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Body | Health | Life

## 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 business travel, who is providing the meals? Are you staying at a hotel? What kind of accommodation do they offer? Is there a grocery store nearby?
- ✓ 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

- ✓ **Proteins:** Boiled eggs. Premade and seasoned chicken in 3 oz bags. Pure Vitality Protein powder.
- ✓ **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.
- ✓ **Meals:** Pre make and freeze protein shakes. You have a full meal ready at hand when needed!
- ✓ **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!
- ✓ **Fresh Fruits:** The rule of thumb when it comes to fruit and traveling, go with anything that ends in "berries" (strawberries, blueberries, raspberries, blackberries). Green apples and oranges are great options as well!
- ✓ **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.
- ✓ **Healthy Fats:** Unsalted sunflower seeds or pumpkin seeds are a great choice for healthy fat, just monitor your portions. Also look for individual guacamole/ avocado packets.
- ✓ **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.



- ✔ Always eat before you get to the airport, even if it's a quick smoothie in the morning.
- ✔ 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 RECIPES

## 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)

### INSTRUCTIONS

- ✔ Peel and dice 1 large cucumber, then add to a high-speed blender.
- ✔ To the blender Add 1 cup of water, juice of 2 limes, 3 tbsp mint leaves (adjust to your taste), 2 tbsp stevia, and a pinch of salt. Blend until smooth.
- ✔ Strain the cucumber juice through a fine strainer or cheesecloth into a jar.
- ✔ To the jar, add 1 cup carbonated mineral water and 2 cups of ice cubes (you can add more ice cubes if you like).
- ✔ 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

- ✔ To make the tomato basil strawberry salsa: Add all ingredients to a large serving bowl and toss gently until well combined.

*Reference your nutrition guide for serving sizes*

### Deviled Eggs

1/2 deviled egg = 1 healthy fat

#### INGREDIENTS

- › 6 hard-boiled eggs cooled
- › 1/4 cup olive oil or avocado oil mayo
- › 1 teaspoon white vinegar
- › 1 teaspoon yellow mustard
- › 1/8 teaspoon salt
- › Freshly ground black pepper to taste
- › Smoked paprika and fresh dill weed for garnish



### INSTRUCTIONS

- ✔ 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.
- ✔ Just before serving, fill each egg white with the creamy yolk mixture with a spoon or a piping bag.
- ✔ Garnish with a sprinkle of paprika and fresh dill weed.

# SUMMER RECIPES

## Fresh Homemade Guacamole

### INGREDIENTS

- 3 ripe avocados
- ½ cup white onion minced
- ¼ 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
- ¼ teaspoon black pepper



## INSTRUCTIONS

- ✓ Prep avocados. Slice in half, remove the pit, and scoop out the center. In a large bowl, mash the avocado with a fork. You can leave some chunks, or mash until smooth!
- ✓ Chop onions, tomatoes, jalapenos and cilantro.
- ✓ Add onions, tomatoes, jalapenos, cilantro, lime juice, salt and pepper to the avocado mash. Stir until combined.
- ✓ Serve & enjoy!



## 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

## INSTRUCTIONS

- ✓ Preheat the grill to medium.
- ✓ Place all ingredients in a large zip lock bag and combine until the zucchini is coated.
- ✓ Grill until zucchini is cooked to your liking, turning once.

# SUMMER RECIPES



## Lime Chicken Kabobs

### INGREDIENTS

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

## INSTRUCTIONS

- ✓ In a large bowl, mix garlic, lime juice, oil, cumin, salt, and pepper. Add chicken and stir until evenly coated. Cover and refrigerate for 30 minutes-8 hours.
- ✓ Preheat the grill to medium-high heat.
- ✓ Drain marinade from bowl. Thread chicken onto skewers, then season the chicken with a few extra pinches of salt and pepper.
- ✓ Place skewers on the grill and cook for 6-8 minutes, turning once, until the chicken is cooked through. Garnish with fresh cilantro if desired.
- ✓ Makes 5 servings.

## Lettuce Wraps with Ground Beef

### INGREDIENTS

#### For the filling:

- 1 tablespoons olive oil
- 1 lb ground beef
- 1/2 cup white onion diced
- 1/2 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
- 1/2 teaspoon black pepper
- 1/2 teaspoon ground ginger
- 1/4 teaspoon red pepper flakes, optional

#### For Serving:

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





# SUMMER RECIPES

## INSTRUCTIONS

- ✔ Preheat a 12" heavy skillet or wok over medium high heat. Add olive oil and heat for one minute.
- ✔ Add ground beef to the skillet and cook for 5-7 minutes or until the meat starts to brown.
- ✔ 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.
- ✔ Place about ¼ cup of the cooked ground beef mixture on the leaves of the lettuce, top with a sprinkle of some green onions. Enjoy!

## Grilled Peaches

### INGREDIENTS

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



## INSTRUCTIONS

- ✔ Slice the peach in half and place face up on a plate. Drizzle with coconut oil and season generously with cinnamon.
- ✔ Transfer face down to a hot grill and let cook for 8 -12 minutes.
- ✔ Remove and top with liquid Stevia as desired and almonds.
- ✔ Enjoy!



## 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

## INSTRUCTIONS

- ☑ Preheat the oven to 350 F.
- ☑ Line an 8 x 8-inch pan with parchment paper and set aside.
- ☑ In a large bowl, combine your almond flour, cocoa powder, sweetener, and baking powder and mix well.
- ☑ In a separate mixing bowl, add your almond butter, vanilla extract, and eggs and mix well.
- ☑ 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.
- ☑ Allow brownies to cool in the pan completely before slicing into 12 equal pieces



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