



Pure Simple Wellness
Health and Wellness Coaching

The Savvy Traveler™

EATING ON THE GO:
REAL FOOD, REAL FUEL

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*Welcome!
So glad you're here.*

Whether you're traveling for work, vacation, or just always on the go, staying on track with healthy eating can feel challenging, but it doesn't have to be.

This guide is packed with quick, doable tips to help you make smart, satisfying choices wherever you are from the airport to the hotel restaurant, the road trip pit stop to the client dinner. You'll find easy snack ideas, smart airport picks, and go-to restaurant meals that keep you feeling good (and full of energy) no matter what's on your schedule.

No diet rules. No guilt. Just real food that works in real life.

It's not about perfection. It's about fueling your energy, supporting your goals, and feeling your best.

Eat well, feel great!

Yours in wellness,
Elizabeth



Hi! I'm Elizabeth Girouard – I'm a Certified Health and Wellness Coach and Master Wellness Ambassador who helps women break free from the emotional eating cycle, boost their energy, manage stress, and feel more at comfortable in their bodies.

Through a compassionate, practical approach and more than twelve years of health coaching experience, I help women build simple, sustainable habits that lead to lasting confidence, resilience, and well-being, one intentional step at a time.

I am passionate about helping your feel great in your body no matter where you are. Let's make healthy eating simple, realistic, and sustainable, whether you're at home, at work, or on the road.

Here's to fueling up, feeling good, and keeping it simple – wherever you are!

Yours in wellness,

Elizabeth

Elizabeth Girouard, CHHC, CWMA

READY TO GET STARTED?



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HEALTHY EATING STRATEGIES

Healthy Eating Rules of Thumb

- Order dressings and sauces on the side, you use choose how much to eat.
- Choose steamed, grilled, poached or broiled.
- Look at the appetizers for healthier choices like salads, soups, ceviche, shrimp cocktail, tuna tartare, etc.
- Order whole, one ingredient foods.
- Avoid creamy, fried, battered, crispy, and sweet dishes.

Typical meal:

- 1 serving of protein
- 1 serving healthy fat
- Unlimited greens/low starch vegetables
- 1 complex carb (e.g., sweet potato, brown rice, quinoa, fruit, etc.)

Serving sizes:



- **Veggies:** Equal to two open hands for one serving.
- **Grains (e.g., rice, pasta):** Equal to size of fist (~ ½ cup cooked)
- **Proteins:** Equal to size and thickness of palm (up to 4-6 oz for women; 6-8 oz for men)
- **Fruit:** Fist-size serving
- **Fats:** Use a thumb tip-size serving (1T oils; small handful of nuts/seeds/olives)

SMART CHOICES ON THE GO

Simple Ideas to Feel Good Wherever You Are

You don't need a perfect routine or a fully stocked kitchen to eat well while you're traveling.

Just a few smart strategies can keep you fueled, satisfied, and feeling good.

Here are some go-to rules of thumb:



- **Prioritize protein and fiber**

These help keep you full, support energy, and avoid those sugar crashes. Think nuts, eggs, Greek yogurt, jerky, edamame, or a grilled chicken salad.

- **Hydrate often**

Bring a refillable water bottle and aim for water first. Dehydration is sneaky and can often feel like hunger.

- **Don't skip meals**

Skipping usually backfires. Keep snacks handy to bridge long stretches between flights, meetings, or road time.

- **Scan before you choose**

Whether you're at a food court, restaurant, or gas station, take a minute to look around. There's almost always a better option if you pause first and take a good look at the available options.

- **Pair your carbs**

If you're having something carb-heavy like crackers or toast, pair it with protein or healthy fat. This helps balance your blood sugar and keeps you full longer.

- **Aim for balance, not perfection**

You won't always have your ideal option and that's okay.

Do your best with what's available and keep moving forward.



WHAT TO PACK

In Your Bag

Packable, TSA-friendly options:

Proteins:

- Hard-boiled eggs (in a cooler bag)
- Jerky (low-sugar turkey, beef, or salmon)
- Vacuum-sealed tuna or salmon packets
- Protein bars (look for <5g sugar, >10g protein, >3g fiber)
- Roasted edamame or chickpeas
- String cheese or Babybel rounds (short trips only)

Fiber-rich snacks:

- Raw veggies (carrots, bell pepper strips, celery)
- Fresh fruits with peel (apples, oranges)
- Individual nut butter packets + high-fiber crackers
- Trail mix (go light on dried fruits)
- Chia seed pudding (in a small travel container)



Pro tip:

Bring a reusable water bottle and stay hydrated!



