



Nutrition Travel Guide

How to travel AND feel
your Best! Easy tips to eat
healthy on the go!

by Caroline Deisler

DISCLAIMER

COPYRIGHT © 2024 CAROLINE DEISLER

All the information provided in this plan is for educational and inspirational purposes only. Please seek help from a professional if you have any concerns or personal struggles that need to be addressed.



TABLE OF CONTENT

MY TOP 7 TIPS	8
WHAT TO ORDER AT RESTAURANTS	24
OTHER TIPS & TRICKS	33
FOODS TO PACK	35
HOW TO BALANCE MEALS	38
BETTER SNACK OPTIONS	41



Vaaaacation season is here and traveling in general can easily throw us off our routines. We are in a new environment, want to try new foods, find excuses not to workout and feel less in control which is totally ok but I also want you to come back from your vacation refreshed and energized and not needing a vacation from your vacation hehe!

I LOVE to adapt my healthy routines to new places and without wanting to sound rigid, I have to say I do feel much better having a routine in general compared to fully going with the flow. There is a difference though between narrowing your world and being too obsessive with a routine and having a gentle approach to finding ways of staying healthy effortlessly when being on the road. The focus here lies in effortless because stressing about eating healthy and working out is worse than the actual workout you are missing out on.

One thing I've learned since being a mom is that babies thrive on having a routine and I realized that whatever is good for babies is good for us as well hehe. Babies and toddlers intuitively know what's good for them and it's our job as parents to sense that and to adapt to their routine rather than trying to force a routine onto them. That being said, Hailey is setting the base of our routines wherever we are and I squeeze my needs into it. Whether you are a parent or not, traveling for work, with a group of friends or with family, I would have the same approach and try to adapt to the bigger picture rather than having your self care rituals stand in the way. It gives you a sense of eaaaaase instead of worrying and feeling stressed about not following your usual health routine.

This guide is here to show you HOW you can travel AND feel your best at the same time! YAY!



[@CarolineDeisler](https://www.instagram.com/CarolineDeisler)

RESET
@joinreset



MY TOP 7 TIPS

I know it can be tricky to stick to your health & fitness routine while traveling. Here are my top tips to keep feeling good on your holiday.

1. Let go of perfectionism

Lean into living more in the gray rather than thinking black or white. Allow room for flexibility and try new foods without worrying about it not being “as healthy”.

What truly matters is what you do day in and day out and a few days of not following your usual diet wont make a big difference. In fact, being too rigid can negatively affect your mental health and leaving room for spontaneity and being flexible is so important.

The more you practice that daily also when you are not traveling the less you’ll feel the need to overindulge when you ARE traveling or eating out.

And I am not saying you should go eat at mcdonalds but have a few foods you are usually avoiding here to practise being at ease with things not being PERFECT because it’s exhausting living a perfect life and you will then always feel like you cant live up to your standards when traveling and having a negative connection to not being home which makes your world smaller than it should be.

For me personally, that was eating bread for a long time. I love a good bread (my german roots haha) and it used to be that food where I would always eat soo much of it when I ate it and then tried to avoid it again for a while. I now love to enjoy a few slices here and there without feeling the need to overeat because I dont tell myself I shouldn't have it. The more you let know of perfectionism (in all areas of life) the more balance you will find.



2. Be prepared and pack healthy snacks

I always bring or buy dates, dried figs, lots of fresh fruits, baked sweet potatoes, avocado and some of my healthy sweets like my energy balls to avoid unhealthy airport food or road trip temptations. Nuts are also amazing but I personally do better using them in my sweet recipes rather than snacking on them.

This mainly goes for the actual travel days rather than your whole vacation but even then, I love to check out local supermarkets and small fruit & veggie shops to find good quality produce.

Fresh fruits are the easiest “fast food” to bring to the beach, on walks or day trips and will always make you feel great!

I also love to order hummus or guacamole as a salad dressing at restaurants to make my salads a little more exciting and satiating.



3. Stay active in fun ways

Peer and I love to call our morning walks whenever we are in new places Wonder Walks, it makes us explore our destination with fresh curious eyes and truly feels magical!

