

GRAPPLESTRONG

THE SHRED — TRAVEL GUIDE

HOTEL SURVIVAL GUIDE

Two weeks away doesn't have to mean two weeks lost.
How to hold your progress on the road — without chasing
perfection.

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01 / THE MINDSET

CONTROL, NOT PERFECTION

Shift the goal slightly — don't aim for "perfect". Hotel life is about control, not perfection.

Your job for those weeks is simple:

- Stay roughly in a deficit.
- Keep protein high.
- Avoid turning it into a "fuck it, I'm away" spiral.

THE WHOLE GAME

If you do that, you'll maintain momentum. Two weeks in a hotel won't ruin progress unless you mentally check out.

02 / BUILD AROUND PROTEIN

PROTEIN FIRST, ALWAYS

This is the big one. Build every meal around protein first — if protein is solid, everything else becomes easier.

PROTEIN TO HUNT FOR

EGGS	LEAN MEAT & FISH	DAIRY
Boiled, poached or as omelettes — almost always available.	Grilled chicken, turkey, steak or fish.	Greek yoghurt, skyr, cottage cheese.
BRING YOUR OWN		
Protein shakes and bars — pack some before you travel.		

HOTEL BREAKFAST = EASIEST WIN

Most hotel breakfasts can be made very fat-loss friendly. Example plates:

- Eggs + bacon or sausage + fruit.
- Omelette + veg.
- Greek yoghurt + berries.

GO LIGHT ON

Pastries, juices and cereals — they're calorie dense and don't keep you full.

03 / OUT & ABOUT

EATING OUT & SUPERMARKETS

SIMPLE MEALS OUT > "CLEAN" MEALS OUT

Don't chase perfection or fancy "healthy" menus. Better choices:

- Steak, chicken or fish + veg or salad.
- Burger without the bun + salad.
- Chicken kebab + salad — an easy win.
- Supermarket meal deals: protein + veg + carb if needed.

ONE EASY SAVING

Ask for sauces on the side — that alone saves hundreds of calories.

USE SUPERMARKETS LIKE YOUR KITCHEN

This is a massive hack. Grab things like pre-cooked chicken or turkey slices, microwave rice or potatoes, protein yoghurts, fruit and mixed salad bags. You can build 80% of your meals without cooking.

04 / THE STANDARD

CONTROLLED CONSISTENCY

Accept controlled consistency. Here's what actually matters — and what doesn't.

YOU DON'T NEED

- Perfect macros
- Perfect timing
- A "clean" meal every single time

YOU DO NEED

- 2–3 solid protein-led meals
- Sensible portions
- Consistency over the weeks

Even maintenance, or a small deficit while travelling, is a win.

BIG PICTURE REMINDER

Two weeks in a hotel won't ruin progress unless you mentally check out. Stay deliberate. Eat like an adult. Get back to normal when you're home.