

FREE GUIDE · EATING OUT

The Eat-Out Cheat Sheet

One order to choose in, and what it looks like on every menu – so one meal out stays one meal out.

THE FRAMEWORK

Five steps, any menu

- 1 Lead with lean protein**
Chicken, fish, steak, prawns, lentils. Build the plate around it first.
- 2 Add root veg**
Potatoes, sweet potato, carrots, parsnips. Filling and on almost every menu.
- 3 Then quality carbs**
Rice, bread or pasta are fine; make them the side, not the whole plate.
- 4 Fill the gaps with salad or greens**
Colour, fibre and volume for very few calories.
- 5 Watch the hidden-calorie traps**
Creamy dressings, oily sauces and sugary drinks are where a good choice quietly stops being one.

WATCH FOR

The hidden-calorie traps

Creamy dressings & sauces

Ask for them on the side and add a little.

Oil & butter

“Pan-fried”, “buttered” and “crispy” usually mean extra. Grilled, steamed or roasted is lighter.

Sugary drinks & cocktails

A spirit with a zero-sugar mixer, or alternate with water.

Bread before the meal

Decide before the basket lands, not after.

Sides that stack

Chips, garlic bread and rice with one main adds up fast. Pick one.

Dessert by default

Share one, or finish with a coffee.

BEFORE YOU GO

Check the menu first – decide before you're hungry and the bread's on the table.

Eat normally earlier – skipping meals to 'save up' means arriving starving.

It's one meal – get straight back to plan at the next one.

MENU BY MENU

What to order

Menu	Lead with	Good sides	Go easy on
Pub / British	Grilled chicken, steak, gammon or fish; roast meats	Jacket or boiled potatoes, seasonal veg, side salad	Battered fish, pies, creamy sauces (ask for sauce on the side), loaded chips
Indian	Tandoori or tikka dishes, dhal, chana	Plain rice or chapati, raita, kachumber salad	Creamy kormas and masalas, naan, pilau, bhajis and samosas
Italian	Grilled fish or chicken, tomato-based pasta	Side salad, grilled veg	Cream or cheese sauces, garlic bread, big pizza
Chinese	Steamed or stir-fried chicken, prawns or beef with veg	Boiled rice, steamed greens	Battered or “crispy” dishes, sweet and sour, egg-fried rice
Thai	Stir-fries, grilled meats, clear soups (e.g. tom yum)	Steamed rice, som tam (papaya salad)	Coconut-heavy curries, peanut sauces, fried noodles
Japanese	Sashimi, grilled fish or chicken, edamame	Plain rice, miso soup, seaweed salad	Tempura, katsu, mayo-heavy rolls, sweet glazes
Mexican	Fajitas, grilled chicken or steak, burrito bowl	Beans, salsa, rice, a little guacamole	Cheese, sour cream, nachos, fried tortilla chips
Greek / Turkish	Souvlaki or shish kebab, grilled fish	Greek salad, tzatziki, a little pitta	Moussaka, lots of bread and oil, fried halloumi
Steakhouse / grill	Sirloin, fillet, grilled chicken	Jacket potato, veg, salad	Butter sauces, loaded fries, onion rings
Buffet / wedding	One plate, protein first	Salads and veg to fill the rest	Second plates of pastry, fried food and desserts
Drinks	Water, zero-sugar mixers, sparkling water with lime	A spirit with a zero mixer, or a light beer	Cocktails, sugary mixers, rounds of pints



THE FRAMEWORK ON A PLATE

Protein first, then potatoes, then greens

Chicken piccata with lemon-caper potatoes and green beans: about **606 kcal** and **63 g protein** as a home-cooked portion. Restaurant versions vary – the order is what travels with you.

General guidance, not a substitute for advice on medical conditions or allergies. Portions and recipes vary between restaurants.

Your week, already handled

A Nutrient Warrior plan sets your targets across the whole week – so a meal out fits in rather than wiping it out.

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