

## Eating Out & Other Suggestions

For best results, it is best to follow the Meal Plan as written. As you may know, the plan is designed to provide 800-1000 calories per day, less than a total of 100gm of carbohydrates per day to induce and keep a body in a fat burning state while providing >72gm of protein to preserve lean muscle mass.

1. Skipping any meals or skimping on the L&G meal portions (protein, vegetables, and healthy fat servings) can drop your calories too low and can hinder weight loss results. Also you will be compromising your nutritional status. The meal plan is nutritionally balanced as written. Therefore, if any thing is skipped, your body is missing its daily quota of vital vitamins, minerals, protein, etc.
2. Eating foods that are off plan and high in carbohydrate content (such as rice) can stop a fat burning state. Starting and stopping a fat burning state can hinder weight loss results. It is best to follow the 5&1 Plan and remain in a fat burning state during the weight loss phase of your program.
3. Exercising too much while following the Meal Plan can also hinder weight loss results. It recommends no more than 45 minutes of vigorous exercise per day while following the Meal Plan to create a proper energy balance of calories consumed versus calories expended. Longer durations of exercise can cause too large of a caloric deficit which can halt or hinder weight loss. Contact your Health Coach if you do longer, endurance type exercise to adjust your program!
4. It is recommended only using up to 3 condiments per day for best results. I have attached the condiment list for your review and use.

Keep in mind the rate of weight loss is dependent not only on meal plan compliance but also other factors such as:

- level of physical activity
- body composition
- menstrual cycle (if applicable)
- starting body weight
- gender
- age
- medical conditions
- medications

Many people do choose to consume restaurant salads, but some can be very deceiving! However, here are a few that fit or are close to the guidelines. See the chart below for these salads.

As you know, many other restaurants are out there too, however not all will share their nutritional information. So, beware when dining out!! Not all the "healthy sounding" entrées and salads are really "healthy" in terms of calories, grams of fat, carbs and protein. It is always best to control your environment and choices by either packing your L&G meal (if you're able) or ordering something you know in terms of the nutritional information. Keep in mind too that a lot of the salads listed below are very high in sodium content. So, it is not recommended using these salads frequently or on a daily basis.

For best weight loss results, we would recommend following the Meal Plan as written and not incorporating foods that are "off plan." I hope this information helps. Please let us know if we can be of further assistance to you.

Restaurant/Item	Calories	Carbs (grams)	Protein (grams)	Fat (grams)	Sodium (mg)
<b>McDonald's</b>					
Caesar Salad w/Grilled Chicken no dressing	220	12	30	6	890
Bacon Ranch Salad w/Grilled Chicken no dressing	260	12	33	9	1010
<b>Chick-Fil-A (you need both items for your meal)</b>					
CharGrilled Chicken Garden Salad	180	9	22	6.0	620
CharGrilled Chicken Filet (no bun or pickles)	100	1	21	1.5	610
Total Nutrition for Salad +Extra Chicken Filet	280	10	43	7.5	1230
<b>Burger King</b>					
TenderGrilled Chicken Salad no dressing	240	8	33	9	720
<b>Wendy's (you need both items for your meal)</b>					
Chicken Caesar Salad no dressing	180	8	25	6.0	660
Ultimate Chicken Grilled Filet no dressing	110	1	22	1.5	610
Total Nutrition for Salad +Extra Chicken Filet	290	9	47	7.5	1270