

ROB W. JAMES

7 DIET AND PROTEIN HACKS

FOR OFFICE JOBS AND
BUSINESS TRAVEL



I'm Rob.

I understand that working in an office and travelling for business when you're a dad with young kids makes it incredibly difficult to eat properly to reach your body composition goals.

I worked in a corporate environment for 10+ years and managed to continue to improve my body composition, even when my kids came along.

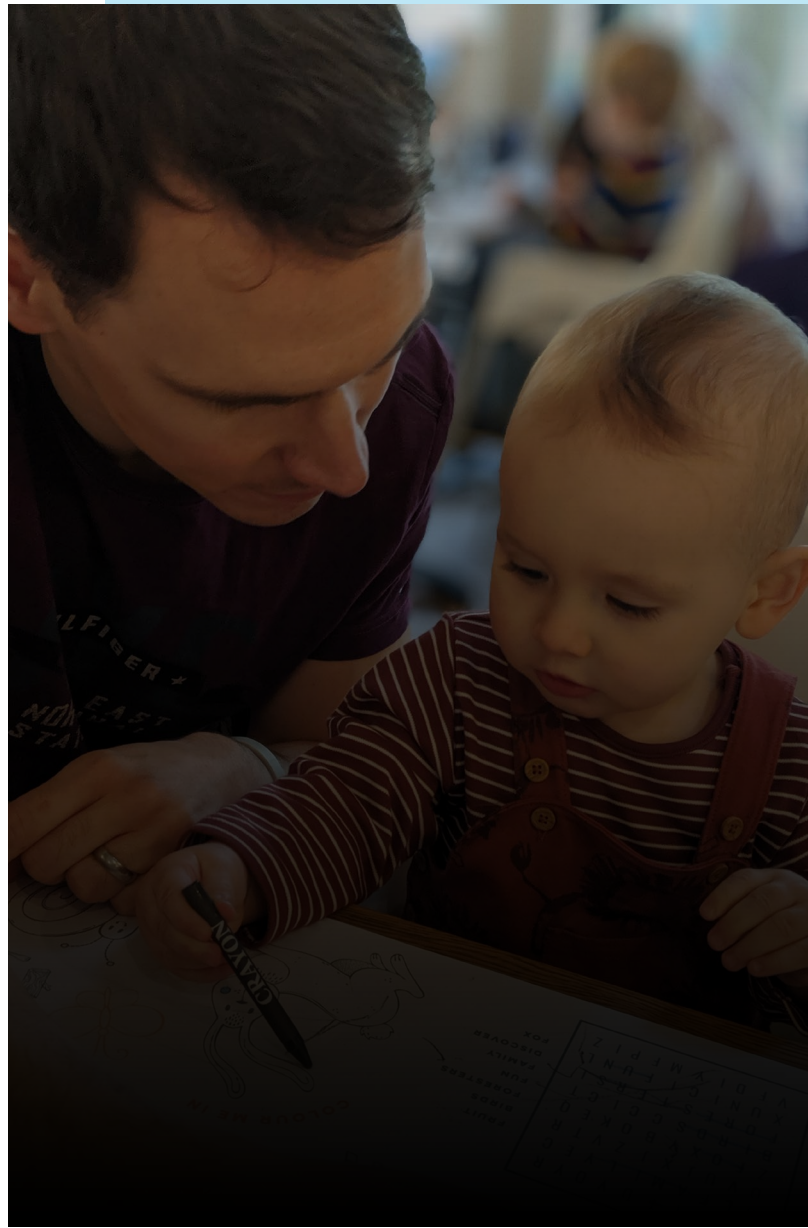
I made this guide to help you and share my best tips for staying on track whilst busy with work and a family at home.

Office jobs are where fat loss attempts die.