Walking is such an easy way to stay active and you can do it ANYWHERE. Any activities you can find that don't feel like you are working out for the sole purpose of working out are the best on vacation.

That can be walking, running, swimming, hiking OR of course doing my RESET WORKOUTS which for me is my me time of the day and never feels like I am doing it “just” to workout if that makes sense as it's so much to me!

It allows me to check in with myself, how I am feeling that day, what my body needs and especially when I do our workouts first thing in the morning I feel so much more in tune with my body throughout the whole day which massively influences all my decisions, whether that's food or anything else.



4. Focus on SHORT workouts

Traveling is not the time for long workouts and a lot of people think if they aren't able to commit to a 45-60min workout, then it's "not worth" it doing one at all which makes no sense right?

It's like saying you'll eat comfort foods all day once you have a bowl of pasta or whatever that is for you. Again the key here is to not think black or white, every little effort counts and will add up to big results over time and especially mentally you'll feel so clear headed and refreshed: 10min daily is more than an hour per week, that's 4 hours per month.

I know it doesn't sound like a lot on a daily basis but trust me it will pay off over time and you probably have more than 10 min per day don't you?

Aim for 20-30 min daily and squeeze in rest days whenever you feel like your body needs one. This will also make it SO much easier to get back into your workout routine once you come back home.

Ever felt like you needed double the motivation to kickoff your healthy routines again when you came back from a trip? Yep, I feel youuuu! My 10-30 minute workouts on the go are the perfect mood and energy boost to keep you on track while traveling AND make you more motivated to keep going when you are back!



5. Find healthy options at restaurants

Before we get into what you can or should order to feel your best AND enjoy your vacation, remind yourself that it doesn't have to be the perfect healthy meal, it's okay to leave room for flexibility and your top priority is to not stress about any of it.

Now that being said, I actually LOVE to look at menus and healthify things they have on the menu. My go to orders are any kinds of salads like a tomato salad and green salads + I ask to add other ingredients I see they use for other meals like avocado, cucumber, olives, seeds, artichoke hearts etc. This depends on each restaurant but typically they are really happy to accommodate you if you ask kindly.

I also love to order any kinds of veggies like sauteed spinach, broccoli, mushrooms, green beans, grilled eggplant, cauliflower, roasted corn or whatever they have available. I just make sure it's not grilled with butter and ask to use olive oil instead or sometimes ask to simply steam things without using any oil.

I alwayyys order potatoes or rice at restaurants to feel fully satisfied and either ask for steamed or roasted potatoes. I love to combine broccoli and any green veggies with potatoes and for the rice I love avocado as a combination + I sometimes bring my nori sheets and then can make myself some avocado sushi bites.

There are sooo many ways to find yummy options and especially when eating out at Japanese or Asian restaurants you don't need to be super creative as they have plenty of options but so do Italian restaurants with all the good veggie side dishes and things like a simple tomato or pesto pasta (GF if possible).

I only try to avoid deep fried foods, white flour and sugar apart from non-vegan foods dairy, eggs, fish or meat. It sounds more complicated than it actually is and you'll enjoy your travels so much more knowing what foods to order AND still feel your best.



6. Hydrate

Have a water bottle with you at all times.

Staying hydrated is key, especially when you're out and about in the sun.

The best is to drink at least one liter within the first few hours of waking up and before having any food.

I love to add magnesium and lemon to my morning water, then have my celery or green juice before anything else. Ideally don't drink within 30 min prior & 60 min post your meals for best digestion.



7. MOST IMPORTANT

Remember the first few days when you get somewhere are THE MOST IMPORTANT days!

Ever noticed it's much harder to workout and eat healthy when you arrive somewhere and go all in the first 2-3 days? Yep, you set the tone for the whole trip and you can either use this chance to establish a healthy and balanced routine OR you can go all in and make it A LOT HARDER to then switch to healthier choices a few days later.

Let's take Susi as an example: Susi just arrived at her dream holiday destination, she's feeling a bit bloated from the flight and knows our quick 20 min de-bloat flow, a cold shower and a little walk would be the best reset for her to feel like she fully arrived.

Instead she's eating all the provided room snacks because she feels already bloated so she might as well have more, then doesn't feel like walking and instead goes straight to dinner.