AIRPORT FOODS

Made Easy

Smart airport finds:

- Grilled chicken or turkey sandwich (ditch the bun or opt for whole grain)
- Salad with protein (chicken, salmon, or eggs) + oil & vinegar dressing
- Veggie or chicken wraps (ask for whole grain; skip creamy sauces)
- Protein boxes (Starbucks-style) with boiled eggs, fruit, and nuts
- Greek yogurt (unsweetened or low-sugar)
- Fruit cup + handful of almonds

Avoid:

- Sugary granola bars
- White bread sandwiches
- Sugary coffee drinks
- Fried foods





Types of Cuisine

- American
- Chinese
- Indian
- Italian
- Japanese
- Latin / Mexican
- Mediterranean
- Middle Eastern
- Thai

AMERICAN CUISINE SUGGESTIONS

Appetizers

- Shrimp cocktail
- Grilled Portobello mushroom
- Salmon tartare
- Tomato, carrot, butternut squash, or minestrone soup
- Green salad with colorful veggies like beets, olives, and tomatoes

Tip:

Order two starters instead of a starter and a main for portion control.

Main Courses

- Grilled or baked lean proteins with 2–3 servings of vegetables
 - Bison burger
 - Grilled chicken
 - Roast turkey
 - Filet mignon or other lean cuts of beef
- Grilled Portobello or mixed vegetables over salad
- Lean protein served on a salad

Sides

- Stir-fried vegetables with olive oil and garlic
- Steamed or sautéed spinach
- Roasted or grilled vegetables
- ½ sweet potato
- ½ cup brown rice or quinoa





CHINESE CUISINE SUGGESTIONS

Appetizers

- Hot and sour soup or egg drop soup
- Steamed veggie dumplings (limit to 2-3)
- Edamame
- Seaweed salad

Main Courses

- Stir-fried chicken, shrimp, or tofu with vegetables
- Moo goo gai pan
- Szechuan chicken or shrimp (ask for sauce on the side)
- Buddha's Delight (vegetarian stir-fry)
- Beef with broccoli

Sides

- Steamed bok choy, snow peas, or string beans
- ½ cup brown rice
- Skip white rice, fried rice, lo mein, or crispy noodles



INDIAN CUISINE SUGGESTIONS

Appetizers

- Lentil soup (dal)
- Tandoori chicken skewers
- Cucumber raita or mint chutney with raw veggies
- Roasted cauliflower or spiced chickpeas

Main Courses

- Tandoori chicken or grilled fish
- Chana masala (chickpeas in tomato-onion sauce)
- Baingan bharta (roasted eggplant)
- Chicken or shrimp curry with light sauce
- Saag (spinach) with tofu or paneer (limit paneer if watching saturated fat)

Sides

- Cabbage or okra sautéed in spices
- Cucumber or tomato salad
- ½ cup brown basmati rice or whole wheat roti (1 small piece)
- Avoid naan, paratha, and fried samosas if watching carbs or fat



ITALIAN CUISINE SUGGESTIONS

Appetizers

- Antipasto plate with grilled vegetables, olives, and lean meats
- Grilled calamari
- Caprese salad
- Minestrone or tomato basil soup
- Mixed green salad

Main Courses

- Grilled chicken or fish with sautéed greens
- Chicken piccata, chicken marsala, or grilled salmon (watch for gluten in sauces)
- Zucchini noodles, whole grain, or gluten free pasta (limit to ½–1 cup)
- Vegetable ratatouille or grilled eggplant over arugula
- Lean meatballs over sautéed spinach

Sides

- Roasted Brussels sprouts or broccoli
- Sautéed spinach
- Grilled asparagus or zucchini
- Side of white beans or lentils
- ½ cup brown rice or farro (contains gluten)



JAPANESE CUISINE SUGGESTIONS

Appetizers

- Miso soup
- Edamame
- Seaweed salad
- Sashimi starter

Main Courses

- Sashimi platter or nigiri (limit rice)
- Sushi rolls with brown rice, avocado, and lean protein
- Grilled salmon or teriyaki chicken (sauce on the side)
- Tofu stir-fry
- Chirashi bowl (sashimi and veggies with rice: eat half the rice!)