You've got free food on offer all the time - whether it's leftovers from a lunch meeting, gifts from a client, Eddie's birthday cake or Samantha's homemade cookies. And you've got nothing prepared for lunch (as usual). So you take a stroll outside and see what you can buy in the local vicinity. Either you work in a big city (so you've got lots of choice) Or your office is in an industrial area with nothing nearby (so you've got to figure out what to buy from the nearest petrol station or order something in)... Neither situation is good. You're going to end up eating something 5 times a week that doesn't fit your goals. You will probably be getting too many calories and not enough protein.

You need a data driven approach.

If you're serious about changing your body composition, you need to be eating the right number of calories and the right amount of protein for your goals. I won't go into detail about figuring that out here (it's a separate guide in itself) but I will tell you to look up the app MacroFactor. It will walk you through setting up your diet for fat loss, provide you with the most seamless and premium experience for logging food AND it will adjust your targets weekly to keep you on track for your goals! It's seriously awesome. I raved about it so much on twitter that they reached out to me and offered me an affiliate partnership! So if you use the code ROBNBF during setup you'll get a 14 day free trial. These tips will help you to stay on track with your diet at work:



1. OPTIMISE THE REST OF YOUR DAY.

I know you're here to find out what you can eat at work or when travelling, but you can actually make progress without changing what you eat at work if you focus on the other parts of your day you have more control over.

I use a simple macro tracking approach to help my clients hit their body composition goals.

That means you have a daily budget for calories and a target for protein.

There are some caveats, but it generally means that if you hit the protein target and stay within your calorie budget, anything goes (!)

If you don't know what your protein and calorie targets should be, scroll back up and read what I said about MacroFactor. It walks you through, makes this all easy and if you start with the wrong numbers it will adjust them for you based on how things are going.

So, even if the best option you can find locally is a ham salad baguette with 695 calories and 19g of protein you can still make it work.

You'll leave yourself with some more to do in the morning and in the evening, but if at the end of 90% of the days you end up within 10% of your targets, you're going to win.

2. START THE DAY WITH A WIN.

If lunch isn't going to be optimal, you need to have a good breakfast.

A bowl of cereal isn't going to cut it.

You should probably stop grabbing doughnuts on the way to the office...

And stop having coffees with 300 calories (yeah, you should be tracking liquids, too).

You won't have room in your macros for all of that!

Here are some breakfast ideas for you that will help you get on the front foot and leave soom room for whatever suboptimal lunch options you have at work:





EGGS

I personally think eggs are the best breakfast choice in the world.

FULL of vitamins (in the yolk), high protein and incredibly filling.

Seriously, there are even multiple studies agreeing that eating eggs for breakfast will result in you eating fewer the rest of the day.

One hack you can use is to buy a carton of liquid egg whites and mix that in with 2-3 whole eggs.

That way, you're getting the vitamins in the yolks and some fat...

But the egg whites will add a load more protein whilst keeping the calories minimal.

Seriously, egg whites are probably the most efficient source of protein that exists.

They're 100% protein, nothing else, and extremely bioavailable (meaning your body is very good at extracting the protein from them).

Just be careful - if you're frying the eggs, you will add fat and calories from whatever you fry them in. You need to be accounting for this, especially if you're trying to be in a calorie deficit to lose fat.

I prefer not to add extra calories to things unless it's really worth it, so my favourite way to have eggs is poached or boiled (there's no calories in water!)

OTHER WAYS YOU CAN START THE DAY WITH A WIN

Seriously, you can eat anything for breakfast.

There are no rules here.

So eat whatever helps you to get protein in whilst keeping calories minimal.

One of my favourites is a protein shake.

If you really want to keep calories down, you'll want to skip the milk and make it with water.

Problem is, this can be pretty nasty if you don't have a nice protein shake...

That's why I buy my protein from The Protein Works.

They're the first supplement company I ever used back in 2014, and I've been a customer ever since.

I tried a couple of other brands, but I always go back.

The chocolate orange swirl, chocolate silk and choc peanut cookie dough flavours are my favourites!

I was delighted when they offered me a chance to become an affiliate - so you can benefit from that and save 10% if you use my code ROB10 on their site.

