
REWRITE LIFESTYLE

The Bariatric Travel Guide

How to Stay on Track When You're
Away from Home



by Shenelle | Rewrite Lifestyle

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This guide is your travel companion — not a rulebook.

Whether you're flying across the country or driving to the coast, the goal is simple: plan ahead so you don't have to rely on willpower alone.

You've already done the hard part. Surgery was the beginning. Now it's about building habits that travel with you — literally.

Your Three Rules

1

Protein First

Always. No exceptions. Build every meal around protein.

2

Hydration is Non-Negotiable

Sip constantly. Carry water everywhere you go.

3

Consistency Beats Perfection

One off meal doesn't erase progress. Keep going.

Think of these as your travel compass. When in doubt, come back here.



Shenelle's Airport Announcement: If your breakfast has frosting, it's probably dessert wearing a fake mustache.

Liquid Phase

Traveling during your liquid phase? Preparation is everything.

What to Pack



Protein Shakes

Ready-to-drink, no blender needed



Broth Packets

Hot water + packet = instant meal



Electrolyte Mixes

Sugar-free, keep hydration up



Refillable Bottle

Sip constantly throughout the day

Pro Tips

- ✓ TSA allows medically necessary liquids — carry a doctor's note if needed
- ✓ Freeze shakes the night before to keep them cold through security
- ✓ Ask hotel front desk for a mini fridge — most will accommodate medical needs
- ✓ Pack extra supplies for delays — always plan for +1 day

Daily Liquid Goal

100 oz

64 oz

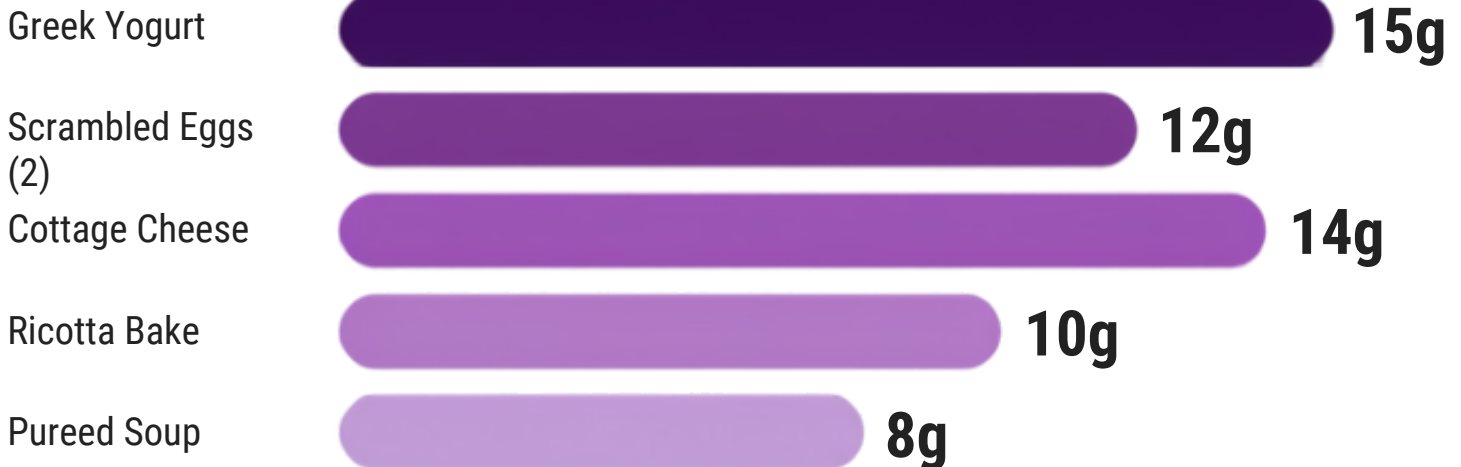
0 oz



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You have more options than you think. Here are great travel-friendly choices that pack protein and travel well.

Protein per Serving (grams)



Friend Options

Protein Distribution



Greek Yogurt

Greek yogurt bowl with honey and granola.



Scrambled Eggs (2)

Soft scrambled eggs with cheese.



Cottage Cheese

Cottage cheese with fruit or on its own.



Ricotta Bake

Ricotta bake with herbs and parmesan.



Pureed Soup

Pureed soup with protein powder blended in.



Travel Snacks

Cheese sticks, jerky, and protein bars on the go.

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Maintenance Phase

You're in the long game now. Balance is your friend.