Sides

- Steamed spinach or cucumber salad
- Hijiki salad
- Small portion of brown rice
- Miso-glazed eggplant



MEXICAN CUISINE SUGGESTIONS

Appetizers

- Guacamole with raw veggies or a few baked tortilla chips
- Ceviche (shrimp or fish with lime, onions, and tomatoes)
- Chicken tortilla soup (skip the tortilla strips)
- Jicama salad with lime and chili

Main Courses

- Grilled chicken, shrimp, or steak fajitas (no tortillas or sub lettuce wraps)
- Burrito bowl with grilled meat or tofu, black beans, fajita veggies, guacamole, and salsa (reduce rice or cheese)
- Taco salad with grilled protein and salsa (no fried shell or creamy dressing)
- Chicken or shrimp enchiladas (ask for corn tortillas, red sauce, no cheese)

Sides

- Grilled vegetables
- Black or pinto beans (avoid refried)
- ½ avocado
- ½ cup brown rice or cauliflower rice
- Salsa and chopped tomatoes

Avoid:

Queso, sour cream, and fried tortilla chips in large portions



MEDITERRANEAN /MIDDLE EASTERN CUISINE SUGGESTIONS

Appetizers

- Hummus with raw veggies
- Baba ghanoush
- Lentil soup
- Grape leaves (vegetarian, 2-3 max)
- Tabbouleh or Fattoush salad

Main Courses

- Grilled kebabs with vegetables
- Shawarma plate (no pita, focus on meat and salad)
- Falafel with salad (baked preferred)
- Stuffed eggplant or peppers
- Mediterranean bowl with grilled protein, chickpeas, greens, and tahini dressing
- Greek salad with grilled chicken or salmon (light feta, no fried pita)

Sides

- Roasted vegetables
- Cucumber and tomato salad
- ½ cup lentils or chickpeas
- ½ cup brown rice, bulgur, or quinoa
- Small baked sweet potato (if available)



THAI CUISINE SUGGESTIONS

Appetizers

- Fresh spring rolls with shrimp or tofu
- Green papaya salad
- Tom Yum soup with shrimp

Main Courses

- Grilled chicken satay (sauce on the side)
- Thai basil chicken or shrimp with extra vegetables
- Green curry with tofu or chicken over steamed vegetables
- Pad Pak (mixed veggies with garlic sauce) plus protein
- Larb (minced meat salad)

Sides

- Steamed vegetables
- ½ cup brown rice
- Fresh cucumber or cabbage salad
- Skip sticky rice, fried rice, and most noodle dishes



FAST FOOD SUGGESTIONS

Appetizers / Small Bites

- Grilled chicken snack wraps (light sauce)
- Side salad with oil and vinegar, lemon, or light dressing
- Hard-boiled eggs (available at some chains or convenience stores)
- Apple slices or a small fruit cup with almonds

Main Courses

- Grilled chicken sandwich or burger (no bun or on lettuce wrap)
- Lettuce-wrapped burger with veggies and mustard
- Salad with grilled chicken or steak
 - Use olive oil and vinegar or bring your own
- Breakfast bowl with scrambled eggs, turkey sausage, and veggies
- Egg-bites (no buns or biscuits) – Like Starbucks and Dunkin

Sides

- Apple slices or banana
- Side salad
- Small chili (Wendy's is a good example)
- Veggie snack packs
- Protein boxes (eggs, nuts, cheese, fruit)

Avoid:

Fried items, white buns, sugary sauces, creamy dressings, milkshakes, etc.



HEALTHY TRAVEL SIPS: A SMART GUIDE TO DRINKING WELL ON THE GO

Staying healthy while traveling isn't just about what you eat, it's about what you sip. From your morning coffee to that evening mocktail, every drink choice affects your energy, mood, and hydration. Use these tips to stay refreshed, balanced, and ready for wherever your journey takes you.

Included:

1. Hydration first: build the foundation.
2. Coffee next: energize smart.
3. Smoothies for nutrition on the go.
4. Energy drinks (if needed), choose wisely.
5. Electrolytes for balance and recovery.
6. Mocktails & alcohol, enjoy mindfully.
7. Sweeteners: read the fine print.





