



Eat Out, Stay In Shape: The **FASTer** Way Eating Out Guide



FASTer Way Strategies for Eating on the Go!

FASTER WAY
TO FAT LOSS®

Honey, what's for dinner?

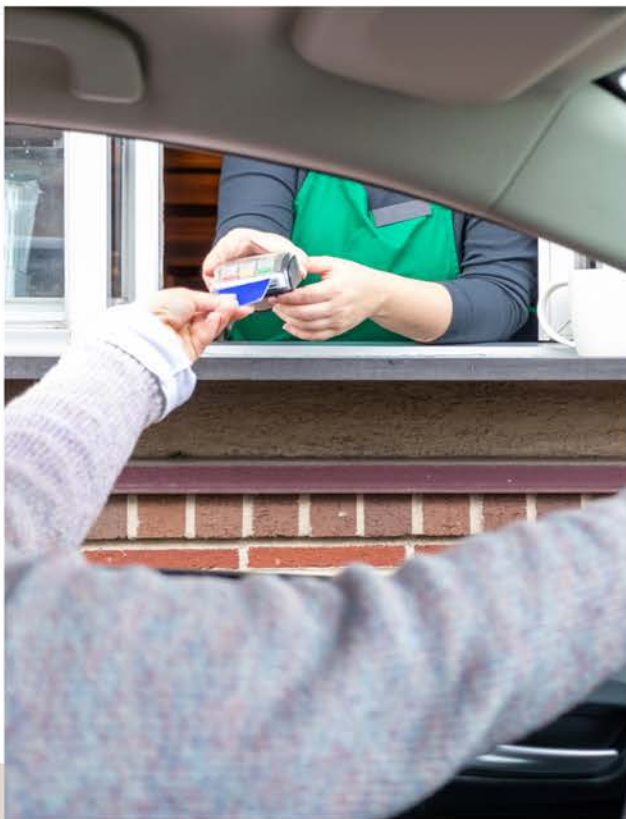
We see you crushing it at work, juggling a million responsibilities, and wondering how on earth you're supposed to stay on track with nutrition goals. This guide will teach you how to make menu choices that steer you away from the traditional high calorie, high fat, high carb options that are also loaded with sugar and end up derailing your progress. We'll teach you how to be an expert at scanning a menu for the right foods that will satisfy you and not make you feel bloated, tired and guilty when the meal is over!



Of course, it's easier to stay on track with health and fitness goals when you eat at home for every meal. But let's be real, that's not always the case. You can't always dish up that wholesome, home cooked meal where you control the ingredients, the portions, and the choices.

In today's lifestyle, our schedules are packed! Whether it's shuttling kids to sports, networking with colleagues, or simply enjoying a social life, cooking at home just isn't possible 100% of the time - and we believe in living your life while burning fat!

Going out to eat is part of a fun and joyful life...



not to mention, eating out is easy and convenient!

Those nights you find yourself at the drive-thru or grabbing a meal at a restaurant are most likely the nights you have a packed calendar or you're wooing the next big client. Maybe it's just been a long week, and you need a break in the kitchen with no cleanup necessary. As soon as you see the menu, though, it's either wreck the diet or skip the meal, right? Wrong!

We can help you make the smart choices that won't set back your health and fitness goals, won't make you feel guilty, won't make you bloated and tired; and, you'll still enjoy the meal!

Top Tips

FOR EATING OUT

In the world of healthy eating out, success often begins long before you step into a restaurant. Planning ahead is your secret weapon, enabling you to navigate menus with confidence and make choices that align with your health goals. In this section, we'll explore the art of preparation and goal-setting to set the stage for a successful dining experience. Even if it's a last minute drive-thru or restaurant decisions, you can keep a few things in mind that will help you whether you've planned or not!

01

ESTABLISH REALISTIC EXPECTATIONS

- ▶▶ Be realistic about what you can achieve while eating out. Understand that it's not going to be perfect.
- ▶▶ There is going to be some guessing as you figure out portions and how to enter your food into your food log, BUT it's better than not being mindful or tracking at all. So, be proud of yourself, and aim for balanced choices that bring you close to reaching your goals.

02

REVIEW MENUS IN ADVANCE

- ▶▶ Look at the menu ahead of time so you know your options and pre-decide what you are going to have so you don't have to stress out about that when you get to the restaurant.
- ▶▶ Look for dishes that feature protein, whole grains, and plenty of vegetables.

03

MAKE SPECIFIC REQUESTS

- ▶▶ When given the option of how to have your protein cooked, choose grilled instead of fried.
- ▶▶ Most places are very accommodating when it comes to special requests. Let them know that you are on an eating plan to reduce inflammation, so you need them to please...omit dairy and put the sauce on the side.

04

EAT ACCORDING TO YOUR MACROS

- ▶▶ If it's a Low Carb Day, ask for double veggies instead of the potato or rice and get a side salad as a starter.
- ▶▶ If it's a Regular Macro Day, enjoy the rice or potato without the butter or sour cream.
- ▶▶ If it's a Low Carb Day and you need some added fat with your meal, ask for a side of avocado or some olive oil on the side.

05

CHOOSE A HEALTHIER OPTION

- ▶▶ Make or bring your own salad dressing: Mix together olive oil, vinegar, salt and pepper to make your own.
- ▶▶ Say no to the bread: Say “no thank you” to bread baskets so it’s not sitting in front of you begging you to eat it!
- ▶▶ Go bun-less: Who doesn't love a delicious burger? Many restaurants offer lettuce wraps or burger bowl options.