The Susi who listens to her body feels great and goes to dinner ordering all the healthy options she finds, feels relaxed and sleeps really well. The other Susi obviously orders foods she usually tries to avoid, feels sluggish and goes to bed telling herself she'll "start" her healthy routine tomorrow, only to then find herself at the breakfast buffet going all in.

I hope this resonates with any of you and I am sure we have all been Susi number 2 at some point and that's why the first few days are the most important to set the tone for your whole trip AND the same goes for when you get back home.

It's all about the little things like a short walk, a quick evening flow and having a somewhat healthy dinner on the first night. You will be so much more likely to keep going AND you will feel mentally and physically better which means you will actually come back rested instead of needing a reset.



I hope these tips help!! BALANCE is everything. Enjoyyyy your travels, be kind to yourself but also make choices that make you feel good inside and out. You've got this!

NUTRITION TRAVEL GUIDE

WHAT TO ORDER AT RESTAURANTS

@CarolineDeisler





This was the most requested one and one a lot of you struggle with, so let's get into detail here hehe!

How I ask for adjustments

First, this is how I kindly ask for adjustments: (put a smile on your face hehe)

“Hii, I am so sorry I am a little particular with my food, do you mind if I would like to make a few changes?”

“Hii, would you please show me all the vegan items you have on the menu, so no meat, fish, eggs, or dairy? :)“

If you are unsure of the waiter (happens all the time haha where I feel like they say yes but don't really know):

“So sorryyyy to double check, do you mind asking the kitchen for the full list of ingredients? I just want to make sure as I am allergic to dairy.“

WHAT TO ORDER AT RESTAURANTS

ITALIAN RESTAURANTS

Examples orders:

RAW

- **Tomato salad** - no onion (optional but raw onion make me bloated especially when eaten for lunch), no balsamico + added avocado (- if you want to keep it on the lighter side, also ask for no oil).
- **Green Salad**, no dressing + added avocado.

I like to add the tomato salad to the green salad and mix it all together.

COOKED

- **Sauteed or steamed spinach, green beans, broccoli, mushrooms.**

I don't mind a bit of olive oil, but they are also usually super happy to simply steam veggies with nothing added.

- **Grilled artichokes.**
- **Steamed or roasted potatoes.**

OCCASIONALLY

My pasta recipes are something you can have almost every day and feel your best but it's usually pretty difficult to find GF pasta options at Italian restaurants and white flour is something I would try to avoid.

As mentioned before you should of course enjoy your vacation without being too rigid, but I would rather have all the veggies and some delicious roasted potatoes than wheat in pasta. However, if you're craving pasta, this would be my order:

- **Pasta Pomodoro** with added capers, olives, artichokes, mushrooms + a side of steamed broccoli to balance it a little.
- **Pesto Pasta** (ask if its a vegan pesto or if they can make it vegan by leaving out the cheese), order a plate of fresh arugula, cherry tomatoes and avocado and add that to your pasta for an extra nutrient boost. SO YUM!
- **Gnocchi** (ask if they are vegan, some are made with eggs) with a simple tomato sauce!

WHAT TO ORDER AT RESTAURANTS

ASIAN RESTAURANTS

ONLY ADJUSTMENT: I personally don't love soy sauce as it is quite salty and can make you feel a little puffy. Simple ask if they can leave it out (unless you really love it of course).

- **Papaya Salad** (the papaya is not the ripest and can make you bloated, just so you are aware of it :) I wouldn't have it for dinner when I had a cooked lunch for example).
- **Spring Rolls** (not the deep-fried ones) with peanut sauce. Simple, healthy and so yum!
- **Pad Thai** with peanut sauce (you can even ask to leave out the rice noodles and just use a lot of veggies if you want it to be extra light but I personally love rice noodles!).
- **Dim Sim** (I love vegan dumplings!!) They are not gluten-free, so I wouldn't have it daily but it is something I love to enjoy occasionally) - I would ask if they are fully vegan as some contain egg.
- **Curry** (I would ask for a yellow vegetable curry which is less spicy, extra broccoli, cauliflower, green peas and potatoes on the side because you usually get a lot "curry sauce" and not that many veggies) and I usually don't have rice with it because I love potatoes in my curry so much!
- **Steamed broccoli and mushrooms, rice and a peanut sauce:** this is something I would order if I wanted something super simple yet very yummy! You can also ask to fry the veggies in a tiny bit of sesame oil if you want them to be a little crisp.
- **Tofu** (I personally don't love tofu but it's definitely a healthy option to order!)