DRINK SMART, FEEL GOOD: ANYWHERE



When it comes to staying healthy on the go, what you drink matters just as much as what you eat. Drinks can sneak in extra sugar, empty calories, and dehydration or they can keep you feeling fresh, energized, and balanced. Here's how to choose wisely wherever your travels take you.

1. Hydration Basics

Travel can dehydrate you fast. Between flights, new time zones, and busy schedules, water is your number one travel companion. Staying hydrated keeps your energy up, supports digestion, and curbs mindless snacking.

Choose:

- Plain or sparkling water
- Herbal teas
- Electrolyte tablets or low-sugar hydration mixes (see section 5 below)

Watch out for:

- Sweetened iced teas and “vitamin waters”
- Energy drinks that combine caffeine and sugar

Pro tip:

Bring a refillable bottle and aim for at least 8–10 cups of water a day—more if you're flying or spending time outdoors.



2. Coffee Drinks

Coffee can be your best friend or your biggest sugar trap when you travel. Start your morning with hydration, then reach for a clean caffeine boost.

Choose:

- Plain brewed coffee, espresso, or Americano
- Cappuccino or latte made with unsweetened almond milk (or low-fat dairy if tolerated)
- Sprinkle of cinnamon or cocoa for flavor instead of syrup

Watch out for:

- Flavored syrups, whipped cream, and sweet cream toppings
- Frozen or blended drinks that pack dessert-level sugar
- “Healthy” matcha lattes or smoothies loaded with added sugars

Pro tip:

Ask for half the syrup or skip it completely. Add your own sugar and reduce it gradually over time.



3. Smoothies

Smoothies can be great if they’re balanced, but many are sugar bombs in disguise. A good smoothie should energize you, not spike your blood sugar.

Choose:

- Protein + fiber + healthy fat (like protein powder, greens, nut butter, and berries)
- Low-sugar fruits such as berries or avocado
- Water, coconut water, or unsweetened almond milk as the base

Watch out for:

- Pre-bottled smoothies with 30–50g of sugar
- “Detox” or “energy” blends heavy on fruit juice and light on protein

Pro tip:

Build your own when you can, or grab a protein shake with clean ingredients if you’re in a rush.



4. Energy Drinks & Boosters: What to Know Before You Sip

When you're tired, jet-lagged, or hitting that midafternoon slump, it's tempting to grab an energy drink. Some can give you a clean lift, while others pack more sugar, artificial ingredients, and stimulants than your body needs.

What's in Most Energy Drinks

Most store-bought energy drinks contain:

- **Caffeine:** from coffee beans, tea, or synthetic sources, often the equivalent of 2–3 cups of coffee in one can.
- **Sugar:** up to 50 grams per serving (more than a soda).
- **Artificial sweeteners:** such as sucralose, aspartame, or acesulfame potassium.
- **Additives:** like taurine, guarana, and herbal extracts, which can overstimulate in large doses.

Pro tip:

Too much caffeine or sugar can make you more tired later, especially if you're dehydrated.

Better Energy Drink Choices

Look for options that list short, simple ingredients and keep caffeine moderate (under 150 mg per can).

Cleaner options include:

- Natural caffeine from green tea, yerba mate, or coffee fruit
- Little to no added sugar
- Electrolytes for hydration
- Natural flavors instead of artificial ones

Examples of cleaner brands:

- **Pureboost Clean Energy Drink Mix:** Natural caffeine from green tea, vitamins, and electrolytes; no sugar or sucralose.
- **Naked Nutrition Sparkling Energy:** Zero sugar, minimal additives, organic coffee bean caffeine.
- **Matcha or cold brew coffee over ice:** Simple, effective, and travel-friendly.

Smart Energy Alternatives

If you want a clean energy boost while traveling:

- Black coffee or green tea
- Sparkling water with a splash of citrus
- Coconut water
- Protein + fiber snacks for steady energy
- Electrolyte packets with natural caffeine (see next section)



5. Better Electrolyte & Hydration Options

When water alone isn't enough, especially after flights, long days, or workouts, electrolytes can help restore balance and energy. These options provide real fuel with no sugar crashes, fewer additives, and better hydration support. These are some of the cleanest travel-friendly picks.

