



 KAI GREENE

TRAVELING

BUILDER

GROW - ON - THE - GO

戦士になる

4 LAWS OF THE TRAVELING BUILDER

Food is both the enemy and the ally of the modern bodybuilder. Whereas one meal can build a powerful, streamlined physique another can blur their lines and obscure their strength. Moreover, each food can serve as both friend and foe. You must seek balance in your food choices and consistency in your nutrition if you are to master oneself.

There are many sects and beliefs inherent to the doctrine of nutrition. You have heard of diverse protocols, dietary regiments, and recommended intakes. However, these are merely clothes of the same guide. What is central to all nutritional schools are these 5 laws. It is with these that you may remain consistent in your goal no matter where your path leads.

Follow these and you will follow the path to your **greatness.**

1. PREPARE FOR BATTLE

The key to any successful campaign is preparation. You may not always know where the next road leads, but you can safely assume it will take you away from the safety of your abode. It is foolish to rely on the foods available to you when you arrive at your destination when you have your kitchen and home front at your disposal. Below are some foods and items to include in your arsenal that can be used when you cannot find adequate nourishment.

SUPPLEMENTS

The food industry mirrors the wants of its people, just as the emperor reflects the will of his subjects. The supplement industry has heard the lamentations of its road bound warriors and has acted. The bodybuilding and fitness industry understand that a committed gym goer must be able to stay on track and has thus created these items to aid your quest.

PROTEIN BARS

These bars are a great, portable tool that pack a significant amount of high quality whey protein. There are many different varieties that can be useful for a variety of goals.

HIGH FIBER

If you are looking to burn fat and reduce caloric intake, choose an option high in fiber. These protein bars will most likely advertise their net carbs on the front of their package. Fiber not only reduces sugar uptake and the associated insulin spike, it can help you feel fuller longer. That means you are less likely to be swayed from your warrior's path.



HIGH CALORIE

If you are trying to maintain size, low on calories, or accrue muscle then you may want to choose the higher calorie bars. These bars are designed as a full meal replacement with more protein, more carbs, and more fat than their high fiber counterparts. Remember that you can only build muscle so fast, so do not attempt to fill your day with only high calorie protein bars. Sprinting too quickly into a caloric surplus will spell trouble for any goal-oriented builder.



PROTEIN SHAKES

Protein shakes are a great way to continue building muscle while you move between gym battles. Look for shakes with at least 25 g of whey protein per serving. Larger gym warriors or those with intense schedules may want shakes which provide a higher intake. As with the protein bars, you have your choice from the arsenal.

READY TO DRINK

These are simple, delicious containers that are premixed with high quality whey protein. There are usually limited flavors and you will pay for convenience. Most convenience stores stock some form of protein shakes and it can be a saving force when you are low on protein. Make sure you choose shakes that do not need to be refrigerated. Nothing can stop a traveler in his tracks like spoiled protein.

WHEY TUBS

This is your ideal option if you have the foresight to place some whey protein in a zip lock bag. You will have your pick of flavors and tastes at a fifth of the price per serving of the ready to drink beverages. Just remember to pack your protein shaker. A whey protein bag without a shaker is like a sword without a hilt.

If you are ready to begin your journey without hesitation, you may purchase your whey protein here: kaigreenesupplements.com/collections/protein



BCAA'S

BCAAs are branched chain amino acids which are the building blocks of protein. They are very low in calorie and come in delicious flavor combinations. Every travelling builder accepts that some situations will limit their ability to eat, no matter how prepared they are. Thus, BCAA's are a great way to provide energy and limit muscle catabolism in between meals. BCAAs can be easily poured into a bag and added to any water beverage.

If you would like to fuel your travels without wasting calories, we recommend buying your BCAAs here: kaigreenesupplements.com/collections/bcaas



PROTEIN

Protein is the building block of muscle and a valuable ally in your nutrition arsenal. You will need to arm each meal with high quality protein

COOKED LEAN MEAT

This is the familiar ally of every gym goer. It is a staple of any meal at home and should not be discounted simply because you are in transit. Lean meats can be cooked ahead of time, but need to be kept in an insulated bag. This may be inconvenient and improbable if you do not have daily access to a refrigerator.



DELI MEAT

Deli meats are high in protein and sliced razor thin, limiting the space they take up in your weapons cache. They can also be high in sodium and preservatives and need to be refrigerated. Use these in moderation to not sacrifice your health nor limit space for more effective tools.



CANNED TUNA FISH / CHICKEN

The consumption of these lean sources stretches back to the very first travelling builders. They are cheap, powerful tools that can be carried anywhere and require no refrigeration. Just remember to limit your tuna intake to no more than once per day and to not forget a can opener. The only thing worse than forgetting your weapons is bringing unusable ones.

