

# GOING OUT TO EAT

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# TRACKING MEALS YOU DON'T MAKE AT HOME

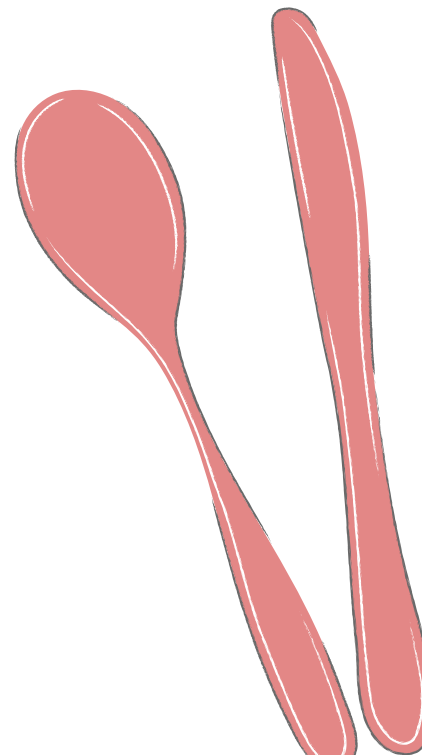
There are 2 situations you might find yourself in where you're not exactly sure what's in your food:

Going to a restaurant/getting takeout

Going to a friend's house/potluck type situation

Either way, there are some things you can do to help you a) estimate how much you're eating and b) make it less anxiety inducing to release control over that.

We'll cover those in the next few pages.



# GENERAL REMINDERS

**Have an opinion.** Most meals out aren't completely spontaneous. Whenever possible, be an active participant in deciding where to go so you can make sure there are options that support your goals.

**Look at menus.** Almost all restaurants have their menus available online. Spend 5 minutes looking at it and narrowing down to a couple of options you'll decide between. Pre-track to see whether you can reasonably "afford" what you want and make adjustments, as necessary.

**Plan ahead.** Enter your restaurant meal first and reverse engineer your other meals around it to still end the day in a place you'll be happy with, overall.



# GENERAL REMINDERS

**Prioritize lean protein and veggies at other meals.**

This will give you more wiggle room for your meal out help you hit your protein and fiber goals even if you choose to indulge.

**Ask questions.** You can just ask, "how many ounces is the salmon?" or "do you know how lean the ground beef is in the burger?" or "I'd love to come for dinner! Any idea what you'll make, yet?"

**Ask for what you want.** At a restaurant, you're a paying customer. You can ask for modifications and substitutions. This doesn't make you difficult or an inconvenience. With friends/family, if they ask what you'd like, say something that you'll feel good about eating!



# GENERAL REMINDERS

Think about the **give-and-take**. You can probably have *some* of the indulgences you want, just not all of them. Figure out what's worth it to you and what you're ok skipping. If you want a cocktail, skip the app, that sort of thing.

Remember that **this is part of life**. You can learn to enjoy meals out without sabotaging yourself.

You are not going to track forever so rather than being anxious, **reframe these situations as an opportunity to practice the skills you've been building:**

- Estimating portions

- Putting together balanced meals

- Asking for what you want

- Leaning into the intangibles



# NOT EVERYTHING IS SPECIAL

Give some thought *in advance* to whether that meal is a worthy indulgence. Not every meal out is special. Let the fact that you're not doing the cooking yourself and/or you're spending time with loved ones be the thing that is special.

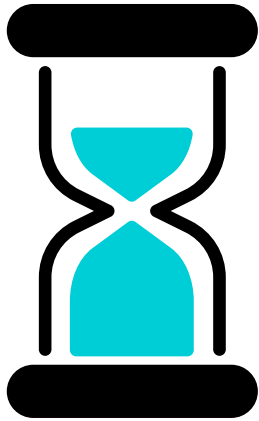
For the most part, you can try to replicate the meals you'd eat at home when you go out. Build your meal around a lean protein and vegetable.

Choosing simple meals most of the time will also be easier to track with some accuracy.

Use this as an opportunity to practice eyeballing your portions - this is where the measuring you've been doing at home gets put to the test.



# REMEMBER THE INTANGIBLES



Slow down! Put your fork down between bites, enjoy your company, and try to match the slowest eater at the table. Slowing down will help you tune into your hunger & fullness cues, too.



Pay attention to your food. Actually notice the taste, flavors, and how much you're enjoying it. You don't have to finish what you're not enjoying!

Pay attention to hunger and fullness with the goal of stopping when you're satisfied (say 8/10) rather than stuffed (10/10)



# HAND PORTION GUIDE

One easy way to estimate is by using your hands. Practice measuring out portions at home, first, and compare to your hands to get an idea of what they should look like.

