



Eating Out

We are going on the basis that a healthy balance in your lifestyle will create a situation where you can lose weight easily (*should you need to*) and still be able to enjoy things like eating out, snacks and treats.

If you are not able to lose weight AND you have your other ducks in a row

1. Training hard
2. Lots of walking/low intensity activity (swimming, slow cycling etc)
3. Cooking your own meals at home
4. Portion size correct and feeling hungry every 3-5 hours
5. Good stable energy throughout day
6. No dramatic cravings
7. Good mood
8. Quality sleep

We can look at certain aspects of your lifestyle and see if we can make small changes that can make a big difference. Whenever we make a change we need to apply a certain amount of patience so that we can identify if there are any changes occurring and if we need to make any more changes as a result, or keep things the same.

If you eat out a lot, you are putting the fate of your progress in the hands of someone else!

Restaurants are trained to cook things to be palatable, no one is going to come back if it tastes like crap are they! So they will add sauces, butter, oils, thickeners etc to make your food taste better, and whilst we might be grateful at the time – our waistlines might not be.

What can you do?

- ✓ Assess the rest of the choices that you have made that day and make the best possible choice for that moment. This gives you the flexibility to have some chips, if you haven't eaten processed carby food all day. Should you be in a bind where there are no good choices, just select the best option that you can see and **DON'T WORRY ABOUT IT**. One meal is not going to ruin all of your hard work!
- ✓ Plan ahead and if you know you are eating out, perhaps make sure your other meals are high in protein and vegetables, saving some fats/carbs for your meal out – as it is likely to contain more of these naturally
- ✓ Use the meal builder concept that we work with every day and aim for your meal to portray the features of this. ie palm size protein, ½ plate veggies, thumb sized fats and fist sized carbs portion. You know there is some flexibility here so just do your best!

- ✓ Ask the waiter where the meat and fish is sourced from – is it grass fed? Grass fed is higher quality and therefore better for you. Is the fish wild? Wild fish is better for you than farmed fish
- ✓ Ask the waiter what oils they use to cook the food in – try to avoid places that use vegetable oils where possible
- ✓ Ask for sauces and dressings on the side – you can dip into them rather than consume the entire thing which you will likely do if it is poured over your plate
- ✓ Ask for vegetables steamed instead of fried
- ✓ Put down your knife and fork between mouthfuls and try to engage someone in conversation – this will allow your digestive system to play catch up and your stomach to signal when you are full (this takes about 20 minutes to kick in and we can consume a lot more than we need in this short time if we are not mindful)
- ✓ Chew your food mindfully and for a long time – helping your digestive system to work properly and avoid bloating and gas
- ✓ Try to be the last person eating at the table this will help you to slow down and really know when you're getting full
- ✓ Truly assess whether you are still hungry before you order a pudding – don't do this just for the sake of it. A good meal out can be 600-800kcal which you can account for in your daily choices by saving some calories at breakfast and lunch. A pudding can be 400-700 extra calories which is harder to account for even if you do save some calories!

Don't get too hung up

Fundamentally I want you to enjoy eating out, this is not negotiable, if you are fretting about eating out it takes away the enjoyment and this is not a situation that I want you to be in.

If you feel like you are beginning to obsess over healthy food choices too much, this is a real condition called orthorexia and I urge you to tell me and I can point you in the direction of someone who can help with this.

Recommended restaurants/cafes in Leicester

Ladies that lunch (not limited to JUST these places however!)

- Holly's Café - 13-15 St Martins, City Centre, Leicester LE1 5DE
- Café Mbriki - 10 Carts Lane, Leicester LE1 5FL
- Croques café - 19-21 Loseby Lane, City Centre, Leicester LE1 5DR
- Mrs Bridges - 17 Loseby Lane, City Centre, Leicester LE1 5DR
- Yo sushi - Highcross Leicester, 4 Highcross Lane, Leicester LE1 4SD
- Wagamamas - Highcross Leicester, 6 Highcross Lane, Leicester LE1 4SD

RF Members Recommended restaurants/cafes in Leicester

I asked my members to come up with their favourite HEALTHY but TASTY places to eat and these are some of the most popular approved places:

- Grounded kitchen - 68 Queens Road. Leicester, LE2 1TU
- Kuru Kuru sushi - <http://www.kuru-kuru-sushi.com/>
- Herb restaurant - 96 Granby St, Leicester LE1 1DJ
- Cue café - 18 Allandale Rd, Leicester LE2 2DA
- St Martins coffee roasters - St. Martins Square, 2-6 Saint Martins Walk, Leicester LE1 5DG

You can get GREAT salads and lots of other options in most of these places!

Disclaimer

This information is intended for clients of Rossell Fitness only, you share this information at your own risk and the intellectual property rights belong to Rossell Fitness. Rossell Fitness cannot take any responsibility for any health issues or injuries that arise as a result of following the guidance outlined in these pages. This information is intended as a supplement to coaching with Rossell Fitness and therefore should not be used without the guidance and support of the Rossell Fitness coach. All information contained in these pages was correct to the knowledge of Rossell Fitness at the time of writing, however some of the information is subject to change over time based on new and improving research that is ongoing. As such it is your responsibility to determine the suitability of this material for your own lifestyle and health.