CARB SOURCES

Carbs provide the fuel to move during your workouts and beyond. They are used by your brain to keep you focused and sharp, so you are always ready to best your opponents. Carb sources are abundant on travel, but we must take care to make the right choices. Too many carbs can cause an insulin spike and crash, turning any powerful gym warrior into a slumbering slouch.



RICE CAKES

Rice cakes are a classic weapon in the builder's arsenal. They are delicious and can be combined with peanut butter or other fat sources for a good meal. Each rice cake can carry between 35-50 calories and can be found in many different flavors. They can help you feel full and avoid straying off the path between your meals.

DRIED FRUIT

Fruit is always an excellent source of micronutrients. However, they can take up a significant amount of space and can be difficult to store. Dried fruit provides a compact source of nutritious fruit and its associated energy, without taking up much needed space. However, dried fruit is very high in calories relative to its weight. Be careful not to overconsume dried fruit.

VEGETABLES

These are one of the most potent and portable tools of the traveling builder. Vegetables are very low in calories and high in fiber. They can fill you with roughage to reduce hunger cravings and reduce insulin spikes. They are low in cost, high in nutrients, and can heal any side splitting hunger pains.

FAT SOURCES

Fats are the most calorically dense of all the macronutrients. Their high energy content per gram make them ideal for a weary nomad.



NUTS

Towering trees and ornate flowers grow from seeds. They are packed with dense nutrients to grant life and feed a plant enough to grow and flourish in their environment. The power of all of mother nature is packed in these small, easy to carry seeds. 1 serving of nuts or seeds can provide around 16 grams of fat and 6-8 grams of protein as well as fiber. They can be easily consumed to imbue any weary traveler with a second wind. You can pack some nuts in a zip lock bag or buy snack size bags at any convenience store.

NUT BUTTERS

The power of the seed and nut can be condensed and transformed into a buttery spread. Peanut butter, almond butter, cashew butter, etc. can be eaten by itself or spread upon rice cakes for a filling, sub 300 calorie snack. You can pack a small container with a spoon or you may procure individual packets, but be ready to pay a convenience fee.

DRINKS

Our primitive brain uses similar systems to determine hunger and thirst, causing thirst to be mistaken as an empty stomach. Furthermore, dehydration of only 2.5% of your bodyweight can cause a 45% decrease in exercise performance. Just as the ancient journeyman would follow the water, so must the modern bodybuilder keep drinks in their sights.



WATER

Water is the source and foundation of all life. It makes up most of our planet and the majority of our body. When we work to traverse the landscape, we must remember that our body needs water to function optimally. Working out, walking, or even sitting around can cause us to become dehydrated which reduces our mental and physical work capacity. Always drink regularly throughout the day before you are thirsty to ensure you can navigate your journey with ease.

CALORIE FREE DRINKS / MIXES

Cravings are the enemy of the pious nomad. This is particularly true when one craves something sweet and sees an abundance of cheap, sugary delights. Calorie free drink mixes can help stem the descent into depravity by fulfilling your desire and returning your sense of control. You may also choose pre-made calorie free carbonated beverages which can help you feel fuller. Drink mixes like Crystal Light, Mio, or other zero calorie sodas or seltzer are made with sweeteners that can satisfy your taste buds without offsetting your travel plans.

MISCELLANEOUS

Food is a necessity when travelling to keep fueling your success, but it is not the only sword in your scabbard. You will need armor to wear, tools to feed, and devices to drown out the noise of the unfamiliar. We have travelled the world, but with the following items it is as if we never left the familiar of our own gym.



TUPPERWARE

Tupperware can be used to carry lean meats, veggies, nuts, or fruits. It can also be used for leftovers from restaurants. Restaurants are a refuel point and many will gladly provide you with lean meats and vegetables to go.

SPICES

Variety is the spice of life and a variety of spices, even more so. Arm yourself with an array of low salt spices to transform any meal into a wonderfully familiar dish.



UTENSILS

The common occurrence of utensils leads you into a false sense of security. They are always around in abundance, but when you need them most they will be absent from your armory. Make sure to pack a few forks, knives, and spoons so that your food is always ready for battle.

SUGAR FREE GUM

There are certain movements and patterns, indiscernible to the average traveler. Just as a slight turning of the foot, a hair's width change of stance, can separate the masterful samurai from the journeyman apprentice, small tweaks to someone's travel kit reveals their experience level. Seasoned and battle-hardened warriors carry packs of sugar free gum. This can provide almost limitless flavor possibilities and can keep true their pious march through treacherous new territories. Pack a few of your favorite flavors before you begin your journey.



2. SCOUT THE AREA

Whereas the ancient samurai would need to rely on their village scholars or their own experiences, you are gifted with sight of immeasurable breath. The internet allows us to tap into the very hub of human knowledge and experience. You can leverage this supernatural sight to see what is available to you and what is present in the area and avoid the pitfalls of an ill prepared warrior.

