

## A simple guide to eating well when you're eating out

*We all know that it's good to have a little treat every now and again, but eating out can easily turn into a full-on feast! To keep the balance and avoid compromising your goals, keep these tips in mind:*

- **Hidden extras:** Be aware of how sides, drinks and sauces can bring up the calorie content of your meal - sometimes there are more calories in these extras than in the meal itself!
- **Customise:** If there's not a dish on the menu that meets your needs then ask if you can 'mix and match' items from different dishes.
- **Recovery:** If it's a training day, what you eat will contribute to recovery, so choose wisely to maximise your training.
- **Context:** Consider the week as a whole. How likely is it that you will eat out again? If unlikely you could perhaps indulge a little more, but if likely it may be best to be more cautious to adhere to your nutritional goals.
- **Enjoy:** Whilst eating for performance is important, remember that you should enjoy whatever option you choose too!

## *Exploring your options*

Different nutrition goals require different food choices. For the restaurants listed below, we've provided a 'minimise', 'maintain' and 'maximise' option, so that there's something for every goal.

### *Minimise*

For those who are controlling their intake to lose weight. Focus on protein, limit fat and limit refined carbohydrates. Beware of side dishes/heavy dressings and condiments.

### *Maintain*

For those who are looking to maintain their weight. Remember to keep your meal balanced - include all macronutrients and plenty of fruit and veg.

### *Maximise*

For those who are aiming to increase their weight. Prioritise protein and carbohydrate (especially if muscle mass gain is your goal). Still aim to consume a balanced meal.



# TOP OPTIONS

'Cheeky Nandos' anyone? Nandos is one of the hottest options around for eating out! Depending on your choices, it can also be one of the healthiest. Check out 3 standard meals below for each nutritional goal.

## Minimise

Main: Butterfly chicken  
Side: Chargrilled veg; side salad  
Dessert: Small frozen yoghurt

## Maintain

Main: Grilled chicken pitta  
Side: Spicy rice, side salad  
Dessert: Mango gelado

## Maximise

Main: Fino pitta  
Side: Spicy rice, chargrilled veg  
Dessert: Choice of gelado



This grillhouse is growing in popularity, and there's no reason why you can't enjoy a nutritious meal here - there are a range of options to meet all dietary requirements, as shown below:

## Minimise

Main: Wheatberry beetroot & cous cous salad with grilled chicken  
Side: Roasted root vegetables  
Dessert: Fresh berries and sorbet meringue

## Maintain

Main: Salmon supreme  
Side: Dressed coleslaw  
Dessert: Classic creme brulée

## Maximise

Main: Sirloin steak  
Side: Sweet potato fries; dressed slaw  
Dessert: Chocolate brownie



Mediterranean food is some of the healthiest out there; see what nutritious options are on offer:

## Minimise

Main: Spiralised Veg Bolognese  
Side: Roast Med Veg; salad  
Dessert: raspberry sorbet

## Maintain

Main: Grilled chicken with chips  
Side: Mixed salad; roast veg  
Dessert: 2 scoops of gelato

## Maximise

Main: Traditional lasagne  
Side: Mixed salad; green beans  
Dessert: Cookie dough al forno



An American twist on Italian classics could get indulgent, but you can still enjoy a good meal when you're in training! Here are the top meal options to go for to support each nutritional goal:

## Minimise

Main: Lemon & herb roast chicken  
Side: Green veg; side salad  
Dessert: Coconut ice cream

## Maintain

Main: King prawn risotto  
Side: Green veg  
Dessert: 2 scoops of ice cream

## Maximise

Main: Classic chicken burger  
Side: Side salad  
Dessert: Peaches and cream sundae



It may not be a restaurant, but Starbucks is one of the most popular options for eating on-the-go - check what your best options could be:

## Minimise

Main: California chicken wrap  
Drink: (Fruit) tea; Americano  
Dessert: Fruit pot

## Maintain

Main: Smoked salmon bagel  
Drink: Any (semi-skimmed milk)  
Dessert: Dark chocolate and hazelnut bar

## Maximise

Main: Mozzarella, tomato and pesto panini  
Drink: Any (whole milk)  
Dessert: Banana loaf