

The 30 Pound Club

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December 22, 2011 – Grand Rapids, MI

Travel Meal Plan

Paula, Dad, and I travelled to Pigeon Forge, Tennessee, last week to celebrate Christmas with Matt, Kerri, and her family. It was terrific to be together.

This past week on Facebook, I posted my eating patterns during those 12-hour drives down and back. Because many of you will be traveling by car to visit family during the next few days and returning home again, I thought I would print my strategy for maximal alertness during travel. It may or may not work for you, but it did for me.

Avoid refined carbohydrates and starches.

That would mean bread, bagels, pasta, potatoes, rice, fully-sugared sodas, etc. The sugar and starches take fluids to digest and store; that's what causes the fog after a high-carb meal.

Avoid high-fat foods such as burgers and fries.

It's an easy meal to pick up and keep going, but the carbs are the biggest part of the calories in the sandwich and right behind them is usually the fat content, and that can really slow you down.

Eat salads.

I had salads both ways. The key to making salads work on a road trip is to have them with grilled protein and salad dressing on the side. Chicken, shrimp, even ham—but no fried foods.

Rely on caffeine.

I sipped coffee most of the time and drank XS the rest. Driving is probably one of the best times to use caffeine unless you can't handle it.

Don't eat if you don't need it.

We took cut-up fruit, but I didn't eat much of it; I just do better with an empty stomach.

I hope some of these ideas help you as you travel for the holiday. Of course, if you have a metabolic condition such as diabetes and really need to eat, then please eat. Just eat minimally because you want the blood going to your brain, not your stomach and digestive system.

Paula, Dad, Mom, and I wish you all a very Merry Christmas!

One and Done.

What are you prepared to do today?

Dr. Chet

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