

TRAVELING & EATING OUT WHILE ON THE HOLOBIOME ROADMAP

Staying Consistent While Away

Travel, social events, and dining out do not mean your progress has to stop. The goal is not perfection, it's maintaining the foundational habits that support your current phase of the Holobiome Roadmap. A little planning can help you stay on track while still enjoying life's experiences.

Travel & Dining Success Tips

- ✓ Pre-pack supplements, approved foods/snacks and support products before your trip
- ✓ Bring a simple daily checklist to stay consistent with your protocol
- ✓ Prioritize hydration, especially when flying, exercising, or spending time outdoors
- ✓ Build meals around approved proteins, vegetables, healthy fats, and carbohydrates appropriate for your current phase (refer to plate method)
- ✓ When dining out, choose simple preparations such as grilled, baked, roasted, or steamed foods whenever possible
- ✓ Request sauces, dressings, and condiments on the side to better control ingredients
- ✓ Focus on making the best available choice rather than finding the perfect meal
- ✓ Return to your normal meal timing and routine as closely as possible

If Travel Disrupts Your Routine

Temporary disruptions happen. One meal, one day, or even one weekend will not undo your progress. Simply return to your normal protocol, nutrition plan, and daily habits as soon as possible.

Remember, long-term success is built through consistency over time, not perfection.

