Coached by Sam

How to Manage Holidays

enjoy every bit of it, no tracking needed

YOUR HOLIDAY GAME PLAN

BEFORE YOU GO

Holidays are for enjoying.

So we're leaving the scales and the tracking app at home.

You've put the work in, and a week or two away isn't going to undo that. What it can do is leave you feeling bloated, sluggish and a bit fed up if you go all-out every single meal, or stressed and missing out if you try to stay super strict. Neither is the plan.

Instead, we're keeping it simple. A handful of easy habits that keep you roughly where you are, so you can eat the good food, have the drinks, relax properly and come home feeling great.

> The goal for your holiday
> **Maintain, not lose.** Come home in roughly the same place, feeling good, ready to crack on. That's a win. Weight loss can wait a week.

What's in this guide

- **Your 5 holiday habits** – the non-negotiables (and they're easy)
- **Treats, drinks & eating out** – how to enjoy it all without it getting away from you
- **Travel days** – airports, flights and long journeys
- **Coming home** – what to expect on the scale and how to get back into your routine
- **Your holiday checklist** – screenshot it and keep it on your phone

"Enjoy the holiday. Keep the habits. Come home feeling good."

PART ONE

Your 5 holiday habits

No numbers, no weighing, just these.

HABIT 1

Protein at every meal

This is the big one. Build each meal around a protein – eggs or Greek yoghurt at breakfast, grilled fish, chicken, steak, prawns or a big omelette later on. It keeps you full, protects all that lovely muscle you've built, and naturally stops you overdoing everything else on the plate.

- Breakfast buffet: eggs, yoghurt, cold meats or smoked salmon first, then add the extras
- Eating out: pick your protein first, then choose the sides

HABIT 2

Half your plate colourful

Salads, grilled veg, fruit – whatever's going. Fill half the plate with it whenever you can. It bulks your meal out, keeps you regular (holiday bloat is real) and leaves less room for the stuff that's easy to overdo.

- Ask for a side salad or veg instead of a second carb
- Fruit is a great pudding most days

HABIT 3

Eat slowly and stop when you're satisfied

Holiday food is meant to be enjoyed, so actually enjoy it. Put the fork down between bites, chat, take your time. Check in halfway through: am I still hungry, or just eating because it's there?

Use the hunger scale



Starving — Aim to stop here — Painfully stuffed

Aim to start eating around a 3 (properly hungry, not ravenous) and stop at a 6–7: comfortable, satisfied, could go for a walk.

HABIT 4

Drink plenty of water

Heat, flights, sun and a few drinks all dehydrate you, and thirst is easily mistaken for hunger. Carry a bottle everywhere and have a glass with every meal.

- Refill your bottle every time you leave the room or the pool
- A glass of water before each meal

HABIT 5

Move every day

Make movement the focus of your holiday instead of food. Explore on foot, walk to dinner, take the stairs, swim, go for a morning stroll before breakfast. It all adds up, and it feels so much better than spending all day horizontal.

- Set yourself a daily step goal and make it a bit of fun
- Fancy a workout? A quick bodyweight session is a bonus, never a must

PUTTING IT TOGETHER

What a good holiday day can look like

Not a meal plan, just an example of how the habits fit into a normal, fun holiday day.

Morning Water as soon as you're up. A walk or a swim before breakfast if you fancy it.

Breakfast Eggs, Greek yoghurt or smoked salmon, plus fruit. Then a pastry if it's one you really want.

Lunch Grilled fish, chicken or a big salad with protein. Water alongside.

Afternoon Explore on foot. Fruit, an ice lolly or a protein snack by the pool.

Dinner Protein first, plenty of veg or salad, then your sides. Dessert or drinks – your choice tonight.

Evening A stroll after dinner, water between drinks, and enjoy it.

PART TWO

Treats, drinks & eating out

Nothing's off limits. Just choose on purpose.

You don't need to say no to anything. The trick is picking the things that are genuinely worth it and skipping the stuff you'd eat just because it's there.

> The "is it worth it?" test
> Before a treat, ask yourself: **is this something special I'll really enjoy, or is it just there?** The local pastry, the gelato on the seafront, a cocktail at sunset – yes, have it and enjoy every mouthful. The bread basket on autopilot, the crisps by the pool you don't even fancy, the third trip to the buffet – probably not.

A simple rule of thumb

- **One proper treat a day**, chosen and enjoyed, rather than grazing all day long
- **Dessert or drinks** most nights, rather than both every night
- Some nights you'll have both, and that's completely fine. It's about most of the time, not perfect

Drinks

- Alternate every alcoholic drink with a glass of water
- Wine, or spirits with a slimline or soda mixer, are lighter choices than sugary cocktails most of the time
- Save the cocktails for when you really want one, and actually savour it
- Drinking makes the late-night snacks very tempting, so eat a proper protein-based meal beforehand

Eating out & buffets

- **Restaurants:** grilled, roasted or baked over fried or creamy; protein first, then sides
- **Sharing is your friend:** split a starter or a dessert so you get the taste without the full portion
- **Buffets:** walk round the whole thing before you pick up a plate, then choose what you really want
- **One plate, one trip** as a guide – load it with protein and colour, then add your favourites
- **Pool and beach:** fruit, a protein snack or an ice lolly is lighter than crisps and pastries all afternoon

PART THREE

Travel days

Airports are designed to make you snack.

- Have a proper meal with protein before you leave, so you're not starving at the airport
- Pack a few snacks: protein bars, nuts, fruit, a protein yoghurt if you can
- Take an empty water bottle through security and fill it up on the other side
- Walk around the terminal instead of sitting for hours, and get up on the plane when you can
- Travel days are long and tiring, so be kind to yourself. Just make the best choice available

PART FOUR

Coming home

Read this bit before you step on the scales.

> Expect the scale to go up – and don't panic
> After a holiday it's completely normal to see a jump of a few pounds. Restaurant food is saltier, you've had more carbs and drinks, and you've been travelling. All of that makes your body hold onto water. **It is not fat.** Once you're back in your routine it settles, usually within a week or so.

Your back-to-routine plan

- **Pick your "back to normal" day before you go**, so the holiday has a clear finish line and doesn't drift on for another week
- **Get straight back to your usual meals.** No crash diets, no skipping meals, no "making up for it"
- **Get a big food shop in** so your normal, easy options are there when you're tired and unpacking
- **Back to training and your steps** – your first session might feel a bit rusty, that's normal
- **Drink plenty of water** to help the travel bloat settle
- **Wait a few days to weigh in**, then check in with me as normal

SAVE THIS ONE

Your holiday checklist

Screenshot it, keep it on your phone, tick it off in your head each day.

- [ ] Protein at every meal
- [ ] Half my plate colourful (salad, veg or fruit) where I can
- [ ] Ate slowly and stopped at satisfied, not stuffed
- [ ] Water bottle with me all day
- [ ] Moved my body – walking, swimming, exploring
- [ ] Chose my treat on purpose and enjoyed it
- [ ] Water in between drinks
- [ ] Relaxed, had fun and enjoyed my holiday

Remember

You don't need to be perfect on holiday. You just need to not throw everything out the window. Hit most of these most days, enjoy yourself, and you'll come home feeling good and ready to go.

Have the best time, you've earned it.

Love Sam x