- [US Site](#)

- [UK Site](#)

They also have some cool high protein breakfast options like Diet Protein Pancake mix (this is seriously good) or protein porridge mix.



SKYR OR 0% FAT GREEK YOGHURT

Skyr is a high protein yoghurt from Iceland.

I love it. It's so convenient.

Skyr is my go to, but if I can't get hold of it I'll buy some 0% Fat Greek Yoghurt instead - it's pretty similar.

Skyr is easy to find in the UK, but it's not as widespread in the US yet. One brand you can look for is Siggis, but check the macros of whatever you're buying. If you can't get it, look for 0% fat Fage (this is Greek Yoghurt).

Whatever you buy should be about 10g of protein per 100g, and 60ish calories.

I will eat a 450g tub of this in one go - it takes less than a minute!

(That's under 300 calories and over 45g of protein)

Seriously, you're going to be hard pushed to find much else that will beat that.

You can bring it to work and have it for lunch too.

Imagine hitting 90g of protein from breakfast and lunch whilst only having consumed 600 calories.

Leaves you a lot of room for the evening...

One other thing I sometimes do is mix chocolate whey protein into it.

This basically makes chocolate yoghurt that tastes like a dessert but helps you get in a load of protein for not many calories!

Add a little milk or water if it's too thick, and a tiny bit of cocoa powder if you want to make it more chocolatey.





OTHER BREAKFASTS YOU CAN HAVE:

- Steak (if you have time, why not?)
 - Leftover slices of cooked ham
 - Leftover slices of beef roast
 - Ready to eat chicken breast chunks
 - Ready to eat seafood mix (prawns, shrimps, mussels etc.)
 - Tuna
 - Diet protein pancakes from The Protein Works.
 - Protein oats.
 - Smoked salmon
 - Cottage cheese
 - Chicken sausages (these are very lean)
 - Egg white omelette with vegetables, low fat cheese (and chicken sausages)
 - Lean bacon (with the fat removed)
- You can combine some of the above too, for variety.
- I know these options might seem “weird” to some - but who cares? You’re going to lose fat.

3. FIND BETTER LUNCH OPTIONS AT WORK

I know it seems like "there aren't any good options" near work...

But with a little bit of thought and looking in the right places you can get a decent serving of protein without blowing your entire calorie budget for the day.

Here are my favourite tips:

MAKE YOUR OWN 30 SECOND HIGH PROTEIN SALAD

Your instant reaction is "I can't make a salad at work, I can't be chopping stuff up in the office!"

Don't worry, you won't be.

This trick feels a bit weird, but it saved me many times. Hopefully you have a shop near your office (a tesco express or some sort of 7-11 convenience store).





Step 1: Buy a bag of ready to eat salad and a pack of ready to eat chicken chunks (the cooked stuff for going in sandwiches).

Step 2: Combine on a plate and eat.

Ready to eat salad packs should be pretty low in calories (make sure you check), and the chicken breast chunks will provide plenty of protein whilst keeping calories down.

In this case I bought a salad that had a bit of pasta in it as well as some chicken (233 calories) and I added some more chicken breast pieces that were flavoured (222 calories).

It wasn't bad at all, and it had 59 grams of protein for 555 calories!

EAT LOW FAT YOGHURT (AGAIN)

If you didn't have Skyr or Greek yoghurt for breakfast (or even if you did), you can eat it for lunch.

Get the whole tub in you. Should be about 300 calories and 45g of protein (if it's a 400-500g tub).

Hopefully your nearby convenience shop sells this.

FIND A HOT FOOD COUNTER AT A LOCAL SUPERMARKET

These are not always easy to find and they can be a bit hit and miss, but some supermarkets like Tesco, Sainsbury's and Asda (UK) have a hot food counter where you can buy ready to eat chicken. There are similar options available in the US, you just need to be lucky to have one near your office that offers good options.