06

FIND A NEW FAVORITE SPECIAL DRINK

- ▶▶ If you want a special drink, ask for club soda with fresh squeezed lime and mint leaves. Be sure to get the fun little straw!

07

BE AWARE OF PORTION CONTROL

- ▶▶ Many restaurants tend to serve larger portions than what is nutritionally necessary for a single meal.
- ▶▶ Consider sharing the meal with someone else with you.
- ▶▶ Ask for a to-go box at the beginning of your meal, set aside a portion to enjoy later. Eat what is in front of you and avoid the temptation to overeat in one sitting.



By using these strategies to prepare for dining out, set clear goals, and make healthy choices. You're laying the groundwork for a successful and enjoyable experience. Dining out can be a pleasurable and fulfilling part of your journey toward a healthier lifestyle.

Social & EMOTIONAL ASPECTS

Dining out isn't just about nourishing the body; it's also a social and emotional experience. Let's address the delicate balance between social dining and health goals, coping with peer pressure, and recognizing the influence of emotions on your eating habits.

COPING WITH PEER PRESSURE

Peer pressure is the influence that friends, acquaintances, or social groups can exert on an individual's behavior, decisions, or attitudes. It often arises from a desire to conform to the norms or expectations of a particular group. When out to eat, you may be with people who are ordering unhealthy dishes and encouraging you to do the same. "Come on, live a little!" "Oh, are you on a diet or something?!" "Just have some (insert fat-filled, calorie bomb food), you'll be fine!"

Navigating peer pressure involves developing the skills and confidence to make independent choices that align with your values and goals, even when facing external influences. It's essential to recognize that not all peer pressure is negative; sometimes, friends and peers can encourage positive behaviors. However, understanding when to assert yourself and resist negative peer pressure is crucial for maintaining your well-being and making eating decisions that are right for you.

- **Stay Confident:** Peer pressure can be challenging, but remember that your health is your priority. Stay confident in your choices and politely decline offers or suggestions that do not align with your goals.
- **Suggest Healthier Alternatives:** If you're dining with friends who may not share your dietary preferences, suggest restaurants or dishes that can accommodate both their desires and your health goals.
- **Practice Assertiveness:** Learning to assert yourself kindly but firmly is an essential skill when faced with peer pressure. Express your needs and boundaries with respect and clarity.



EATING AT A FAMILY OR FRIEND'S HOME

What if it's not a drive-thru or a restaurant, but your friend who's hosting the meal? It's still possible to stay on track!

One way to make sure you have something on your meal plan is to offer to bring a dish or two for the meal and choose something that's high in protein, with a healthy balance of carbs and fat, without going overboard.

Another tip is to choose whole foods that are served at the meal - items that come from the ground or have a mother. Avoid processed foods that may be there.

Skipping sauces, dressings, and dips is also helpful in not going overboard. Remember that when you drink alcohol, your body prioritizes its digestion, which can interfere with the digestion of your food and altogether stop fat burning.



MANAGING YOUR ALCOHOL INTAKE

Consider your alcohol intake and, when possible, choose alcohol-free alternatives.

There's absolutely nothing wrong with a few drinks here and there, as long as you understand the impact to your fat loss goals. When you choose to have an adult beverage, be sure to stay hydrated with plenty of water.

Social events and dining out should not sacrifice your health. Remember that moderation is key to balance.

EXACTLY WHAT TO ORDER AT POPULAR RESTAURANTS

Starbucks:

- Steel Cut Oats - add protein powder & omit the brown sugar
- Eggs & Cheddar Protein Box - omit the cheese and bread
- Hot or iced coffee, americano, nitro cold brew. May use stevia, monk fruit, and a splash of non-dairy milk.

Chick-fil-A:

- Breakfast bowl with no cheese and a cup of black coffee
- Grilled nugget meal with salad (omit the cheese) and unsweetened iced tea
- Cobb salad with grilled nuggets (omit the cheese and dressing)

Chipotle:

- Low Carb Day - steak or pork, lettuce, veggies, guacamole and salsa
- Regular Macro Day - chicken, lettuce, veggies, rice, beans, corn and salsa



Olive Garden (Italian restaurants):

- Herb-grilled salmon or chicken with steamed broccoli. Enjoy some gluten free pasta when available!

Applebee's or Longhorn (or similar chains):

- Grilled chicken, salmon, steak, or shrimp with steamed vegetables, and rice, baked potato or sweet potato

Sushi Restaurants:

- Tuna and salmon sashimi and sushi with steamed edamame pods and seaweed salad

Wawa/Gas Station:

- Omelette/Egg bowl - without cheese
- Fresh fruit
- Hard-boiled eggs
- Salads - omit the cheese and dressing
- Chicken /Tuna Salad/Turkey Lettuce Bowl
- Hummus and Carrots
- Snack bars: RX Bars, Larabars, GoMacro Bars
- Nuts - pistachios, almonds, cashews
- Justins Nut butter with Apple slices
- Skinny Popcorn
- Beef/turkey jerky/sticks - Chomps, Country Archer Farms (check for added sugar/high fructose corn syrup)





BALANCING LIFE AND FOOD

Remember, we all get busy, we all enjoy a break making dinner, and we all deserve to have a social life where we feel free to gather and share good food.

You can manage your meals, the drive-thrus and the restaurants without experiencing a setback on your journey to a leaner, stronger version of you.

With a little guidance, and a few modified choices, you'll feel confident and fully equipped to enjoy the experience without any guilt.

Medical *Disclaimer*

This information is not intended to substitute for any advice provided to you by a licensed physician or other healthcare professional.

Do not use this information to diagnose or treat a health problem or disease or prescribe medication or other treatment.



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