WHAT TO ORDER AT RESTAURANTS JAPANESE RESTAURANTS

My faaaaaavourite!! Peer and I love to go to japanese restaurants and it's our go to lunch spot in London at least 2-3 times per week.

MY GO TO ORDER:

- **2x steamed plain rice**
- **2x sesame spinach** (It's a cold salad made of steamed spinach and a creamy sesame tahini sauce)
- **Small bowl of sesame seeds**
- **10 nori paper**
- **1 plate of avocado, sliced**

I love to make sushi wraps with it myself, so so yum!

OR

- **2 avocados, sliced**
- **2x steamed rice**
- **Small bowl of sesame seeds**
- **10 nori paper**

Same here, I love to make sushi wraps with it myself, so so yum!

OTHER THINGS I ORDER:

- **Avocado nigiri**
- **Avocado maki**
- **Avocado inside out rolls:** I love to ask for 2-3 inside out rolls with avocado inside AND on top + then add a sprinkle of sesame seeds. This is such a delicious dinner, soothing on your tummy and very satisfying.
- **Vegetable sushi** (a great healthy option but I find sushi with mixed veggies like cucumber, carrots etc not as easy on my digestion as avocado sushi)

NOTE: I eat all my sushi without any soy sauce

- **Salads** (they usually have amazing green salads or other salad variations that are vegan or can be made vegan with leaving out the fish stock)
- **Roasted Veggies**
- **Miso Soup** can usually be made vegan but I find it veryyyy salty, I still have it sometimes but usually prefer not to.



WHAT TO ORDER AT RESTAURANTS BREAKFAST HOTEL BUFFET

Let's talk about hotel breakfasts because A LOT of people find themselves overeating at a buffet even if it's all healthy food.

If this sounds like you please don't feel bad as it happens to almost everyone myself included (all the time!).

I used to feel quite overwhelmed being at a big buffet or having a big catering at model jobs yeaaaars ago but I still remember the feeling of needing to eat and try everything just because it was there.

We all have different reasons for it and in my personal case it was a combination of growing up without having much and trying to save everything I could to be able to move away from home to New York and being confronted with an unhealthy body image in the modeling industry which certainly adds to it.

WHAT CHANGED MY MINDSET:

I still have days where I overeat on buffets but it happens quite rarely and I learned to just really enjoyyyy it.

- **Just because it's "free" doesn't mean you need to have it.**
- **You are better off leaving food on the table when you are full than eating it.**
- **If you see food you are craving, have some of it and don't try to restrict OR you most likely will go overboard one day when you decide to "finally" have it.**

Remember, food should not be something you think about after you have eaten it, so the less you are trying to control things and the more you go with your intuition the better you feel, the less you overeat and the better you feel!

WHAT I EAT: (DAILY)

- **Juices!**

I usually don't drink any of the juices offered at buffets as most of them contain fruits and fruits are better to be eaten not juiced.

Vegetable juice is amazing but fruits are better eaten whole or in smoothies where you also get the fiber!

I instead ask for a plain celery juice with only celery and/or a green juice made of: celery, cucumber, kale, lemon, and ginger.

I love to order my celery juice in the morning to the room, have that first and then go for a later breakfast at around 10 am.

- **Fresh Fruiiiits!**

I love love love the luxury of not having to cut my own fruits haha

Although I LOVE doing that it's also really nice to take advantage of having seasonal fruits fruits pre cut ready to enjoyyy.

The fresh fruit corner is alwayyys my first stop at any breakfast buffet.

Remember eating light to heavy is the best for good digestion, so fruits first ALWAYS.

- **Ginger or Lemon Shot!**

Ask for a plain ginger shot and fresh lemon juice. Love adding ginger to my water and drizzle the lemon juice over my watermelon or papaya for an extra boost.



