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Welcome!

to the Restaurant Survival Guide! This is one of my favourite survival guides because it has allowed me to virtually eat out guilt free all the time! It has also made fat loss over the holidays or any time of the year for that matter an absolute breeze.

You're going to love it! We're going to cover the types of days you may encounter while eating out and how to survive the restaurant on those specific days. Read the tips below and then use this guide anytime your planning to eat away from home!

THE RESTAURANT SURVIVAL GUIDE

So you want to venture into the deep dark waters of the restaurants...

I applaud your bravery my friend

And because you have shown me a good amount of courage I will show you how to navigate these waters so that when you surface you will have kept your waistline and tongue happy...

So I recommend sticking to these guidelines so that you can get through restaurants without blowing your wallet or diet.

Well this is where it gets fun. Do you survive the restaurant or does the restaurant survive you...that is the question.

Obviously if you plan accordingly you are pretty much free to do what you please but here are some loose guide lines to keep you in check:

Survival Guideline #1 – Check the menu before

Some restaurants have built in calorie counting already. This is like cheating. Go online, plan ahead so that when you get there you can have your cake and eat it too!

Survival Guideline #2 – Know your Calories going in

You should be tracking almost everyday. Before you go to the restaurant know approximately how many calories you have left to eat today before you go over. A rough estimate is more than sufficient to keep you in check.

Survival Guideline #3 – Avoid drinking calories.

They will only make you hungrier while filling up your daily calorie count. Stick to water. If you wanna booze...

Enjoy a few but don't go overboard here kids...we don't need you puking up your meal on any guests whether intentional or not, I'm not judging

Survival Guideline #4 – Eat some fiber

You may experience a certain clogging of your system if you don't follow this rule. Either eat a salad or take a fiber supplement such as the sugar free Metamucil. I promise you and your backside will thank me later for this one.

Survival Guideline #5 - Stock up on protein during the day and avoid fats and carbs.

If you are able to eat the majority of your protein during the day you will stay full and have tons of room for those delicious restaurant meals we all love and crave.

Survival Guideline #6 - Drink Water. Lot's of it

Restaurant food is filled with usually 3-4x the amount of salt than you would have at home. Help flush everything out by drinking water. A bonus is that it may curb your appetite and help you eat less.

Survival Guideline #7 - Avoid the what the hell effect.

The what the hell effect is when you realize you've blown your diet so you essentially say "fuck it" and absolutely ruin it. I know we've all been there. DO NOT DO THIS.

You ruined your diet a little. So what. Just don't over eat too much more and get back on track tomorrow. Eating an additional 4000 calories because of the what the hell effect is really what sets you back. Don't do it.

Survival Guideline #8 - Cut Fat wherever you can.

Restaurant foods are already doused in fat. There is no need to add more. Avoid bread with your butter. Ask for the dressing on the side and use half. Have 1 slice of cheese on your burger instead of 2 slices. Little things like that add up to make a big difference.

Survival Guideline #9 - Choose lean proteins.

Burgers are delicious. They are also calorie bombs. By choosing leaner cuts of meat such as chicken breast and certain steaks you can still satisfy your palate without blowing your diet.

Survival Guideline #10 - Enjoy yourself

At the end of the day, sometimes I go to restaurants just to enjoy myself. I don't pay attention to what I eat or how much. I just go out, have fun and live life. Sometimes you have to do that. And that is ok. Fitness should be part of your life, not the centre of it.

So once in a while do whatever you want. Eat the double bacon cheeseburger with a chocolate shake and then dessert after. Don't do it all the time, but once in a while won't hurt ya.