

FUTURE OF FITNESS
RESULTS
WITH *lucy*_{TX}

THE “EATING OUT GUIDE”

We get it.

No matter how hard you try, sometimes life just gets in the way of all your good intentions. You are only human after all!

So, rather than avoid the sensitive subject, we wanted to put together a guide to eating out. Whether you're taking a client out for coffee or attending a friend's birthday meal, we've put together a guide to getting through it, all with minimal damage to your results.

We're certainly not recommending that you skip following our healthy diet in favour of eating out every day - that simply won't work. But, this guide is here to help you when you need it most.

We couldn't possibly compare the food items in all of your favourite restaurants and takeaway joints, and we certainly wouldn't want to favour one over another. But here we've tried to cover a select few popular establishments, and highlight the best options for you.

EATING OUT GUIDE: LUNCH

Eating out at lunchtime can be a tricky one. You can find yourself falling into the trap of eating convenience foods that compromise on nutrition and flavour, in favour of speed and ease.

So to help you to make the best possible decisions when grabbing lunch on the go, here is our recommendation of foods you can enjoy, and those you should steer clear of.

Starbucks

GOOD TO GO!	ONCE IN A BLUE MOON	STEER CLEAR!
Porridge (dairy or soy)	Yogurt with Granola, Mango &	If there is anything else you
Apple Ginger Bircher	Passionfruit	see in Starbucks and it isn't on
Berry Good Bircher	Beef & Onion Bagel	the previous 2 lists then STEER
Berry Crunch	Salmon Bagel	CLEAR!
Egg White, Feta & Spinach Crepe	Tomato, Mozzarella & Red Pesto	
Chicken & Mango Salad	Baguette	
Vietnamese Chicken Wrap	Chicken Sunshine Salad Sandwich	
Super Scrambled Eggs, Tomato & Spinach	Chicken, Chorizo & Egg Flatbread	
Chorizo, Poached Egg & Potato	Mumbai Spiced Flatbread	
Falafel, Quinoa and Lentil Salad	Tall Caffee Latte	
Caesar Salad	Tall Cappuccino	
Short Caffee Latte/Caffee Misto	Grande Caffee Misto	
Fresh Filter Coffee	Tall Iced Caffee Latte	
Espresso Macchiato	Tall Iced Cappuccino	
Caffee Americano		
Cappuccino		
Iced Caffee Latte/Coffee		
Iced Caffee Americano		
Short Iced Cappuccino		
All Types of Teas Apart from Tall/		
Grande/Venti Green Tea Latte		

Caffe Nero

GOOD TO GO!	ONCE IN A BLUE MOON	STEER CLEAR!
Carrot & Coriander Soup with a ciabatta bread roll	Bacon, Lettuce & Tomato Sandwich	If there is anything else you see
Falafel & Tabbouleh Salad	Cheddar & Tomato Croissant	in Caffee Nero and it isn't on
Chicken Salad Sandwich	Chicken Fajita Wrap	the previous 2 lists then STEER
Goat's Cheese & Red Pepper	Flatbread – Chargrilled Vegetables & Mozzarella	CLEAR!
Pannini	Flatbread – Tomato, Pesto & Mozzarella	
Chicken Salad	Free Range Egg Mayonnaise Sandwich	
Mozzarella & Cherry Tomato Salad with Red Pesto Dressing	Tostati – Ham, Mozzarella & Emmental	
Salad & Pesto Roll	Tostati – Mozzarella, Cheddar & Tomato	
Red Pepper Penne	Spicy Chorizo & Mozzarella Panini	
Sundried Tomato & Basil Soup	Mocho (No Cream)	
Berry Granola Pot	Grande Latte	
Bio – Yoghurt – Blackcurrant	Grande Cappuccino	
Blueberry Bircher Muesli	Iced Latte	
Fruit Salad	Falafel Wrap	
Plain Porridge with Skimmed, Semi	Bio – Yoghurt – Honey	
Skimmed or Soya Milk		
Regular Cappuccino		
Regular Latte		
Americano		
All Types of Tea		

Costa

GOOD TO GO!	ONCE IN A BLUE MOON	STEER CLEAR!
Smoked Salmon & Soft Cheese	Chargrilled Chicken Salad with Pesto Stack	If there is anything else you see in Costa and it isn't on the
Roast Chicken Salad Sandwich	Chicken Fajita Wrap	
Free Range Egg	Goats cheese & Sweet Balsamic Chutney Panini	previous 2 lists then STEER
Costa Porridge Pot	Pork & Apple Toastie	CLEAR!
Yoghurt with Raspberry & Strawberry Compote	Ham and Cheese Panini	
Chicken & Chorizo Sourdough-Panini	Bacon & Brie Panini	
Cortado		
Mocha Italia Espresso		
Old Paradise Street Espresso		
Decaffeinated Espresso		
Macchiato		
Flat White		
Cappuccino		
Caffee Latte		
Americano		

