

# HOW TO EAT & DRINK OUT - STAY ON TRACK

## Eat out, stay on track and stop worrying

The great thing about flexible dieting means you don't have to be tied down with your tupperware.

Throughout your fat loss journey you're going to encounter social events, work lunches or work related travel to name a few.

Do you have to abandon your diet each time one of these occasions occur?

Certainly not and we want to teach you how to work with these situations and make the best choices.

*Remember, this is a fitness lifestyle. Your life is part of a fitness lifestyle.*

In this section, we're going to detail possible outcomes and solutions for some of these problems

### So how can I eat out and stay on track?

In particular I am talking about eating out socially at the weekends or at events. If you eat out daily for lunch then that's a different ball game. In that situation I recommend choosing places that have calorie and macronutrient information available. Worst case scenario you can guesstimate portion sizes and enter manually into MyFitnessPal.

When it comes to eating out socially-- perhaps at the weekend then you can expect to eat foods higher in calories -- and to even include some alcohol.

It's really easy to go off track and blow your hard work out the window in one meal if you go to town on it.

We've all been there so no judgement.

I do recommend taking time away from MyFitnessPal now and again. To be honest, if you can't enjoy some food without tracking it... you have a disordered eating pattern.

Flexible dieting is a **mindset** more so than a nutrition method. Being able to have some food untracked or unplanned (but being mindful of what your eating) is advised at all times.

You can't cheat on a flexible lifestyle after all.

Regardless I want to show you how you can have a meal out, track it and stay on track with your fat loss goals for those of you who perhaps have a deadline you are working towards and need to keep the screw tight with your nutrition.

## **Banking Calories**

When you are looking at fat loss... we do so across a weekly period, or even longer.

We can't look at it across a 24 hour period (it's just not long enough) and this it's the same case for our calorie allowance.

The templates laid out in this group coaching are done-for-you (per day) but we can easily turn this into a weekly allowance.

Take the calories and macro guidelines and x7 (for the week) to get numbers for a weekly basis.

**1,800 calories per day = 12,600 calories per week.**

As long as you are under your calorie allowance per week... you can expect to see fat loss.

With the information above, we can start and plan our week in advance and 'bank' calories'

If you are a weekend warrior and need more calories for the weekend, then this is for you.

You can leave a lot of calories for the weekend if needs be, but I recommend not going to extremes.

For example -- less than 1,000 calories Monday through Friday and then... saving 3000+ at the weekend.

This is binge eating = eating disorder = seek help.

Not a happy cycle. So...

Find a happy medium.

If your average daily calories are 1800 per day for fat loss, I recommend banking no more than 20% per day and adding this back on when you plan on needing them.

So keeping 360 calories per day.

Depending on how big of a 'bank' you want ... this will determine how many days you feel the need to save 20% for.

On a side note - if you plan on getting absolutely rubber tooted - then banking a few hundred calories isn't going to save your bacon unfortunately.

Have your fun and move on the next day.

## "Alright, so I can drink?"

Yes, yes you can.

*"How much, Sara?"*

Everything in moderation.

You could have alcohol every day if you wanted. -- (Personally don't recommend it).

If we use the 'banking' model as previously described then we can have some fun at the weekends without doing damage.

I recommend setting aside no more than 15% of your calories for alcohol.

*So, if you're on 1,800 calories ... this is 270 drinking calories.*

If you have 'banked' throughout the week then you may have 2,500 calories for a Saturday, take 15% off this number and this will give you an allowance for alcohol.

*So 375 calories.*

When selecting drinks, I recommend opting for low calorie spirits and diet mixers. 300 calories is the equivalent to roughly 3-4 gin and diet mixers. Or, less than two glasses of wine.

Beer is heavy calories and carb heavy. -- A few bottles are fine if this is your preferred choice, however try to avoid sinking loads of pints.

In addition to the calories of alcohol, there are also impacts on hormones that are worth paying attention to as well. Not to mention to the increased chances of the munchies! To avoid this, it is best to meet your protein goals for the day before alcohol.

# Meal Out Tips:

## BEFORE THE SOCIAL OCCASION OUT/MEAL OUT:

- Aim to bank some calories during the week so you have more flexibility at the weekend, so 100-200 calories (200 calories max during the week) so you have more calories to play with when eating out or for a few drinks.
- For example if you have a meal out and a few drinks on Saturday and you save 200calories between Mon-Friday that's an extra 1,000 calories to add to your Saturday meal out on top of your normal intake (200x5)
- When banking calories you still aim to hit your protein intake you save the calories from fat/carbs

The day you are going for your meal aim to save the majority of your calories for the evening meal and get the majority of your protein during the day because a lot of your fats/carbs will come from the meal usually (Obviously depends on your choice)

## DRINKS:

If you are having a couple of drinks with your meal just be aware of the calories your consuming with it,

Serving Of Vodka/Gin is 80cals (Use a diet mixer, soda water or slim line tonic)

Serving of red wine/white wine is 140-150cals

## Starter:

So you could go light here to save the main calories for your main course but it depends completely on the calories you have to be flexible with, If you want to go light with this meal I would opt for a salad with chicken or a lean protein source **\*\*Always\*\*** ask for the dressing on the side so you have control in how much to add as usually they drown it in dressing (which is where a lot of the calories for the salad come from). There are other lighter options you could go for but depends on the place your eating at so just send me the restaurant you are going to and I'll help

## Main Course:

- Check out the menu before going to the restaurant.
- Look for key words like this on the menu, “steamed” or “grilled” which is usually better than “pan fried” or “deep fried”
- Tend to opt for steamed or grilled lean protein sources like chicken, turkey
- The other good options are grilled steak, grilled salmon
- Any steamed fish are usually pretty good also
- Ask for any dressings on the menu on the SIDE so you can add a little
- Sides: Depends on the calories you have to be flexible with, I always ask for a side salad with no dressing or steamed veg with no butter/oil (or get a little depending again on calories you have to spare).

You can also have chips or mash/potato's just be aware it could be 400-500cals

Boiled potatoes or steamed rice are a good option too!

- If you go for things like a pasta dish that could be around 800cals

## Dessert:

- I know you don't want to hear it but if you want dessert prepare to save about 500cals for a slice of cake
- There are lower calorie options like sorbet but it depends what they have with it
- If you have the calories to spare (maybe you didn't have a starter or drinks) then go for it but if you don't opt for say a coffee, black (0cals), cappuccino (80-100cals), latte (100-150cals)