WHAT I EAT: (SOME DAYS)

- **Make your own Porridge Bowl**

Whenever I feel like I need a little more than “just fruits” in the morning, I love to make my own porridge/muesli bowl and this is my go-to:

oats + hot water (or ask for oats cooked in water)
flax seeds
chia seeds
raisins
cashews
pistachios
walnuts
hemp seeds
few chopped dates I bring myself
looooots of berries

Mix it all together and either enjoy right away or also pack for a healthy lunch!

- **Which bread to choose**

I love a good avocado toast on some days and always go for the “healthiest looking bread” meaning ideally either a sourdough, seeded bread or dark rye bread. I also love it either not toasted or veryyyyy toasted + then I ask for:

1 whole avocado, sliced (very ripe)
+ Take some pumpkin and sunflower seeds, cherry tomatoes, arugula and if they have hummus from the buffet to make a yummy avocado toast.

- **Takeaway**

I also sometimes like to order sauteed spinach, roasted potatoes and hummus to takeaway (no shame on that haha) at breakfast in case I want a little snack or Hailey needs something.





Healthy options I order from the Room Service Menu:

- **Steamed potatoes**
- **Steamed green beans**
- **Steamed broccoli**
- **Steamed Spinach**
- **Plain rice**
- **Plate of avocado**
- **Green salad**
- **Tomato salad**
- **Hummus**
- **Tahini sauce**

- **Celery Juice**
- **Green Juice:** celery, kale, parsley, cucumber, lemon, ginger
- **Ginger Shot:** Pure ginger juice
- **Fresh Fruit**

OTHER TIPS

Apart from tips and tricks to eat healthy and workout on vacation, I have a few habits I unintentionally do that I thought I would mention here as well. These are by no means a must to follow and simply serve as inspiration.



LEGS UP WHEN LYING ON A SUNBED

Putting your legs up the wall is one of my faaavourite simple ways to reduce water retention and immediately feel a sense of relaxation.

Whenever I am lying in the sun on a sunbed, I put the head part up all the way and lie with my face on the other side putting my legs up the headboard.

The more in tune you get with yourself the more you notice the small things like this one and what it does for you. Instead of letting the energy flow leaving your body, you are keeping it in, letting your blood flow back to you if that makes sense.

Would love to hear your thoughts on it if you are giving it a go.

LEMON/ FRUIT INFUSED WATER

Lots of hotels offer lemon, cucumber, lime, orange, or any other fruit-infused water dispenser aaaand while I LOVE a boost in my water, most hotels don't use organic produce and the lemons & limes most likely were not washed either so you are basically drinking the pesticides in your water.

I know it sounds a little overcautious but it's my personal preference and I wanted you to be aware of it hehe.

I love to order fresh lemon juice on the side and add that to my water OR if it's a credible hotel of course drink their fresh fruit-infused waters but it's worth it checking.

PLATE

Okeee so here is the next crazy habit hahah, I always take the 2nd top plate at hotel buffets, not the top one because you never know lol.

People could have touched it or could have stood there for a while having dirt on it. I wasn't even sure if I should mention this one haahh but thought why not!

FOODS TO PACK

IN YOUR LUGGAGE

If I know I'm going to be somewhere or on the road in general for a couple of weeks, I like to bring a few things which I know will be useful to establish a little health routine while away.





100% PURE ALOE VERA JUICE

I sometimes bring a 500ml aloe vera juice bottle as it's easy to pack when still packaged and closed and brilliant to add to my water in the morning for an extra digestion boost. It does have to go into the fridge once opened but usually fits perfectly into the mini bar.



GREEN POWDER

I looove taking my green powder in the morning and have been having it for nearly 10 years. There are few different brands I like but the most important is that you find an all natural one, no thickeners, no additives or anything that you can identify.

I really like the Kiki Health one which has a mix of different algae and greens, the markus rothkranz one is amazing too! The worse the taste, the better haha!



PROBIOTICS

Proobiotics make a massive difference. The green powders act as a prebiotic as well actually so you could potentially also just take that but I love to also take a probiotic with me and have it on an empty stomach first thing in the morning.

