



TIPS FOR EATING OUT WHILE ON A MACRO NUTRITION PLAN

Just because you are on a macro nutrition plan does not mean you have to say goodbye to eating out. Having a strategy however can make a big difference.

Here are a few things to keep in mind when you do go out to eat:

- 1** If you can plan ahead and look at a menu online before you go, then you can make a food choice that fits within the boundaries of your plan. Pick something on the menu, track it, and then enjoy it. If you do this earlier in the day, it makes it much easier to work the rest of your day around it. This includes things like drinks and dessert.
- 2** Prioritize protein at each meal. Since it's hard to know how the protein is being prepared, you might want to lean toward lean proteins like chicken or turkey breasts, white fish, and lean pork. These protein options will have less fat than a burger, steak, or salmon.
- 3** If you know you are going to go out to dinner, try to pre-load your day with protein earlier. Have a protein packed breakfast and lunch so you don't have to try to get all your protein at one meal.
- 4** Save some fats and/or carbs if you are planning on having dessert, or an alcoholic beverage when you go out. That means reduce your fats/carbs in your earlier meals so that you have some extras "saved" up for going out.
- 5** Don't be afraid to ask for substitutions. If your meal comes with mashed potatoes, and you don't have enough carbs for those, then ask if you can sub roasted veggies. If you need a lot of protein, don't be afraid to ask for double protein. Most restaurants are more than happy to accommodate.
- 6** Always do your best to track your meals even you go out to eat. Guessing about portion sizes and tracking your best guess is better than not tracking anything.
- 7** Ask your coach for good options. They may have some great ideas about meals that you haven't thought of.

Some safe options to consider when eating out could be:

- Salad with added protein like chicken, salmon, steak, or tofu
- Chicken breast with roasted veggies
- Fish tacos, lettuce wrapped, or with fewer tortillas
- Fajitas, lettuce wrapped
- Salmon, or halibut with veggies
- Spaghetti with zoodles

Bon Appetit!