- **SALTT Electrolyte Mix** – With no sugar and clean ingredients, SALTT offers moderate sodium for everyday hydration with a smooth, mild flavor.
- **Thorne Daily Electrolytes Variety Pack:** Professional grade, sugar-free, designed for daily use especially for busy/travel lifestyles.
- **Hi-Lyte Electrolyte Concentrate (Drops)** – A minimalist liquid option with no sugar, flavors, or additives, Hi-Lyte lets you add clean electrolytes directly to any water bottle.
- **Re-Lyte Electrolyte Mix:** Clean full spectrum blend with salt from ancient seabeds, zero sugar, minimal sweetener (stevia) and trace minerals.
- **Ultima Replenisher Electrolyte Drink Mix:** Zero sugar with six electrolytes plus trace minerals, Ultima is mild, easy to find, and flavored naturally with stevia and organic fruit extracts.
- **Trace Minerals PowerPak (No Sugar):** Packed with magnesium, potassium, and chloride, this no-sugar mix is ideal for travelers needing extra electrolyte support on active or hot days.
- **LMNT Zero Sugar:** High sodium and minerals, no artificial ingredients, ideal for travel or workouts.

What to Watch Out For

- **Caffeine + electrolytes** can overtax your system when you're already stressed or sleep-deprived.
- **Hidden sugars** in "energy/hydration" blends.
- **Artificial sweeteners** that upset digestion.
- **Overly long ingredient lists** = less likely to be clean.
- **Moderation matters** - non-caffeinated electrolytes are usually the best travel pick.



6. Mocktails & Alcohol

Vacations and social events often mean a drink or two and that's okay. Just make smarter swaps so you can enjoy yourself without the crash.

Choose:

- Mocktails made with sparkling water, muddled fruit, and herbs
- Spirits mixed with soda water and a squeeze of lime
- Light beer, wine spritzers, or hard seltzers

Watch out for:

- Sugary mixers like tonic, juice, or soda
- "Skinny" drinks that use artificial sweeteners, as they still spike cravings

Clean Mocktail & Alcohol Options

Category	Drink	Why It's Good	Tips for Ordering
Mocktail	Sparkling Water with Fresh Citrus & Herbs	Hydrating, natural flavors, no added sugar	Ask for soda water; add lemon/lime/orange and herbs
Mocktail	Cucumber Mint Cooler	Refreshing, low sugar	Muddle cucumber and mint; skip simple syrup
Mocktail	Berry Fizz	Antioxidants, naturally flavored	Use berries, unsweetened cranberry, and soda water
Mocktail	Ginger-Lime Spritz	Anti-inflammatory and light	Fresh ginger + lime + sparkling water
Alcohol	Straight Spirits (Vodka, Gin, Tequila, Whiskey)	No added sugar or artificial flavors	Order neat or on the rocks; add soda and citrus
Alcohol	Dry Wine (Sauvignon Blanc, Pinot Grigio, Dry Reds)	Lower sugar than sweet wines	Look for "dry" on the label; skip dessert wines
Alcohol	Champagne or Prosecco (Brut)	Low-sugar sparkling option	Choose "brut"; avoid flavored versions
Alcohol	Hard Seltzers	Light, low-calorie, minimal additives	Check ingredient list; avoid added sweeteners

Pro tip:

Alternate every alcoholic drink with a full glass of water. Your body will thank you tomorrow!



7. Sweeteners: The Good, the Okay, and the Avoid

Understanding sweeteners helps you choose clean drinks and avoid digestive issues.

Best (natural & low impact):

- Allulose
- Monk fruit
- Stevia

Okay occasionally:

- Erythritol (can cause gas and bloating for some)
- Small amounts of honey, or maple syrup, or cane sugar

Avoid when possible:

- **Aspartame** – Can cause digestive discomfort in sensitive individuals and has been linked to headaches and other adverse reactions in some studies.
- **Sucralose** – May negatively affect gut bacteria and blood sugar regulation when consumed in large amounts.
- **Acesulfame potassium (Ace-K)** – Often combined with other artificial sweeteners, it may impact metabolism and has limited long-term safety data.

Pro tip:

If the label lists sweeteners you can't pronounce, it's probably not doing your body any favors.