If you have a good one you'll be able to buy half or whole cooked chickens, thighs, drumsticks and sometimes cooked chicken breast and other meats as well.

For a while I did this every day. At the time, half a chicken cost me £3.50 and a bag of salad to go with it or a microwave packet of rice cost me £0.50. Not too bad a price to pay for convenience and accuracy of macros.



4. SKIP LUNCH AND BRING HIGH PROTEIN SNACKS

Nothing wrong with this. Might be a bit “socially unacceptable” (Aren’t you eating lunch, John?) but you’ll save yourself a ton of calories, get some protein in and leave room for an afternoon snack at work and a nice dinner later.

You have a budget of calories for the day. By doing this you can shift more calories to later in the day for something more enjoyable.

Snack on stuff like this at work throughout the day when you’re hungry (just keep track of the calories)

- Whey protein shakes
- Cans of tinned fish (people will think you’re really weird)
- Eggs that you’ve boiled and peeled in advance (keep them in the fridge)
- More of that ready to eat chicken breast, ham, cooked beef slices etc.
- Protein bars (just make sure the macros are actually good)
- Low fat yoghurt again
- Beef jerky slices



I like to cook beef roasts on the weekend then save slices for high protein snacks in the week!

5. MEAL PREP

This one obviously requires you to have a bit of time for cooking, but if you can do it it's a game changer.

My favourite technique was to make a big batch of something for dinner, and make 5x as much as I need, then save the rest for work.

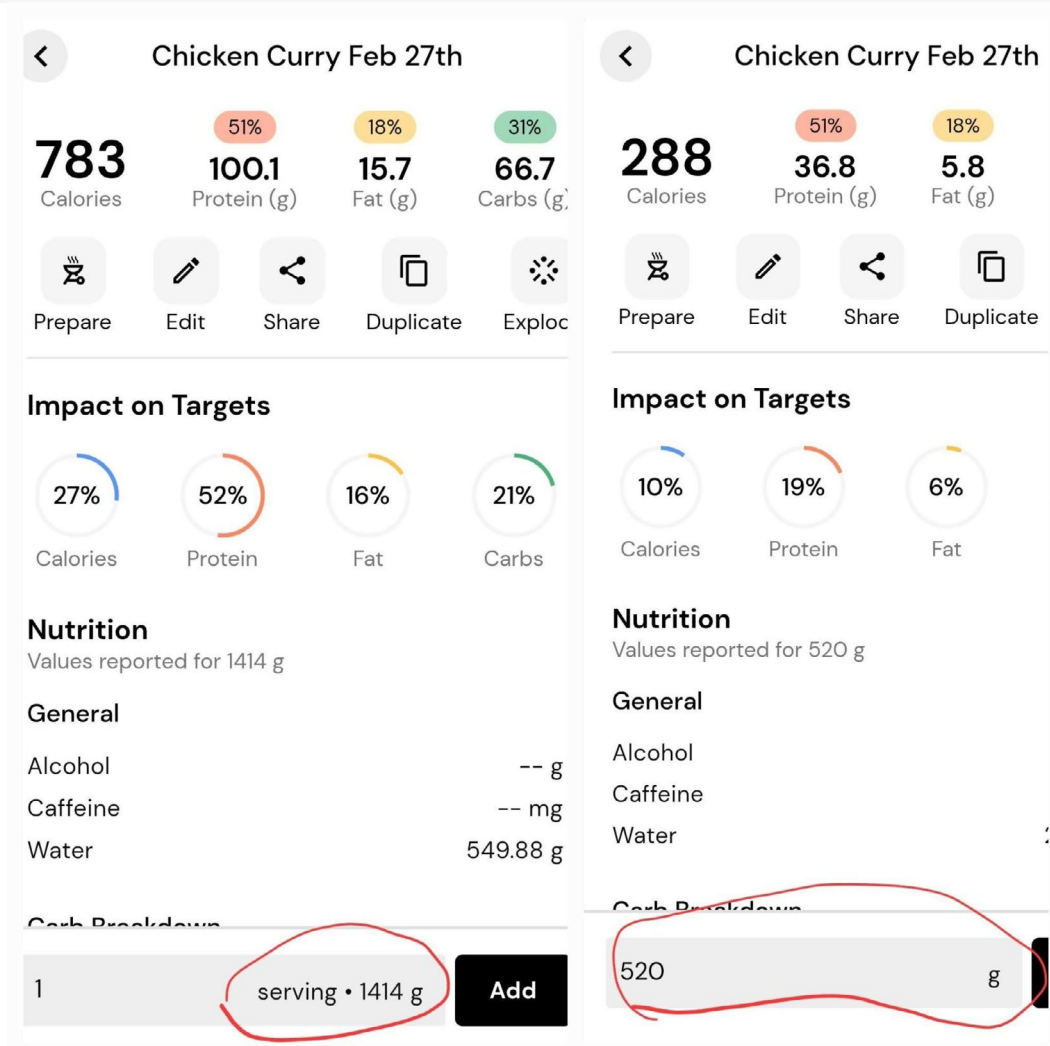
Chilli con-carne, chicken curry and bolognese work well for these.