Use these guidelines when trying to estimate:





# THE ACTUAL TRACKING

For a video training on logging meals out, click [here](#).

When you're unsure, **overestimate**.

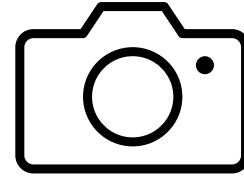
**Pick a middle-of-the-road entry** if you're logging something with a lot of variance.

**Add an extra tbsp of oil or butter** to build in a buffer since most restaurants will use more than you'd expect.

**Don't stress about the margin of error.** If you know you are being as accurate as possible the rest of the time, we can still base decisions off your food log. For example, if you are nailing it 5 days/week, hitting your targets consistently and accurately and not seeing progress, something likely needs to change about your meals out.



# THE ACTUAL TRACKING EXAMPLES



When possible, snap a pic of your plate so that you can use it to track accurately later. You **DO NOT** have to pull up MFP at the table!

At the very least, use the hand portion guide to estimate what's on the plate and commit it to memory for tracking later.

A plate like this you'd log as individual ingredients because that'll be the most accurate and you should be pretty familiar with portion sizes from measuring at home.



# THE ACTUAL TRACKING EXAMPLES

Some meals make more sense to log as a unit (rather than chicken + breading + cheese + sauce)

## Parmesan Crusted Chicken

Parmesan Crusted Chicken, 1 small chicken breast  
Calories: 370 • Carbs: 2g • Fat: 25g • Protein: 33g

## Parmesan

Chicken, 3 oz  
Calories: 170 • Carbs: 2g • Fat: 5g • Protein: 17g

## Chicken Parmesan

Compliments Balance - Chicken Parmesan, 1 tray  
Calories: 240 • Carbs: 31g • Fat: 19g • Protein: 19g

## chicken Parmesan

Archer farms chicken Parmesan, 6 oz  
Calories: 370 • Carbs: 20g • Fat: 16g • Protein: 38g

## Chicken Parmesan

Meijer, 1 piece  
Calories: 300 • Carbs: 16g • Fat: 19g • Protein: 18g

## Chicken Parmesan

zedric's, 211 g (small)  
Calories: 190 • Carbs: 8g • Fat: 6g • Protein: 24g

## Baked Garlic Parmesan Chicken

Baked garlic parmesan chicken, 1 chicken breast  
Calories: 281 • Carbs: 14g • Fat: 11g • Protein: 30g

## Breaded Chicken Parmesan Sandwich

Chicken Parmesan Sandwich, 1 Sandwich

When possible, pick an entry based on ounces, not "something ambiguous like "small."

Look at the total calories and individual macros to see if they seem right (if you're not sure, ask!)

I would go with the bottom one here because the carbs/calories are higher.



# THE ACTUAL TRACKING (ALCOHOL)

With 7 calories per gram, alcohol falls between protein/carbs and fat. Since protein is most important, you don't want to mess with that budget.

This means that **you can subtract alcohol from *either* your carb budget or your fat budget or a combination of the two.** Take the total calorie content of your drink and divide it by 4 if you're going to count it towards your carbs, and divide by 9 if you're going to count it towards your fat.

**Example:** Five ounces of red wine has 125 calories. If you want to fit it into your carbs, divide the calories by 4; so it counts as 31g carbs. If you want to fit it into your fat allotment, divide by 9 and count it as 14g fat.

For a video training on tracking alcohol, click [here](#).



# THE ACTUAL TRACKING (ALCOHOL)

You can either search MFP for "[drink] as [carbs or fat]" and may find entries like these:

## Cabernet Sauvignon

Cabernet As Carbs, 6 ounces

Calories: 120 • Carbs: 30g • Fat: 0g • Protein: 0g

## Bbb Chardonnay (From Fats)

Generic, 6 oz.

Calories: 128 • Carbs: 0g • Fat: 14g • Protein: 0g

Or you can look at the nutrition panel (only available on some drinks like hard seltzers) or Google "calories in 1 shot of vodka", for example) and create your own entry. This is helpful if you drink the same thing frequently because you can name it "Jen Smith's Vodka Cran" so that it's easy to find.

Follow the steps on the following pages to do this or [watch this walk-through video](#).



# THE ACTUAL TRACKING (ALCOHOL)

Example: White Claw Hard Seltzer Black Cherry



<b>Nutrition Facts</b>	
1 serving per container	
Serving size 1 can (355mL / 12 fl. oz.)	
Amount per serving	
<b>Calories</b>	<b>100</b>
<b>Total Fat</b> 0g	0%
<b>Sodium</b> <5mg	0%
<b>Total Carbohydrate</b> 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein</b> 0g	0%
Not a significant source of total fat, saturated fat.	

