

Travel & Vacation Guide

Brought to you by Margalit

Summer is meant to be enjoyed - the trips, the beach, the bungalow, the late dinners on the deck. None of it requires throwing out everything you've worked for the rest of the year.

This guide is your back-pocket reference for July and August: how to travel smart, eat out without spiraling, snack on the go, and come home feeling proud - not playing catch-up.

8 Summer Tips

01. Pack your own snacks

Airports, gas stations, and hotel lobbies are full of traps. Pre-portioned almonds, protein bars, fruit, rice cakes, and Empower bars in your carry-on mean you're never stuck with overpriced junk when hunger hits.

02. Scout the menu before you go

Most restaurants post their menu online. Pick your meal BEFORE you sit down — when you're hungry and surrounded by smells is the worst time to decide.

03. Hydrate like it's your job

Heat + travel = dehydration that feels like hunger. Aim for a bottle of water every 2-3 hours. Add lemon, mint, or a sugar-free electrolyte if plain water gets boring.

04. Move first thing in the morning

Vacation days fill up fast. A 20-30 minute walk before breakfast - beach, boardwalk, hotel gym, anything - sets the tone and you won't have to 'find time' later.

05. One indulgence, not all day

Pick the ONE thing that's worth it that day - the ice cream on the boardwalk, the bakery croissant, the hotel dessert - and eat the rest of the day normally. Don't turn a treat into a free-for-all.

06. Protein at every meal

Eggs at breakfast, grilled fish or chicken at lunch, lean meat at dinner. Protein keeps you full longer so you're not raiding the minibar at 10pm.

07. Watch the liquid calories

Frozen cocktails, smoothies, iced coffees, and slushies can hit 500-800 calories without filling you up. Stick with seltzer, iced black coffee, iced tea, or sugar-free options when you can.

08. Don't 'start fresh Monday'

One meal off-plan isn't a vacation ruined - it's one meal. Next meal, get right back on. The damage is never the slice of pizza; it's the week of giving up after it.

Smart Choices

Myth: "I'm on vacation - calories don't count."

Fact: One week of all-in eating can undo two months of work. The body doesn't take vacation days. Enjoy - but with structure.

Myth: "Salads at restaurants are always the healthy choice."

Fact: A loaded Caesar or Cobb can run 1,000+ calories. Ask for dressing on the side, skip the candied nuts and fried toppings, and add grilled protein.

Road Trip & Travel Snack Bag

- Bottled water - one per hour of driving.
- Pre-cut veggies and hummus cups.
- Hard-boiled eggs in a small cooler.
- String cheese or low-fat cheese sticks.
- Empower bars or other 150-cal protein bars.
- Fruit that travels well: apples, grapes, clementines.
- Plain or lightly salted almonds, pre-portioned.
- Sugar-free gum or mints for the 'I'm bored' munchies.

Eating Out: Choose vs. Skip

CHOOSE	SKIP
Grilled, baked, broiled	Fried, breaded, crispy
Salad dressing on the side	Salads drowned in creamy dressing
Sparkling water with lemon	Sweetened iced tea, soda, frozen cocktails
Share dessert (or skip it)	Your own full dessert every night
Vegetables as your side	Fries, mashed potatoes, white rice
Sauce on the side	Pasta swimming in cream sauce

Quick Ideas

Beach Day Lunch

Whole-wheat wrap + grilled chicken + lettuce, tomato, avocado + mustard. Pack with an ice pack. Pair with a piece of fruit and water.

Hotel Breakfast

2 eggs any style + 1 slice whole-grain toast + tomato/cucumber + black coffee or tea. Skip the pastries, juice, and home fries.

Poolside Snack

Greek yogurt + a handful of berries + 1 Tbsp granola. Filling, cold, and won't melt into a sticky mess.

Bungalow / BBQ Dinner

Grilled chicken or fish + big green salad + grilled vegetables. Skip the hot dog buns and creamy salads - load up on the protein and veg.

Airport Survival

Pre-made salad with grilled protein from any sit-down spot, OR a plain coffee + protein bar from your bag. Avoid Cinnabon. Always.

Late-Night Hotel Craving

Sugar-free hot chocolate, a piece of fruit, or the apple you packed. Brush your teeth - instant craving killer.

Easy Recipes

Simple summer lunch and dinner recipes - high-protein, light, and built for hot days, small kitchens, and grill nights.