Greggs

GOOD TO GO!	ONCE IN A BLUE MOON	STEER CLEAR!
Chicken Club Baguette	Roast Chicken & Bacon on Oatmeal	If there is anything else you see
Tuna Crunch Baguette	Mature Cheddar Cheese Salad Baguette	in Greggs and it isn't on the
Tropical Fruit Fingers	Ham and Egg Salad	previous 2 lists then STEER
Mixed Grapes	Cajun Chicken Flatbread	CLEAR!
Chargrill Chicken Salad	Peri Peri Chicken Flatbread	
Ham and Egg Salad	Falafal Flatbread	
Teriyaki Chicken Noodle Salad		

EATING OUT GUIDE: DINNER

Wagamammas

GOOD TO GO!	ONCE IN A BLUE MOON	STEER CLEAR!
Wok Fried Greens Chicken Ramen Chilli Chicken Ramen	Wagamamma Ramen*	If there is anything else you see
Chilli Sirloin Steak Ramen Seared Tuna Sirloin and Shitake Salad Warm Chilli Chicken Salad Chili Squid Edamame	Teriyaki Lamb Yaki Soba Prawn Kare Lomen Curry	in Wagammas and it isn't on the previous 2 lists then STEER CLEAR!
Grilled Tuna Omakase Grilled Tuna with Stir Fried Vegetables Beef Lettuce Wrap Mini Chicken Katsu Warm Chilli Salad Lollipop Prawn Kushiyaki Yasai Ramen Tori Kara Age	Warm Chilli Tofu Salad Ginger Chicken Udon Teriyaki Beef Soba	
Goma Wakame Salad Grilled Fish Ramen Sirloin & Shitake Salad Beef Summer Rolls Chicken Summer Rolls Mushroom Ramen Shirodashi Ramen Ginger Beef & Coriander Salad Lobster Super Salad Negima Yakitori		

* Be aware this dish is high in salt

Nandos

Pick your meat:

GOOD TO GO!	ONCE IN A BLUE MOON	STEER CLEAR!
4 Chicken Drumsticks - flame grilled	½ Chicken	If there is anything else you see
¾ Chicken Breast	4 Chicken Thighs	in Nandos and it isn't on the
¾ Chicken Leg	Grilled Chicken Burger	previous 2 lists then STEER
5 Chicken Wings	Grilled Chicken Pitta	CLEAR!
Quinoa Salad with Chicken		
Fillet Steak Prego Roll		
Fillet Steak & Chargrilled Veg Pitta		
Chicken Butterfly		

Pick your sides/starters:

GOOD TO GO!	ONCE IN A BLUE MOON	STEER CLEAR!
Grilled Halloumi	Spicy Rice	If there is anything else you see
Portobello Mushroom	Fino Coleslaw	in Nandos and it isn't on the
Corn on the Cobb	Sweet Potato Mash	previous 2 lists then STEER
Macho Peas		CLEAR!
Chargrilled Vegetables		
Spicy Mixed Olives		
3 Chicken Wings		
3 Chicken Drumsticks		
Superfood Salad		

Pizza Express

GOOD TO GO!	ONCE IN A BLUE MOON	STEER CLEAR!
Mozarella & Tomato Salad	Garlic Bread	If there is anything else you see
Legarra Superfood Salad	Padana Leggara	in Pizza Express and it isn't on
Legarra Superfood Salad with Chicken	Sloppy Giuseppe Leggara	the previous 2 lists then STEER
Pollo ad Astra Legera	Margerita	CLEAR!
Padana Leggera	Le Reine	
American Hot Leggera	Veneziana Romana	
Nicoise Salad	Caesar Salad	
Margheritta	Pollo Salad	
Four Seasons		
Mixed Salad		
Coleslaw		
Broccolini		
Polenta Chips		
Leggera Pollo Ad Astra		
Superboost Side		

Harvester

GOOD TO GO!	ONCE IN A BLUE MOON	STEER CLEAR!
Sweet Potato and Red Onion Skewers	Spicy Crackerjack Prawns	If there is anything else you
Vegge Chilli	Halloumi Skewer	see in Harvester and it isn't on
Skinny Burger	Triple Chicken (with herby	the previous 2 lists then STEER
Skinny Half Rotisserie	potatos, jacket potato or mixed	CLEAR!
Simple Grilled Chicken	vegeatbles)	
Chicken Skewer (with herby		
potatos, jacket potato or mixed		
vegeatbles)		
Salsa Chicken & Pepper Stack		
(with herby potatos, jacket po-		
tato or mixed vegeatbles)		
Steak (with herby potatos, jack-		
et potato or mixed vegeatbles)		
Grilled Salmon with Lemon (with		
herby potatos, jacket potato or		
mixed vegeatbles)		

Ask

GOOD TO GO!	ONCE IN A BLUE MOON	STEER CLEAR!
Rocket Salad	Chefs Salad	If there is anything else you see
Mixed Salad	Insalata Ottima	in Ask and it isn't on the previous
Linguine Con Frutti Di Mare	Zucchine Fritte	2 lists then STEER CLEAR!
Pollo Milanese (with potatoes)	Aragosta E Gamberoni	
Pollo Prosciutto	Risotto Rosso	
Sea Bass Al Forno	Risotto Pescatore	
Beef Tortellini	Risotto Con Pollo E Funghi	

Five Guys

GOOD TO GO!	ONCE IN A BLUE MOON	STEER CLEAR!
Vegge Sandwich	Cheese Vegge Sandwich	If there is anything else you
	Bunless Hot Dog	see in Five Guys and it isn't on
	Bunless 'Burger' Buns	the previous 2 lists then STEER
		CLEAR!

