



EATING OUT

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ARTICLE 9

At Body Revival, we are HUGE advocates of not sacrificing your social life to achieve your health and fitness goals - That includes still eating out!

Before we go in to practical advice on the topic of eating out while in a calorie deficit, we wanted to touch on an important point first. You are more likely to succeed and achieve your goals with a support system, so it is important to mention to your friends/family/those close to you that you are working REALLY hard at this and that a healthy lifestyle means a lot to you! It may mean more flexibility in their choices of where they suggest to eat, it may mean they're less pressuring if you politely decline dessert after a huge dinner – it will just provide a more supportive environment for you and the decisions you wish to make!

Here are some of our tips and advice for when eating out:

- First and foremost, ENJOY IT! Not cooking for yourself is always a delight, and it's usually with loved ones. Enjoy the event!
- If you're logging your foods in My Fitness Pal, look at the restaurant's menu in advanced and pre-log your food, just as you would your regular dinner! This can help you plan the rest of your day and ensure you're still hitting all your targets
- If the restaurant does not have the nutrition information for their meals, log it in MFP as accurately as you can, and be generous! The reason eating out is always SO delicious is because they cook with additional oil, or butter or cream! Delicious, but also calorie heavy compared to a home cooked meal
- Just because you are eating out, you don't need to eat until you are stuffed and on the verge of sick. It is possible to enjoy your food and not feel the need to over eat. This is definitely where you have to be actively mindful
- You can still order food that would mimic what you eat at home! The novelty is in having it made for you
- Because you have prioritised your body composition goals for this 16 week period, you may need to think about what you want to order for dinner if you're wanting dessert to follow! Ordering the pasta meal, followed by the ice cream may not be congruent with your goals. Maybe opt for a lighter dinner, or, share the dessert!
- Not all catch ups do need to revolve around food and it's important to remember that. It's always delicious when they do, but if they seem to be coming up very frequently, you could still see your friend and suggest something like a take away coffee and scenic stroll too!