GROCERY STORES

This might seem like a foolish maneuver for your vacation, but it can be a major time, money, and calorie saver to the traveling builder. This should be your first stop before you move through the wilderness of any foreign city. Collect basic, easy to consume foods such as: bread, milk, and fruit. If you have access to a microwave, pick up eggs/egg whites, instant oatmeal, and pre-cooked lean meats. A successful traveler must pick and choose his battles. Save calories and money on some meals so that you may spend big on others.

**COST OF ROOM
SERVICE
EGG OMELETTE:**

\$34.00

COST OF EGGS:

\$3.00



RESTAURANTS

Restaurants were designed to aid the weary wanderer, giving them sustenance and safe passage on the route to their destination. While the business and look of these establishments have changed, the purpose of the restaurant is to feed those who have ventured fourth from their homes. Many restaurants provide macronutrient friendly options that can provide clean energy to passersby.



MACROFRIENDLY CHAINS

Chain restaurants with 20 or more locations are obligated to provide you with the calorie and macronutrient breakdown of their options. This allows you to aim true and hit your nutritional goals with deadly accuracy.

SUBWAY

Subway provides amazing, quick food for a pre or post gym meal. They are high in carbs and can be low in fat. Be careful with your condiments and fatty meats as they can quickly increase your calories and halt your progress.

Nutrition info: <https://www.nutritionix.com/subway/nutrition-calculator>

CHIPOTLE

Chipotle has built an entire empire on clean, sustainably sourced food that is high in protein and low in fat (provided you avoid the chips). Try asking for double beans instead of rice to increase your fiber, decrease your carbs, and keep you feeling comfortably full.

Nutrition info: <https://www.chipotle.com/nutrition-calculator>

QDOBA QDOBA MEXICAN EATS®

Like Chipotle, Qdoba has many fresh options. Be careful with adding extra sauces and be sure to choose plenty of veggies to fill up without packing on extra calories.

Nutrition info: <https://www.qdoba.com/menu-nutrition>

P.F. CHANG'S P.F. CHANG'S® CHINA BISTRO

Asian cuisines are typically high in veggies and lean meat sources. Avoid fried items and ask for your sauces on the side where possible.

APPLEBEE'S Applebee's™

Known as your neighborhood bar and grill for a reason, they provide the comfort and ease of homecooked meals when out on travel. There are plenty of options of various cuisines that can help you build your optimal physique.

Nutrition info: <https://www.applebees.com/en/nutritional-info>

CHEESECAKE FACTORY The Cheesecake Factory®

Cheesecake factory has an entire menu devoted to 500 calories or less. There are enough options that you have a seemingly endless, but easy choice to make.

Nutrition info: <https://www.thecheesecakefactory.com/menu/skinnylicious/>



BUFFALO WILD WINGS **BUFFALO WILD WINGS®**

The average person would not even think to step foot in a buffalo wings restaurant. You are far from average. You know that deep beneath that fried layer is a gold mine of high quality chicken. Try ordering the naked tenders which are grilled instead of fries. You can still dunk them in your pick of their sauces without wanting to fumble through a greasy hari kari.

Nutrition info: <https://www.buffalowildwings.com/en/food/nutrition/>

DENNY'S

Denny's offers plenty of breakfast and dinner options that can fit any nutritional goal. Each food can be customized on their website to provide accurate calories. Remember to prepare before the battle and you will enjoy the taste of your victory.

Nutrition info: <https://www.dennys.com>

IHOP

IHOP is a simple breakfast, lunch, and dinner diner that offers many similar items to Denny's. If you choose a breakfast option, make sure to request sugar free syrup. It can easily cut 200 calories from your meal without sacrificing flavor.

Nutrition info:

https://www.ihop.com/-/media/ihop/files/nutrition-handout_fall-winter-2017-menu.pdf

LONGHORN STEAKHOUSE

Look for lean cuts of meat like the top sirloin and try to avoid with ribeye or prime rib. Make sure not to load up on bread before the meal!

Nutrition info: <https://www.longhornsteakhouse.com/nutrition>

OLIVE GARDEN

The weary, muscle bound traveler would sooner starve than sit in front of an endless soup, salad, and breadsticks. Alas, these foods aren't off limits. Olive Garden provides healthy, grilled meat options, simple pasta dishes, and low-calorie soups to help you stay on the righteous path.

Nutrition info: <https://www.olivegarden.com/nutrition>

OUTBACK STEAKHOUSE

A great source of protein but try to limit your fat. Choose steamed vegetables or mashed potatoes instead of fries to further cut down on your oil.

Nutrition info: <https://www.outback.com/nutrition/smart-dining>

P.F. CHANG'S

Search for grilled or steamed options over fried protein sources. Where applicable, ask for brown rice or two even switch your sides out for more steamed vegetables!

