

Hotel Room Food Upgrade Matrix

Use this quick matrix to decide what kind of low-FODMAP food system your hotel room can realistically support.

| Room Type | What It Can Reliably Support | Best Foods to Buy First | Watch-Out |
|--------------------|---|--|--|
| No fridge | one-night survival and shelf-stable backup | rice cakes, crackers, popcorn, oats, fruit, nut butter packets | buying yogurt, deli meat, or leftovers with nowhere safe to store them |
| Fridge only | breakfasts, snacks, and simple cold lunches | yogurt, cheese, fruit, deli protein, cut vegetables | overbuying perishables for a short trip |
| Fridge + microwave | easy repeat meals plus breakfast | rice cups, oats, reheatable leftovers, simple prepared foods | assuming leftovers stay fine longer than they really do |
| Kitchenette | full control for several days | breakfast basics, one simple lunch pattern, one repeat dinner, one backup meal | turning the whole trip into home-level cooking |

Fast Arrival Grocery List

If you only have 10 minutes

- Fruit
- Crackers or rice cakes
- Cheese
- Yogurt if the room has a fridge
- Oats
- Water

If you have a microwave too

- Rice cups
- One simple protein
- Soup or broth that passes your label check

If you have a kitchenette

- A breakfast base
- One simple lunch pattern
- One repeat dinner
- One emergency pantry or freezer backup

Simplest Hotel Meal Ideas

- Fridge only: yogurt + fruit + crackers
- Fridge only: cheese + crackers + fruit
- Microwave: rice cup + plain protein + tolerated sauce on the side
- Kitchenette: eggs + oats + fruit for breakfast, one simple rice bowl for dinner

Decision Rule

If the room cannot store or reheat it safely, do not buy it just because it sounds healthy in the moment.

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