Remember, every sip adds up when you travel.

Stay mindful, stay hydrated, and choose drinks that fuel your body, steady your energy, and keep you feeling your best from takeoff to touchdown.

EAT WELL CHEAT SHEET

Tips to Build a Healthy Meal Anywhere

When you are at an airport, restaurant, café, or on the road, try to build your meal around these two things first:

1. Protein - Chicken, fish, eggs, Greek yogurt, tofu, beans, lentils, steak, turkey, shrimp, protein shakes.

2. Fiber - Vegetables, salads, beans, lentils, chia seeds, nuts, seeds, berries, apples, pears, quinoa, brown rice, sweet potato.

Simple Rule:

Start with a protein, add vegetables or fiber, then add carbs if you want them.

PROTEIN & FIBER CHEAT SHEET

Sample Protein Options:

- Chicken
- Turkey
- Fish
- Shrimp
- Steak
- Eggs
- Greek yogurt
- Cottage cheese
- Tofu
- Tempeh
- Beans
- Lentils
- Protein shakes
- Edamame

Sample Fiber Options:

- Vegetables
- Salad
- Beans
- Lentils
- Chickpeas
- Quinoa
- Brown rice
- Sweet potato
- Fruit (berries, apples, pears)
- Nuts
- Seeds
- Chia seeds
- Flax seeds

HOW TO ORDER

At Any Restaurant

Look For Meals That Include:

- ☐ **A Protein** (chicken, fish, steak, tofu, beans, eggs)
- ☐ **Vegetables** or Salad
- ☐ **Beans, Lentils, or Whole Grains** when available

Examples of balanced meals:

- ☐ Grilled fish with vegetables
- ☐ Grilled chicken over salad
- ☐ Steak with broccoli and a small potato
- ☐ Tacos with grilled fish, cabbage, salsa, and beans
- ☐ Stir fry with chicken and vegetables
- ☐ Omelet with vegetables and avocado
- ☐ Greek salad with chicken or salmon



FINAL THOUGHTS & NEXT STEPS

Travel Healthy, Feel Your Best

Thank you for using this guide to navigate healthy eating while on the move. Whether you're grabbing snacks for the road, choosing wisely at the airport, or ordering smart meals at restaurants, your choices fuel your energy, mood, and overall well-being. The key to thriving during travel is simple: preparation, balance, and tuning in to your body.

Your Healthy Travel Checklist

- Pack protein and fiber-rich snacks
- Opt for grilled, baked, or fresh foods whenever possible
- Include plenty of vegetables
- Hydrate consistently, water is your best travel companion
- Practice mindful eating: slow down and enjoy each bite

Keep It Real, Keep It Simple

Healthy eating on the go doesn't have to be complicated. Use this guide as your go-to resource to make smart, nourishing choices and enjoy every step of your journey.

You've Got This

Healthy travel doesn't have to be perfect, it just has to be doable.

This guide was created to help you feel confident, energized, and supported wherever life takes you. Whether you're in an airport terminal, a new city, or between meetings, you now have simple strategies that work in real life.

Fun travels and happy eating!

Yours in wellness,

Elizabeth



If you're 45 or older and wondering why nothing seems to work anymore, you're not alone. The diets, workouts, and routines that used to keep you feeling good just aren't cutting it now.

Sound familiar?

- You wake up tired, even after a full night's sleep
- The scale won't budge, what matter what you try
- Brain fog, mood swings, or sugar cravings are hitting harder
- You're reaching for caffeine, snacks, or wine just to feel okay
- And some days, you barely recognize the person in the mirror

Unfortunately, doing things the way you used to might be.

What if There's a Better Way?

With personalized support, expert insight, and compassionate step-by-step guidance, you can start to:

- Understand what your body is going through and what it needs
- Support your metabolism, hormones, and mindset
- Reconnect with your energy, balance, and confidence

No more guesswork. Just proven strategies and real results.

Ways to Work Together

- 7-Day Anti-Inflammatory Reset
- 1:1 Coaching
- 16-Week Metabolic R.E.S.E.T.

Curious about Where to Start?

Send me an email and let's hop on a call.



Let's get you the best plan and strategy that works for YOU!

Yours in wellness,

Elizabeth Gerouard, CHHC, CWMA

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