I currently love the biocare forte plus one! It's worth rotating with a few different ones from time to time so your gut doesn't get used to ONLY one type as they all have different healthy gut bacteria.



MAGNESIUM CITRATE

I love to bring a small bottle of magnesium citrate. It's a powder you can add to your water and does wonders for all sorts of things.

Most people are magnesium deficient without realising it and adding a small tsp to your water morning or evening helps with muscle relaxation, sleep, digestion and your overall well-being.



MEDJOOOL DATES

You can buy dates in most places but out of convenience or whenever I am not sure if I'll find any, I love to order a box of medjool dates to the hotel in advance.

As a healthy vegan who eats lots of fruits during the first half of the day, you are sometimes quite dependent on the quality of fruit a hotel offers. With having a box of dates, I know I have a back up and will feel satisfied no matter if the fruits in the hotel are ripe or not.

AIRPLANE SNACKS

Most people are actually surprised and not sure as to what they are allowed to bring on a plane. I haven't eaten plane food in 15 years and always brought my own.

There is a funny story actually haha when Peer and I sat next to each other on a plane from Munich to New York which was totally by accident (crazy right) and we hadn't seen each other in over a year but were texting here and there and missing each other, I (of course!) had a big bag of cut fruits, home cooked veggies and potatoes with me and was too shy to unpack that in front of him because I thought he must think I'm a little crazy. That was 13 years ago haaha!

Okayyy, so you can bring almost anything on a plane as long as it's not liquid or could be considered one like a soup. However, I would stay away from fresh fruits and veggies WHILE you are on the plane as your digestion is muuuch weaker in altitude and you'll get bloated much quicker.

I personally do my best eating before and after the plane right but not ON the plane. Have your celery juice, green juice, smoothie, fruits before the plane so you are super hydrated and then eat once you land.

HERE IS A LIST OF MY FAVOURITE RECIPES TO MAKE FOR TRAVEL DAYS EXCEPT FOR BRINGING DATES AND FRUITS:

Easy to prep, easy to pack in paper bags which you can then throw away so you are not left with lots of empty takeaway boxes and satisfying!

- **Plantain Chips** (toddler-approved and not messy)
- **Baked Purple Sweet Potatoes**
- **Oat Bars** (toddler-approved and not messy)
- **Granola Bars**
- **Banana Oat Peanut Chocolate Cookies**

NUTRITION TRAVEL GUIDE

HOW TO BALANCE MEALS

THROUGHOUT THE DAY

[@CarolineDeisler](#)



I love the “**3 adjustments a day rule**” which I made up myself over the years of traveling! It’s a simple approach to making room for more flexibility in my diet.

Basically what it says is that you “can” have 3 foods per day that aren’t part of your usual routine or aren’t considered as healthy in your opinion. I find it really helped me over the years to get rid of a black and white mindset and to step more and more into my feminine and intuitive energy. I hope it doesn’t come across as a “rule” because I am the last person wanting you to follow rules.

The more you train your mind to be flexible the less you will overeat when you are stepping out of your “comfort” zone.

A simple example would be to have a few slices of bread at hotel breakfast buffets. If you are like me and usually start your day with green juice, fresh fruits and things like chia pudding or porridge bowls, bread in the morning seems like going out of that routine and instead of then making different food choices ALL day long you can remind yourself of the “3 adjustments rule” and consider bread to be one of them.

Another thing could be having oily potatoes instead of simply steamed ones, all those little things that could busy your mind but really shouldn’t, put them on the “3 things per day” rule and you’ll find yourself not going overboard, and start living more in the gray. :-)

I wanted to address this one as no matter where you are and what your food choices will look like, I find having a flexibility “rule” will help you not be too rigid.



USEFUL ADJUSTMENTS

NO MATTER WHICH RESTAURANT YOU ARE EATING AT!

- **Steamed instead or fried**

Steaming veggies and potatoes is the healthiest form of cooking where you lose the least amount of nutrients + frying foods in oil will add lots of calories without adding much nutrition. I would rather add some cold pressed olive oil to my food afterwards instead of cooking with it buuut again please don't stress about these things, as I said before I don't mind having oily and salty potatoes here and there, this is just an option in case you wanted to make adjustments and knowing that you can always ask for that.

