

You're listening to episode 184 of the Devoured Podcast.

Welcome to Devoured, the podcast for women like you who have tried restrictive diet after diet and are ready for simple solutions and resources to help you lose weight for the last time from a place of abundance and peace. If you're looking to end the yo-yo of comfort eating and rigid weight loss protocols, and instead step into living your life on your terms while losing weight in the process, you're in the right place.

All right, party people, welcome to the show, so happy to have you here. For me, what a timely episode, and I'm betting it's a pretty darn timely episode for you as well. We're talking about vacation eating, how to be in community with yourself, your food choices, your movement patterns, your self-care, your caring of self. How the heck do you do that on vacation?

So, we're going to talk about that in today's episode, I'm going to keep it short and sweet. I'm saying it's timely for me, because come tomorrow, which will be ... you're listening to this episode on a Thursday if you're listening to it on its release date, and I'm recording it the Tuesday before. So both yesterday and tomorrow, if you catch my drift, I will be heading now to Florida and spending two weeks with my family down out there, which I am so excited about.

I do not live in the same state as my family members. One of my family members live internationally and they're coming to stay and visit. So we'll all be there for different lengths of time, but our trip will be two weeks in total, which I am just so stoked about. I'm super, super close to my family. For any of you who don't know, just a little background about me. I was homeschooled growing up, so my family, we're really good at hanging out with each other, we're really good at spending time with each other. It's going to be all the laughs and just so extra sweet because of the pandemic and how our plans had to shift over the last almost couple of years now.

So, super excited for that. Like I said, vacation, wow, vacation eating. Hmm. Let's talk about it. Here's the thing I want you to know about vacation eating, is that diet culture is going to make vacation eating out to be this really overwhelming concept, and so what I want to deconstruct today is that eating out on vacation is very, very similar to eating at home. You might hear that and be like, "Lucia, but it's not. I'm not cooking for myself, I might be in other people's spaces, I might not have the same access to cooking, I might not be cooking at all. Might be on the road, might be eating more rich meals. How do I navigate that?"

When you are looking to lose weight, going on vacation is one of the best things you can do, because this is pedal to the metal real life. I think many of us want to be on vacations and many of us probably want to be on vacations more, so first and foremost, what I want you to understand is that going on vacation is not at odds with losing weight.

Notice if that brings up any emotions for you, because that's okay, you're allowed to have your emotions, and this is going to be both and. Going on vacation is going to be supportive of your weight loss goals, and so vacation eating is whatever you want to make it out to be. If you want it to be a big problem, it will be. If you want it to be relaxed and if you want it to be something that you're curious about exploring, it will be.

So my first tip and rule, if you will, for vacation eating is that it's the same thing of anything else. How you think about it, the thoughts that you're generating about it are going to be coming from your beliefs about it and you're actually in charge of those thoughts. So, if you're feeling like you want to have a awesome time on vacation and have your foods contribute to that awesomeness, I'm here to tell you that they will, okay?

So, another thing I want to add in before I dive in even further is that you would maybe be surprised how many clients I've worked with over the years. Even before I started Lean + Liberated, I was doing a lot of coaching on a lot of different subjects around nutrition with tons of different types of clients, lots of different goals, so you'd be really surprised that over the years a lot of my clients, inside and then also outside of Lean + Liberated, would actually go on a vacation and that vacation would be a true break from their stress.

They wouldn't be worrying about what they'd be eating, they'd come home and they would hop on the scale and they would be at a lower weight on the scale. Here's the kicker, so many people will have that process. Which is super cool, right? That's literally proof in the pudding that you can go on vacation and lose weight, but so many people who are primed to look at themselves through the lens of diet culture will use that experience against themselves, right?

They'll use it to be something that's confusing. "Oh my God, I went on vacation and I lost weight, that's so weird. I was eating all these rich decadent foods, I was not exercising," right? Throwing their hands up, being like, "I don't get it," right? Then what would they do? They would double-down on coming home and going to go cleaning up their act and getting back into exercising with some shadows of diet culture, and just stress and frustration around themselves literally reinforcing that that vacation experience of losing weight on vacation, just unintentionally, that that was, like I said before, confusing, that that was overwhelming, that was an anomaly, that that even what should have happened, and that that must mean that what they're doing at home, they need to double-down on.