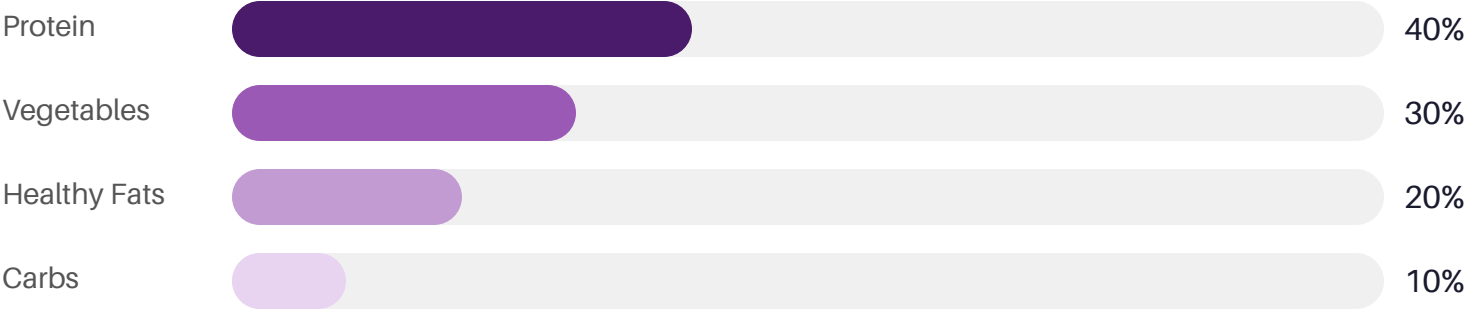
Daily Goals

- ✓ 3-5 small meals per day
- ✓ Protein + vegetable at every meal
- ✓ Healthy fats in moderation
- ✓ Minimal processed snacks

Sample Travel Day

- Breakfast**
2 eggs + turkey sausage
- Lunch**
Grilled chicken salad
- Snack**
String cheese + almonds
- Dinner**
Grilled fish + steamed veg

Macro Balance



06 Airport Guide

GREEN LIGHT (GO FOR IT)



GO



GRILLED CHICKEN

GO



PROTEIN BOXES

GO



EGGS

GO



JERKY

YELLOW LIGHT (PROCEED WITH CAUTION)



CAUTION



SUSHI

watch rice portions

CAUTION



SALADS

CAUTION



SMOOTHIES

check sugar

RED LIGHT (SKIP IT)



STOP



PASTRIES

STOP



SUGARY DRINKS

STOP



FRIED FOOD

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Road Trips

Road trips give you the most control — use it.

Pack a Cooler

✓ Protein shakes

✓ Hard-boiled eggs

✓ String cheese & turkey roll-ups

✓ Pre-portioned nuts or seeds

✓ Cut veggies with hummus

✓ Emergency jerky or protein bar

Stop Smart

Choose gas stations with fresh food sections or plan stops near grocery stores instead of fast food drive-throughs.

Keep a small bag of emergency protein (jerky, protein bar) in your glovebox at all times.

Restaurant Ordering

Dining out doesn't have to derail you. Use these smart swaps:

Smart Swaps

Instead of: Fried entrees

Try: Grilled protein

Instead of: Dressing on top

Try: Sauces on the side

Instead of: Fries as a side

Try: Steamed veggies or salad

Instead of: Full-size entree

Try: Appetizer portions

Instead of: Bread basket

Try: Ask them not to bring it

Instead of: Guessing prep method

Try: Ask how it's prepared

Mindset Reminder

You're not being difficult. You're being intentional.

Most restaurants are happy to accommodate — don't be afraid to ask how something is prepared.

Not sure what to eat, pack, or order? Let me guide you through it:



App Check-Ins

Log meals & get feedback in real time



Meal Planning

Custom plans for every travel scenario



Direct Messaging

Text me anytime you feel stuck



Grocery Lists

Phase-specific lists for any store



Goal Tracking

Weekly check-ins to stay accountable



Recipe Library

Travel-friendly recipes at your fingertips

Ready to get started?

Download the Rewrite Lifestyle App and connect with Lucille today.



Shenelle's Airport Announcement: Your next meal is just a message away — I've got you.

These are our tried-and-true travel essentials:



Protein Shake Bottle

Insulated, keeps shakes cold 12+ hrs



Collapsible Cooler Bag

Folds flat in your carry-on



TSA Liquid Containers

3oz approved for protein liquids



Portion-Control Containers

Pre-measured for perfect servings



Portable Blender

USB-charged, blends shakes anywhere



Electrolyte Packets

Sugar-free, travel-sized hydration



High-Protein Snack Packs

Variety packs for long flights

Find all links in the Rewrite Lifestyle App

Under "Travel Gear"



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Perfection is not the goal. Consistency is.

You will have meals that don't go as planned. You'll eat something you didn't intend to. That's not failure — that's life. What matters:



Get back on track at the very next meal



Don't let one choice become a whole day of choices



Celebrate the wins — even small ones



Remember why you started this journey

You are not the same person who walked into that operating
room.
Travel like it.



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Need More Help?

You're never alone on this journey. Here are ways to get support:



Rewrite Lifestyle App

Daily tracking, meal plans, and community support all in one place.



1-on-1 Coaching

Book a private session with Lucille for personalized guidance.



Facebook Community

Join thousands of post-op travelers sharing tips and wins.



Email Support

Reach out anytime at support@rewritelifestyle.com.

The best investment you ever made was in yourself.
Keep going.

💎💎💎 Shenelle's Airport Announcement: You didn't come this far to only come this far.
Now go explore!