

# MACRO FRIENDLY TIPS FOR EATING OUT

**Our mission** at Stronger U is to teach you the skills necessary to navigate the nutritional landscape of any situation so that you can reach your goals and maintain them while enjoying life—this includes eating out.

We place a heavy emphasis on learning the skills for creating your own meals, but that doesn't mean that you can't ever eat at a restaurant while still meeting your health and weight goals. Although preparing your own meals at home allows a much higher level of control over your intake, we want you to feel confident in your ability to manage an enjoyable eating experience while at a restaurant or going to a friend's backyard barbeque.



**Real Life Application**  
NAVIGATING EATING OUT

## PLAN AHEAD

1. Plug in projected macros for your meal.
2. Enter drinks into tracking app.

*Make sure to use the SU alcohol entries in MyFitnessPal!*

3. Enter food choices into tracking app.

*Start by looking up the menu online or asking what will be served to get an idea of how to plan your meal. The portions may not be exact and you probably won't be weighing them, but do your best to make them realistic and err on the side of estimating "more" because good food usually tastes good because of extra sugar, salt, and fat.*



## Real Life Application

NAVIGATING EATING OUT

Plan a lighter day of eating the day before. Higher in lean proteins, veggies, and fruit for carbs.

Whether you've got your menu plugged in or you are unsure what will be available, your best bet is to plan a lighter day of eating beforehand that is higher in lean proteins, vegetables, and fruits for carbs. The goal here is to maximize the physical volume of food to keep hunger at bay while keeping calories relatively low to spare them for a larger unknown meal. Be sure to include plenty of water as well!

Remember, chefs at most places are willing to make you something that's not on the menu.

If you are intimidated by "restaurant foods" because you're unsure of the macros or your willpower, remember that the chefs at almost any place are fully able to make you something that's not on the menu—especially if it's more basic. And basic works really well for our purposes while eating out. Keeping your order closer to what you would normally be eating is a surefire way to stay on track and build your knowledge base at the same time.

Stick with the plan you created!

Lastly, stick to the plan you came in with. The bread basket or dessert menu can be very tempting, so be prepared mentally to politely decline any offers and be ready to deal with higher levels of social pressure or testing of your willpower. Know that all decisions come with tradeoffs and that regardless of the choices you make, you'll add to your experience level and learn something to help future decisions with every opportunity no matter how it plays out.



**Order a chicken breast with no butter/oil and a side of veggies, even if it's not specifically offered on the menu.**



### Main Takeaway

You can still go out with your family and friends when you're trying to lose or maintain weight and enjoy a meal, but it will require a little extra forethought. And like all things, you get better with practice.



### Resources

Here are some Stronger U blogs on eating outside of the home:

[8 Tips Nailing Vacation Nutrition](#)

[8 Strategies to Navigate a Buffet](#)