But if you step back and if you are a friend of the show who's been around for a while, or if you're new, welcome, what I want you to notice from that example is that your body doesn't lie, okay? Why do we like vacations? Usually because there's some form of a stress relief. That in and of itself is a hormonal response to your environment. Changing up your scenery, not working as much or at all, spending time with loved ones, going to cool, amazing, beautiful locations, right? Stimulating yourself in these new cool ways or taking a break from your regular stimulation.

What being stressed out or not being stressed out, all that means is that you're having a different hormonal response to the inputs and outputs of your day. Weight loss is hormonally based. Of course calories matter. Calories in, calories out for sure, but the way that your body uses those calories, the way that your body expresses itself is still rooted in the foundation of hormonal expression. So actually going on vacation, taking a break from your stress, not worrying about what you're eating and coming home to a lower weight on the scale is proof in point that weight loss starts in your mind, and that you don't have to try to white knuckle onto having a hyper-focus on the foods you're eating during vacation.

So, that was an example rooted in people, clients in general, experiences that people notice over vacations, and of course what's the normal trope that we often think about when we go on vacation? "Oh my God, I'm going to go on vacation. I am going to eat all those rich foods. It's not going to be like that example that Lucia just shared, it's not going to be that way with me, I'm going to gain 10 pounds. I'm going to come back home, I'm going to step on the scale, I'm going to feel so bad about myself."

First off, go listen to the episode how to love yourself down the scale, because that is its own subject. We won't dive into that today, but if you're feeling like you're going to be on vacation soon, or you are thinking about and putting all this pressure on yourself to do and be good before your vacation so that you can be bad, and I'm using air quotes, on the vacation with your food and your food choices, likely you are on a diet.

So if you'd like to stop the diet, here's what I would recommend, because too long, don't read, you can stop a diet before you go on vacation, you can not diet on the vacation and you can continue to not diet

after the vacation. Throughout that process, you can choose to maintain your weight, you can choose to lose weight, or you could choose to gain weight. All of those options are neutral as well.

When you boil it down to just those couple of options, it becomes really simple what you can then plug and play during your vacation, okay? The food types that are available to you really stop being so confusing when you recognize that all that matters for weight loss is basically being intentional. Whether you're intentional with Cheetos, a Mai Thai or some fresh farm produce, they can all play a role, okay?

So when my clients go on vacations, here's what they do. They use their 24 hour plans in their journals, okay? Literally in their 24 hour journal, the section around food is this. It says today's plan, and it says my fasting schedule, which just means is my time away from food. Then it says my plan for meals is, and there's a spot where you can write out any meals you're going to have. Maybe that's breakfast, lunch, and dinner, maybe that's lunch and dinner and a snack, maybe it's just lunch and dinner. I don't know.

You write out your plan for your meals intentionally, right? The whole reason we use a plan is so that you can use your frontal lobe, you can be away from your meal times and bring that sense of calm and confidence to your choices for the next day, or if you're doing the journal the morning of, for the rest of your day. You make your plan for your meals.

Now my clients, I share with them. If you want to a really easy template for foods and a structure that's going to help you lose weight, okay, at your meals, you'll add in this additional level of structure. A palm full of protein, two handfuls of colorful vegetables, a cupped palm full of something starchy and a thumb full of fat, okay?

Not only can you plan on those foods, you also, if you're going to have foods that don't fit within that template, you plan those in too. It's really interesting what our brains want to do when we say, "Oh, I'll plan in all my meals perfectly," and then, "I didn't know there would be cookies, or someone offered me a drink." Don't do your plan halfway, because all you're showing yourself is that you meet your intentions halfway.

No, you make a plan and you take your time making that plan. You might really need to think ahead and be like, "Yeah, I'm going to plan to have dinner, and I might not even know if there's a dessert there, but I'm deciding ahead of time I want dessert, so I'm making the plan that I'm going to have dinner and dessert." I mean, seriously, that's how you lose weight, right there that you become intentional with your food choices, okay?

So, the last part of the food plan that is in the journals that my clients get, so my fasting schedule, my plan for my meals is. Then once you make that plan, you look back at it and you rate it, okay? So from no way to great, I rate today's meal plan, then you give it a scale rating from one to 10, okay? So, 10 is so great, one is like, "Ugh, I don't want to do the plan I just made for myself."

Here's the kicker. If your plan is an eight or higher, your job is to stick to your plan. Of course, when we liberate it, I teach you how to feel your feelings so that you understand how to process and navigate the feelings that come up when you want to not follow your plan, when you want to stop being intentional with yourself.

