



FIERCE BABES

Empowering Single Women

EATING OUT & STAYING ON TRACK

Most can eat relatively healthy when in control of the circumstances but what happens when you go out to a restaurant or eat at other people's houses?

You don't want to be rude but at the same time you want to make the healthier choices so that you stay on track with your goal.

Here is how you eat out and still get a result.

#DON'T SKIP MEALS THE WHOLE DAY

A lot of people do this. They want to "save" themselves for dinner or not eat before a meal out. This is a bad idea. You are more than likely to eat every single thing in sight when you do this and you are more likely to make poor food choices when you are starving.

Eat your regular meals and snacks leading up to the dinner or lunch so that when you get there you will eat a regular portioned meal and be more likely to make a healthier choice.

#WATCH YOUR PORTIONS.

This will be directly related to the point above. As long as you have been eating throughout the day you should naturally eat a normal portion.

#BASE CHOOSING YOUR MEAL AROUND A GOOD PROTEIN SOURCE

Choosing a good protein source will ensure you eat a well-rounded meal, eating less entrees and carbs. So choose a good protein source first and then add in your sides.

#SKIP ENTREES

Most of the time entrees are usually the unhealthiest choice on the menu. Focus on eating a good main meal. Most main meals are served with vegetables and or salad. Ordering entrees and a main is almost a sure way to overeat.

#KEEP YOUR WINE INTAKE TO ONE OR TWO

I know when you are out with the girls you want to have a few wines. Just be aware of the extra calories you are consuming with every wine.

#EAT DESSERT

Yep if you want dessert have it. At least if you are at a restaurant you are given one portion. If you wait until you get home you are more likely to consume the entire ice-cream tub. Get what I'm saying. Don't deprive yourself; just keep it to one serve.

#EITHER HAVE DESSERT OR ALCOHOL, DON'T HAVE BOTH

Make a choice between having either dessert or alcohol. Don't have both, it will be too many extra calories. Most of all though *ENJOY YOURSELF* and don't feel guilty.

#MAKE HEALTHIER CHOICES

There are always healthy choices on the menu. If I can always find one you can too. Here are some swaps and healthier choices to make.

REGULAR CHOICE	SWAP FOR HEALTHY CHOICE
Deep fried chicken burger	Grilled chicken burger
Potato fries	Baked vegetables
White rice sushi	Brown or black rice sushi
Asian entrees	Rice paper rolls
Thai food with rice	Thai salad or stir-fry
White rice	Brown or Black rice
Fried	Grilled
White bread	Rye or brown bread
Chocolate mud cake	Vegan dessert or fruit crumble

#DON'T BE AFRAID TO ASK

Most restaurants will happily cater to you as the customer. There is no harm in asking for a healthier option.

#MAKING THE RIGHT CHOICES

JAPANESE

Teppanyaki is a great choice. Miso, grilled meats, vegetables, sushi made with salmon, tuna, tofu, vegetables and sashimi.

#AVOID

The mayo, teriyaki chicken, deep fried chicken, deep fried entrees and tempura.

PUB OR GRILL

Any grilled protein such as steak, seafood or chicken is great. Always order a side of vegetables or salad. Ask for sauce on the side so you can control the portion.

#AVOID

Pastas, Battered seafood and chicken. Ordering a plate full of chips.

CHINESE

Seafood, chicken and vegetable stir-fry's. Steamed brown rice.

#AVOID

Fried rice, entrees, deep fried foods, battered meats.

CAFÉ'S

Salad wraps, frittatas, yoghurt and fruit, egg breakfasts, protein balls.

#AVOID

Large latte's or iced coffee. Banana bread, "fruit muffins", croissants.

MEXICAN

Burrito bowl with brown rice.

#AVOID

Cream, white rice, nachos and enchiladas.

ITALIAN

Grilled meats, seafood and vegetables.

#AVOID

Pastas with lots of cheese and creamy sauce.

#SNACKS TO EAT WHILE OUT AND ABOUT

Most get caught out while out and about on the weekends. Here are some ideas.

SNACKS TO BUY WHEN YOU ARE OUT

Sometimes we really get caught out. We are starving and have packed nothing for the day here is what you can look out for when you hit the convenience stores.

- Protein bar or protein drink
- Natural nuts
- A piece of fruit
- Yoghurt
- Can of tuna
- Brown bread sandwich

SNACK IDEAS IN GENERAL TO PREPARE AND CARRY WITH YOU

- Fruit (I always carry a green apple with me)
- A Vegan protein shake
- Protein balls or bars
- Natural nuts
- Carrot and celery sticks with hummus
- Healthy homemade muffins
- Chicken and salad mountain bread wraps
- Boiled eggs
- Rice cakes with almond or peanut butter
- Cruskits with avocado and tomato