- **No deep-fried foods**

The one food I almost never order is anything deep fried.

- **Eat until you are 80% full**

This is such a lovely “rule” to keep in mind as it does make you feel your best no matter where you eat. Whether you are having your usual favourite healthy foods or are trying out new cuisines, eat until you are 80% full, go for a short post-dinner walk and you'll feel good no matter what. :)

- **Don't drink while eating**

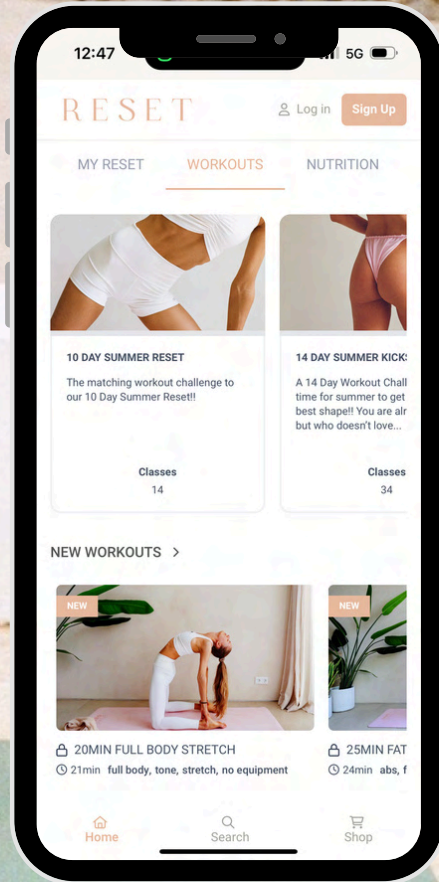
The one habit that makes people bloated all the time is they drink lots of water WITH their meals, this will dilute your stomach acid and weaken your digestion. Hydrate 30 minutes before your meals and 60 minutes afterwards + In general, only drink water and herbal teas, no sodas or fuzzy drinks.

BETTER SNACK OPTIONS

Healthier Option	Less Healthy Option
Unsalted nuts	Salted & roasted nuts
Dried figs/dates	Unripe fruits
Sorbet	Ice cream (as it's dairy-free)

7 Day Vacation Challenge

@CarolineDeisler





7 DAY VACATION CHALLENGE

Working out on vacation has to be EASY, QUICK & EFFECTIVE! You don't want to compromise vacation time and be stuck in a dark, stinky gym right? I feel you hahah, it just doesn't feel *right!*

However, imagine you can take your mat or towel to the beach and workout in the morning sun, enjoying some peaceful me time while moving your body with zero equipment needed. Trust me, you'll get to enjoy your vacation even more now because you have that moment to be fully present which doesn't happen too often, You soaked it all in, the fresh air, the quietness, the sun, whatever you surround yourself with, my workouts will help you to enjoy it all!

The best part is, you are feeling better all day long AND are almost forgetting about the initial reason (you) most people start to workout which is to look more toned or to lose weight. You are so happy about how these workouts make you *feel* that you want to keep going anyway!!

Whether you are on vacation or a work trip, I created a perfect **7 DAY TRAVEL WORKOUT PLAN** for you which involves lots of standing and no equipment workouts so you can do them anyyywhere anytime!! The full plan and workout videos are all up on RESET and you can download them all as well just in case you run out of wifi! NO excuses heheh, yay finally your trips are all sorted!!





Thank you

FOR BEING PART OF OUR COMMUNITY

You can be so proud of yourself for wanting to feel your best while travelling!! It's the time when most people fall off their routines and find it hard to get back on it and making those tiny adjustments while being on the go to still feel your best

I hope it truly felt like a reset and you are motivated to keep eating and moving your body this way! You are such an inspiration to me and everyone around you! I can't wait to read your feedback! Sending you so much love!

xx *Caroline*

Get my Cookbook!

Click the link below to get my VEGAN RESET
HARDCOVER COOKBOOK with 100+ RECIPES



WORLDWIDE SHIPPING



Get my other E-books

Click the link below to get my other vegan reset plans & healthy recipe cookbooks! The perfect way to follow up and keep feeling your best!

CAROLINESCHOICE.COM