LUNCH

Mediterranean Tuna Bowl

10 MIN - NO COOK

Ingredients

- 1 can tuna in water, drained
- 1 cup cherry tomatoes, halved
- Half cucumber, diced
- Quarter red onion, thinly sliced
- Handful of olives
- 1 Tbsp olive oil + lemon juice
- Salt, pepper, oregano

Method

Toss everything in a bowl. Eat as-is or over a bed of greens. Travels well in a sealed container - dress right before eating.

Grilled Chicken Wrap

15 MIN

Ingredients

- 1 whole-wheat wrap
- 1 grilled chicken breast, sliced
- 2 Tbsp hummus
- Spinach, tomato, cucumber
- Pinch of salt + squeeze of lemon

Method

Spread hummus on the wrap, layer chicken and veg, roll tight. Slice in half. Great for beach days - wrap in foil to keep its shape.

Cottage Cheese & Berry Plate

5 MIN - NO COOK

Ingredients

- 1 cup low-fat cottage cheese
- 1 cup mixed berries
- 1 Tbsp slivered almonds
- Drizzle of honey (optional)
- Cinnamon to taste

Method

Scoop cottage cheese in a bowl, top with berries, almonds, cinnamon, and honey. High-protein, cooling, and ready in minutes.

Chickpea Salad Jar

10 MIN - MEAL-PREP FRIENDLY

Ingredients

- 1 can chickpeas, rinsed
- Half cup feta, crumbled
- 1 cup chopped cucumber + tomato
- Fresh parsley or mint
- Olive oil, lemon, salt, pepper

Method

Layer in a jar: dressing on the bottom, chickpeas, then veg, then feta and herbs on top. Shake when ready to eat. Lasts 3 days in the fridge.

DINNER

Sheet-Pan Lemon Chicken & Veg

30 MIN

Ingredients

- 2 chicken breasts
- 1 zucchini + 1 bell pepper, chopped
- 1 cup cherry tomatoes
- 2 Tbsp olive oil
- 1 lemon, sliced
- Garlic, salt, pepper, oregano

Method

Heat oven to 220C / 425F. Toss everything on a sheet pan. Roast 22-25 min until chicken is cooked through. One pan, almost no cleanup.

Grilled Salmon with Salsa

20 MIN

Ingredients

- 2 salmon fillets
- 1 tomato + half avocado, diced
- Quarter red onion, finely chopped
- Lime juice, cilantro, salt
- Olive oil, salt, pepper for the fish

Method

Season salmon, grill or pan-sear 4 min per side. Mix the salsa ingredients while it cooks. Spoon over the top. Side of green salad and dinner is done.

Turkey Burgers (Bun-Less)

20 MIN

Ingredients

- 500g lean ground turkey
- 1 egg, garlic powder, salt, pepper
- Fresh parsley, chopped
- Lettuce leaves (instead of bun)
- Tomato, red onion, mustard

Method

Mix turkey with egg and seasoning. Form 4 patties. Grill or pan-cook 4-5 min per side. Wrap each in big lettuce leaves with the toppings. High protein, low carb.

Zucchini Noodles with Shrimp

15 MIN

Ingredients

- 3 zucchinis, spiralized
- 300g shrimp, peeled
- 2 cloves garlic, minced
- Cherry tomatoes, halved
- Olive oil, chili flakes, lemon, parsley

Method

Saute garlic in olive oil, add shrimp 2 min per side. Toss in tomatoes and zoodles 2 more min. Finish with lemon and parsley. Light, fast, summer dinner.

Big Greek Salad with Grilled Chicken

15 MIN

Ingredients

- Romaine + cucumber + tomato + red onion
- Kalamata olives + feta
- 1 grilled chicken breast, sliced
- Olive oil + red wine vinegar + oregano
- Salt and pepper

Method

Chop everything into a big bowl, top with sliced chicken and feta. Dress and toss. Feeds 2 as a main, 4 as a side.

Foil-Pack BBQ Fish

25 MIN - PERFECT FOR THE GRILL

Ingredients

- 2 white fish fillets (cod, tilapia)
- Sliced bell peppers, onion, zucchini
- Olive oil, garlic, lemon slices
- Salt, pepper, fresh herbs

Method

Lay each fillet on foil with veg on top, drizzle oil, add lemon and herbs. Seal tightly. Grill 12-15 min. Open carefully - bungalow dinner with zero dishes.