No fat, carbs, or protein but 100 calories. Where are they coming from? ALCOHOL.

Alcohol actually has 7 calories/gram but since we can't log it as as that, we have to pick whether we want it to come from our carb or fat budget.

Once you know calories, divide by:

-4 if you want to log it as carbs ( $100/4 = 25$ )

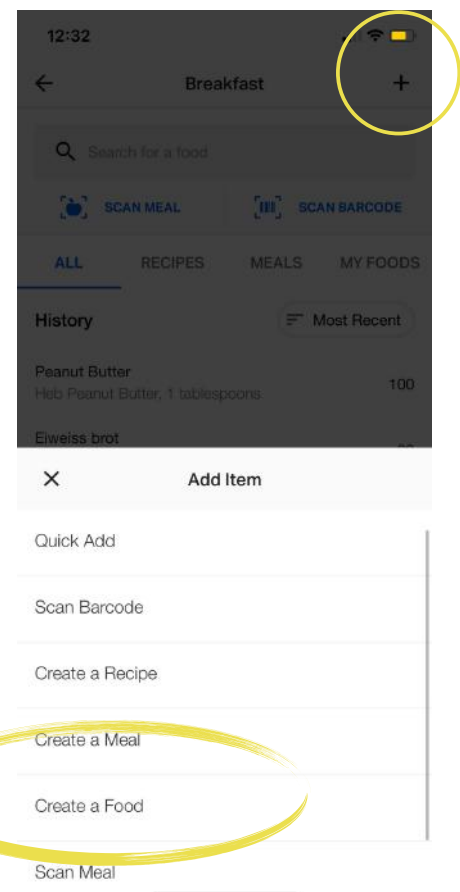
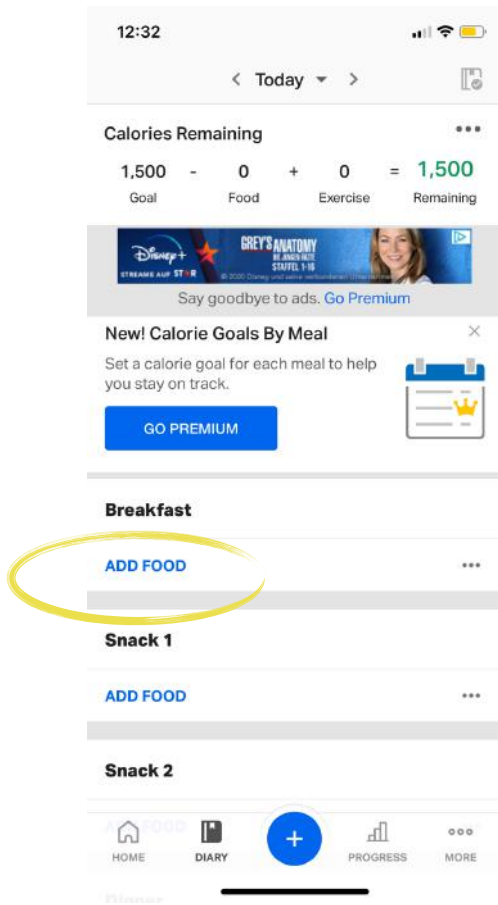
-9 if you want to log it as fats ( $100/9 = 11$ )

From your diary page in MFP, click "Add Food", then the + at the top right, "Create a Food"



# THE ACTUAL TRACKING (ALCOHOL)

From your Diary page in MFP, click on "Add Food", and then the + at the top right of the screen.



Then click "Create a Food"



# THE ACTUAL TRACKING (ALCOHOL)

12:41

← Create Food →

Brand Name  
Optional White claw hard seltzer

Description  
Required Back cherry

Serving Size  
Required 1 can

Servings per container  
Required 1

**Brand Name:** Brand of drink OR your name or something you'll easily remember to search for in the future

**Description:** Name of drink

**Serving Size:** 1 can/1 shot, etc

**Servings/container:** 1

## LOGGED AS CARBS

12:41

← Create Food ✓

**Nutrition Facts**

Calories 100

Total Fat (g) Optional

Saturated Fat (g) Optional

Polyunsaturated Fat (g) Optional

Monounsaturated (g) Optional

Trans Fat (g) Optional

Cholesterol (mg) Optional

Sodium (mg) Optional

Potassium (mg) Optional

Total Carbohydrates (g) 25

## LOGGED AS FATS

12:40

← Create Food ✓

**Nutrition Facts**

Calories 100

Total Fat (g) 11

Saturated Fat (g) Optional

Polyunsaturated Fat (g) Optional

Monounsaturated (g) Optional

Trans Fat (g) Optional

Cholesterol (mg) Optional

Sodium (mg) Optional

Potassium (mg) Optional

Total Carbohydrates (g) 0

