶ 1 lb. chicken breasts, cut into 1" pieces
- Salt and pepper to taste
- Cilantro leaves, chopped (optional)

INSTRUCTIONS

- Ø Drain marinade from bowl. Thread chicken onto skewers, then season the chicken with a few extra pinches of salt and pepper.

Lettuce Wraps with Ground Beef

INGREDIENTS

For the filling:

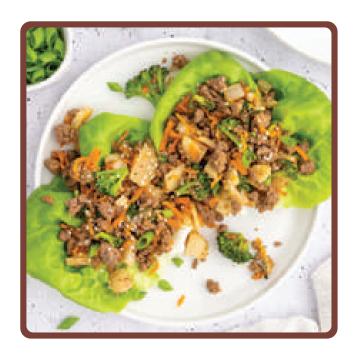
- ▶ 1 tablespoons olive oil
- ▶ 1 lb ground beef
- > 1/2 cup white onion diced
- № ½ tablespoon minced garlic about 3 cloves
- ▶ 1 cup broccoli crowns cut into thumbnail size florets

For the sauce:

- > 2.5 tablespoons Bragg's liquid aminos
- > 2.5 tablespoons apple cider vinegar
- > 1 tablespoon extra virgin oil
- ▶ ½ teaspoon black pepper
- ▶ ½ teaspoon ground ginger
- ▶ ¼ teaspoon red pepper flakes, optional

For Serving:

- > 1 head Boston lettuce or Butter lettuce
- > 2 green onions sliced



INSTRUCTIONS

- Ø Preheat a 12" heavy skillet or wok over medium high heat. Add olive oil and heat for one minute.
- ✓ Add onions and garlic to the skillet with the ground beef. Stir together and cook for an additional 2-3 minutes until the vegetables start to soften.
- Once the onion/garlic have softened, add broccoli. Cook for an additional 2-3 minutes or until broccoli starts to soften.
- While the meat cooks, mix together your sauce of liquid aminos, apple cider vinegar, oil, pepper, ginger and red pepper flakes. Stir to coat the meat/veggies in the sauce and cook for an additional minute.

Grilled Peaches

INGREDIENTS

- ▶ 1 Ripe Peach
- ▶ ¼ cup chopped almonds
- ▶ 1-2 teaspoon cinnamon
- ➤ 1 teaspoons melted coconut oil
- ▶ Optional: Liquid stevia, to taste



- Slice the peach in half and place face up on a plate. Drizzle with coconut oil and season generously with cinnamon.
- **⊘** Remove and top with liquid Stevia as desired and almonds.



Zucchini Brownies

One brownie = 2 fat servings

INGREDIENTS

- 4 large eggs
- ▶ 1 cup almond flour
- ➤ 3/4 cup cocoa powder
- 1 1/2 cups granulated stevia
- ▶ 1 teaspoon baking powder
- ▶ 1/2 cup almond butter
- ▶ 1 teaspoon vanilla extract
- ▶ 1/4 cup zucchini shredded and excess moisture removed

- Preheat the oven to 350 F.
- ✓ Line an 8 x 8-inch pan with parchment paper and set aside.

- ♥ Combine your wet and dry ingredients and mix until fully incorporated. Fold in your shredded zucchini.
- Transfer your brownie batter to the lined pan and bake for 35-40 minutes, or until a toothpick comes out just clean from the center.



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