Nutrition info: <https://www.pfchangs.com/nutrition>

RED LOBSTER

Seafood is traditionally high in protein and low in fat, but you'll first have to pass over the siren's call of the Cheddar Bay Biscuits.

Nutrition info: <https://www.redlobster.com/allergy-nutrition>



McDONALDS

This is no mistake. Eating poorly is your enemy, not specific foods. McDonalds offers low calorie salads and their burgers can be fit into almost any traveler's caloric budget. Just beware the fries as they can easily turn a detour into a complete halt in your progress.

Nutrition info:

<https://www.mcdonalds.com/us/en-us/about-our-food/nutrition-calculator.html>

BURGERKING

Burger King is the twin city of McDonald's. Avoid the French fries and enjoy responsibly.

Nutrition info: <https://www.bk.com/pdfs/nutrition.pdf>

GYMS

You are a special breed of warrior.
You are determined and deadly.
Your mission is pure and your path
unique. But you are not the only one.



Travelers like you walk their own path the world over. Their dojos and shrines dot the landscape the world over. These gyms are more than happy to welcome travelers from any walk of life into their gym for little to no charge.



When you first go on travel, check to see if your new point of origin has a gym. Look for a fitness center that has some basic cardio equipment at the very least so that you can properly condition your body and mind daily.

Once you've found your destination, search gyms in the area. Gyms are founded on the belief of self-betterment and will never turn someone away who earnestly wishes to train under their roof. You may have to pay a small penance, but a small price to pay to connect with a fellow warrior.

FREE TRIALS

Many gyms offer a free trial to try their gym. These are traditionally used in the hopes of drawing in permanent members of their community. When accepting a free trial, be honest and open about your nomadic ways. Let them know that you will be stopping by, but that you will not be able to join their ranks. If they agree, be sure to tag them on your social media as an offering for their hospitality.

DAILY PASSES

All gyms will offer a daily passage through their iron jungle for a small price. Call ahead to see what the fee is and if they provide a discount for multiple days. This provides an excellent chance to try multiple training styles and environments. If daily passes are your only option, try as many diverse gyms as possible. You may discover a foreign move or piece of equipment that becomes a center piece of your travelling arsenal.



3. A WOUNDED WARRIOR IS NOT A DEAD ONE

The years a traveler has roamed this plane in search of results pale in comparison to the number of mistakes they have made.

We all begin as an apprentice. We find warriors in the gym and magazines that we wish to emulate. While these masters may be diverse in their methodologies, they all share one commonality. All of them have swayed off the path. You will be no different.

To become the master, you must accept that not only have you made mistakes, but that you will do so again. Life is uncertain. Your path is uncertain. The only way to achieve the perfect physique you have in your mind's eye is to master the navigation of imperfection.

THINK OF THIS CONCEPT AS THE PARABLE OF THE TRAVELER'S WAGON.



A weary traveler moves at a steady pace down a well-traveled road towards a glistening city in the distance. He has taken a new path wherein he does not yet know the subtle variances in stone and thus, drives into a small hole, splintering his wheel. He now has two choices to make. He can either repair the wagon wheel or he can grab his weapon and destroy the other three wheels. The choice seems obvious.

Do not let one suboptimal meal derail your entire progress. It may take time to get out, assess the situation, and fix it, but you WILL get to your destination. The only way to fail in your journey is to stop moving forward. If you miss a meal or choose to indulge, that is ok. One step in the wrong direction does not completely change your destination. It took thousands of steps to get where you are. Do not grant one false step the power to stop you now.

4. AN EFFECTIVE NOMAD MUST BE FIT

Life will inevitably lead you away from your origin. It is a necessity that you leave the familiar to challenge yourself and grow mentally, physically, and spiritually. The legends of the ancients tell us of miraculous deities that traversed these planes to gain mystical weapons, achieve godly feats, and etch their names into eternity. Movement is a metaphor for progress, and as such your personal travels are not an excuse.

Avoid common pitfalls that can lead you to disaster. Do not get weighed down by excuses or lack of preparation. Do not succumb to the exotic wiles of sugary drinks and fried treats. There is only one person who can bring you to ruin or to glory, and you will spend the rest of your life facing them. The travelling samurai has the same training and prowess at home as they do abroad. Your surroundings do not alter your path. How you interact with them does.

Kai's journey has tested these tenants time and time again. Apply them to your vacations, your business trips, or your daily commute and you too will make success **inevitable.**

A muscular man with glowing red eyes, wearing a black tank top, is shown in a dark, industrial setting. He is holding a black strap with the word "BUILDER" written on it. The background is dark and metallic.

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TRAVELING

BUILDER

THOUGHTS-BECOME-THINGS

戦士になる