Zizzi

GOOD TO GO!	ONCE IN A BLUE MOON	STEER CLEAR!
Super Zucca Salad	Margherita Classic	If there is anything else you see
Chicken & Prosciutto Salad	Pepperoni Classic	in Zizi and it isn't on the previous
Green Goddess Salad (Broccoli or Salmon)	King Prawn Diavola Classic	2 lists then STEER CLEAR!
Spiedini Pescatore	Fiery Nduja Classic	
Spiedini Pollo	Spaghetti Pomodoro	
Pollo Prosciutto	Spaghetti Carbonara	
Skinny King Prawn Diavola	Pulled Beef & Venison Strozzapreti	
Skinny Pollo Roquito	Spaghetti Bolognese	
Skinny Primavera	Ravioli Di Capra	
Risotto Pesce	Pollo Fungi Strozzapreti	
Risotto Pollo Funghi	Porcini Giganti Tortelloni	
Risotto Funghi	King Prawn Linguine	
Seabass Cartoccio	Casareccia Pollo Piccante	
King Prawn Linguine	Penne Della Casa	

Yo! Sushi!

GOOD TO GO!	ONCE IN A BLUE MOON	STEER CLEAR!
Ebu Katsu Curry*	Tofu Katsu Curry*	If there is anything else you see in Yo! Sushi! and it isn't on the previous 2 lists then STEER CLEAR!
Kabocha Katsu	Chicken Katsu	
Yasai Gyoza*	Chicken Katsu Curry*	
Chazuke	Ebi Katsu*	CLEAR!
Japanese Seabass Tempura	Hotate Katsu	
Miso Soup*	Katsu Selection	
Clam Miso*	Chicken Teriyaki*	
Plain Rice*	Salmon Teriyaki	
	Beef Teriyaki	
	Chicken Gyoza*	
	Duck Gyoza	
	Yasai Tempura	
	Soft Shell Crab Tempura	
	Yasai Chahan Rice*	
	Chicken Chahan Rice*	

*Be aware that these foods contain high amounts of salt.

Fast Food

By no means are we saying that these types of food are good for you and ok to have. However, if for some reason, you find yourself in one of the below places you will know what to absolutely steer clear of. It will literally be choosing the best of a 'bad' bunch!

McDonalds

GOOD TO GO!	ONCE IN A BLUE MOON	STEER CLEAR!
	Crispy Chicken Salad*	Everything else on the menu!
	Plain Hamburger	
	McChicken Salad*	
	Grilled Chicken Caesar Salad*	
	Side Salad	
	Small Fries*	

KFC

GOOD TO GO!	ONCE IN A BLUE MOON	STEER CLEAR!
	Mini Fillet Burger*	Everything else on the menu!
	Regular Popcorn Chicken*	
	Original Recipe Chicken Salad (no dressing)*	
	Zinger Chicken Salad (no dressing)*	
	Small Popcorn Chicken	

Burger King

GOOD TO GO!	ONCE IN A BLUE MOON	STEER CLEAR!
	Plain Cheeseburger*	Everything else on the menu!
	Caesar Chicken Wrap (ask for no dressing)*	
	Hamburger*	
	Veggie Bean Burger (ask for no mayo)*	
	Small Fries*	

*Be aware that these foods contain high amounts of salt.

Menu Decoder

CHINESE

AVOID:	GO FOR:
Battered or Deep Fried Foods	Stir Fry Vegetables
Dishes Labelled 'Crispy'	Plain Rice and Noodles
Sweet and Sour Dishes	Stir Fry Meat Dishes
Fried Rice Dishes	Broth Type Soups
Spare Ribs	Steamed Dim Sum
Spring Rolls	
Prawn Crackers and Toast	

INDIAN

AVOID:	GO FOR:
Korma, Pasanda, Masala, Biryani, Any Cream Based Dishes	Tandoori and Plain Tikka Dishes
Bahjees, Pakoras and Samosas	Yoghurt Based Raita
Deep Fried Popadoms	Dahl Dishes
	Chapatti
	Tandoori Roti

ITALIAN

AVOID:	GO FOR:
Pasta Sauces made with cream such as alfredo and carbonara	Tomato and vegetable based pasta sauces
Pizzas topped with fatty meats such as pepperoni	Anything Labelled as 'Grilled'
Thick Crust Pizza	Pizzas With Fish and Vegetable
Avoid Adding Extra Cheese to Meals	Thin Crust Pizzas
	Seafood and Vegetable Based Dishes

GENERAL TERMS

AVOID:	GO FOR:
A La Creme	Baked
Au Gratin	Chargrilled
Batter Dipped	Grilled
Battered	Poached
Crispy	Steamed
Cream Sauce	Stir Fried
Fried	