Just make a giant batch. It doesn't take 5x as long to make 5x as much food.

Track the macros of the entire batch and save it as a recipe in MacroFactor (I think other calorie tracking apps can do this too).

Make sure you enter the weight of the batch in MacroFactor, then when you weigh out your portions you can see what the macros are for that portion!

Stick whatever you won't use in 2-3 days in the freezer, and keep the rest in the fridge for taking to work (just don't forget it!)



Another thing you can do is just throw a load of things in the oven and leave them for 30-40 minutes.

It's super easy.

Here's the process:

- Turn on oven and let it pre-heat.
- Put several whole sweet potatoes in the oven (a 200g sweet potato will take about 45 minutes to cook)
- Put some baking paper on a baking tray.
- Add several chicken breasts or salmon fillets.
- Add whatever seasoning (cajun or piri piri goes nice on chicken)
- Put in the pre-heated oven for 30-35 minutes for chicken, 20 minutes for salmon.

Now you have several meals. It takes very little effort. You could do this every night before work and it wouldn't take up much time..

6. USE MEAL DELIVERY SERVICES

Look up "meal delivery service" online and you'll find results like Prep Kitchen, My Prep, Macro Meals, etc. (location dependent).

It costs a little more money than making meals yourself, but saves you time and probably still works out cheaper than buying your lunch out at work every day.

Meals are microwavable, and come with the macronutrient breakdown. They're aimed at health/fitness conscious people so the macros are reasonable to good. You have lots of options and you can customise to your nutritional requirements.



7. END THE DAY WITH A WIN

I've given you lots of ideas here that should keep you WELL on track.

But sometimes the best laid plans can go awry.

There's a surprise pizza lunch and you couldn't say no, or you didn't want to offend Susie and refuse her cupcakes.

Just make sure dinner is going to be good.

Remember, if you have done well at breakfast and you do well at dinner, it can make room for a poor lunch or some unplanned snacks during the day. It's all about your total intake for the day.

It's even helpful to think about it as a weekly calorie/macro budget - so if you go over on one day you can actually just average it out over the next couple of days and get back on track.

If after lunch you're running out of macros and calories for the day, you can still be on plan if you have the right thing at dinnertime.

It's important to plan ahead and that you have the support of your partner. Make sure you have an honest conversation with them and get them on the same page.

You may even have to do some of the cooking yourself and cook yourself something different.

They might not always want to eat what works for you, so it can be helpful to plan "date nights" or "higher calorie dinner at home nights" and make sure you can fit it into your goals by being flexible with your eating earlier in the day.



TIPS FOR TRAVEL

Many of the tips above can also apply for travel.

If you're just going away on a holiday I would say "don't worry about it".

1 week is less than 2% of the year. This is not where you need to focus. You need to focus on being on track during the other 98% of the year.