If your plan is a seven or a lower, your job isn't to go do a shitty plan for yourself. What is that reinforcing? I mean, real life, that just blows. Don't do that to yourself. If your plan is a seven or lower, your job is to look at your plan and decide how will I make this a eight or a higher? Okay? That might mean you're adding certain foods in, that might mean that you're creating more flexibility, because your go-to is being rigid when you're writing your foods down. That might mean that you hold space for yourself that you might not know exactly every single food in there, but you can make a best guess and you can practice holding space for yourself with that, okay?

That's literally how you lose weight on vacation or off vacation. So when my clients tell me, "Hey, I'm going on a vacation or I'm doing this trip," I say, "Perfect. What a wonderful opportunity for you to practice in a new environment the same skills you've been practicing before." Because remember, when we're stepping away from dieting, what we are then practicing is learning how to feed ourselves for life.

So, you feed yourself for life in a really beautiful life-affirming way when you're intentional with your food choices. Regardless of whether they're full of sugar or they're full of leafy greens, who cares? I don't need to go on and on and on and on about the food choices, because that stuff is really rote and simple. We know that vegetables are really healthy for us, we know that a nice source of protein is probably something nice to get in a couple times a day, right? We know that fat is flavorful, it's why we like it. We know that starches give us quick energy and they're satisfying too. Okay, we keep them in there. Not a problem.

So, notice this week if vacation eating is feeling like something nebulous or something weird and ooey, and you're not sure what to do with it. What if you just get to let vacation eating be the same as eating at home? The only difference is that you might have a little bit less control. You might think you have less control, but actually there's some stuff you could do, right? I'm going on this vacation, I know we have a fridge there. I love how I feel when I eat colorful vegetables, so I'm probably going to want to, within the first couple days, get some colorful vegetables and put them in the fridge, okay? Pretty simple, right?

It gets to be really radically simple to lose weight during vacations, over holidays if you practice allowing it to be simple. I know that might sound like the easiest thing, and it will be once you start to practice it, but you have to allow the space for it to just feel new and different initially, because that is what it might feel like. That might have to be the work that you do, is saying like, "Okay, this is going to be simple. I know I'm going to be practicing some flexibility, and my job is to let it be okay." And to say like, "If I feel overwhelmed, nothing's gone wrong. I know I have the capacity. I know I have the capacity to feel a little confused."

Because what happens when you hold space through confusion without having to default to a case of the fuckits or that all or nothing thinking, is that then you show yourself, literally you show yourself, oh my God, I have the capacity to be a little confused on vacation and have it not be a big deal, because I didn't abandon myself and I learned so much from it.

That is exactly why we're intentional with the plans, because then at the end of the day where you've been intentional with your food choices, you are going to have so much clarity about what really served you, so then you can rinse and repeat what served you. If something didn't serve you so much, you'll have that information too, but it won't be practicing confusion and overwhelm and disdain and self-abandonment, not at all. All that stuff stops applying.

So then when you come home, cool. Well, you already chose ahead of time on the vacation if you wanted to maintain your weight, if you wanted to gain your weight. Which by the way, you have every right to gain weight if you want to. Seriously, you get to maintain that weight, gain that weight or lose that weight. Whatever it is, then your food choices just plug and play to support those goals. From there, you can be present on your vacation. Isn't that the most important thing? Why is it that we take vacations? To relax, to connect, to explore, to experience.

So, regardless of whether your vacation is this week or next week or in the spring or maybe next fall, or who knows when, you can take these principles and apply them at any time. So allow yourself to unhinge from diet culture, because diet culture will make vacations out to be a big deal and they aren't. The way that they're a big deal is that they're really here to support you, and for you to love up on yourself and take care of yourself.

This transcript was exported on Dec 02, 2021 - view latest version [here](#).

So try that out this week, tuck that into your back pocket the next time you're going on vacation. Oh, thanks so much for being here, what a fun episode. I was going to say see you in Florida. I won't see you in Florida, unless you are in Florida and it would be cool to see you in Florida. So, I will be in Florida soon. I hope whenever and however this episode is coming to you, it has been supportive and I will see you all on next week's episode. Bye.

Did you know you can find more support for me on my website? Go to Lucia Hawley, L-U-C-I-A-H-A-W-L-E-Y.com to connect.