Just enjoy yourself on holiday.

If you travel regularly for work, then you might need some of these tips.



TRAVELLING BY ROAD OR SPENDING ALL DAY IN THE CAR?

Maybe you're driving across the country or you do field sales.

Buy a cool box. You can even get coolboxes that plug into your car (just don't leave it plugged in overnight).

Keep it stocked with all the high protein snacks I mentioned earlier in this guide.

SPENDING TIME IN A HOTEL?

You won't be cooking and there'll be a hotel restaurant with poor options, and lots of tempting restaurants and food delivery services nearby...

You can stay on track by going to the nearby convenience shop and buying the things I mentioned earlier in this guide for quick work lunches.

- The stuff for 30 second high protein salad
- Sky, Greek Yoghurt or Cottage Cheese

- Cooked sandwich meat (but get the nice stuff)
- Ready to eat boiled eggs
- Bring your own meal delivery service meals and keep in hotel fridge
- Bring protein shakes and combine with something snacky to bulk out your "meal" a bit.
- Etc.

You can also go out to eat, just don't be an idiot about it.

Chain restaurants have the macros available. Log everything the rest of the day accurately then have a look on the menus of the nearby chain restaurants and see what you can fit in. Enjoy!

If the restaurants nearby don't provide nutritional information, here's what you can do:

- Order steak.
- Input the type of steak into MacroFactor and the weight from the menu (e.g. 8oz Sirloin)
- Add 30g of butter (to be on the safe side)
- Order it with side vegetables like broccoli, green beans, mushrooms etc. and guess the amount of these - you won't be a million miles off the calories because these things are really not very calorie dense anyway.

If you can't do this, order whatever you think is in the top 5 options on the menu and try to estimate the calories. Estimate high, and make sure you have left yourself a buffer for the day in case your estimation is off.

Hopefully your hotel has a gym so you can stay on track with your workouts too!

If it doesn't, you can easily bring [CrossGrips](#) in your suitcase and get a hotel workout done!





TIPS FOR THE AIRPORT

Some airport food options are actually decent.

The same advice as above applies.

Track whatever you eat and make sure it fits into your overall macros.

You've got several options:

- Get something from a chain restaurant or fast food place that has the nutritional information available, making sure whatever you pick fits your macros.
- Use the steak dinner tip from the last section (you can often find this in an airport).
- Order something made up of simple ingredients that you can confidently estimate to a reasonable degree of accuracy (like poached eggs on toast - ask for more eggs!)
- Bring your own whey protein and have a shake, or bring other high protein snacks (like protein bars).
- Find a shop in the airport selling sandwich meat, skyr, ready to eat boiled eggs etc.
- Simply don't eat. Wait until you get wherever you're going.

Whatever you do, don't just go into the most appealing restaurant and order the triple stack burger with blue cheese and dirty fries (unless you have 2,000 calories spare and you can confidently track the calories).

It's fine to do stuff like this on rare occasions, but if you travel regularly this is going to hinder your progress.

I HOPE YOU FOUND THIS GUIDE USEFUL!

Hopefully I've shown you that it's not "too hard" to stay on track, even if you're a busy dad working in an office environment and you travel frequently.

I specialise in helping people like you (as I can draw on my own 10+ years of experience working in a corporate job, and I have young kids myself).

This ebook has given you a good start for the nutrition side of things.

If you're looking for training programs that fit into your life, then check out my program [20 Minute Muscle](#) (this link will give you a big discount).

It's the program I used when I was still working in the corporate world, and young kids meant I had extremely little time for working out. Rather than give up, I designed this program instead.

I've now added multiple different variations on the program to suit a wide range of people.

If you're looking for 1-1 help, accountability and customised planning, apply for [online coaching](#).

I wish you the best for your transformation!

Here's where you can hear more from me:

- [Instagram](#)
- [Twitter](#)
- [Website](#)

Thanks for reading!

Rob

