



NUTRITION GUIDE

McGUCKIN
FITNESS

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AN INTRODUCTION TO NUTRITION

Food is a part of your life, my life and everyone's life. We all eat and drink multiple times per day, so it makes sense to develop the skills & strategies to eat intelligently.

Information and education are important, but they are not the only answers. We also need a system and consistent behaviours to achieve the results that we want.

This guide will help you eat the right foods, at the right times so you will feel better, look better, sleep better and perform better.

This guide is not a short-term diet or a quick fix!! It is the first step towards a sustainable lifestyle that will improve your physical and mental health forever.

Unfortunately, 90% of people that lose weight, fail to keep the weight off long term. **Why?...** Because they **LACK A SYSTEM & THEY LACK CONSISTENCY.**

One of the most important things you can do to get the body that you desire, is to have a **SYSTEM.**
ONCE YOU HAVE A SYSTEM AND YOU ARE CONSISTENT, YOU WILL ACHIEVE AMAZING RESULTS.

Please, do yourself a big favour and FULLY COMMITT to following this system so that your health and fitness are a high priority.

When you go ALL IN on this journey, we guarantee you 3 things:

1. You will learn more about your body and which foods suit you best,
2. You will realise just how good you can feel, look and perform without too much restriction.
3. You will be healthier and happier from following a nutrition plan that prioritises plants and protein.

Regards,

Barton McGuckin & Casey McGuckin

GUIDELINES: MEAL TYPES

Your regular intake should focus on high volumes of nutrient dense foods that are not very calorie dense. This means prioritising plants and protein without having to count calories. However, you still need to be mindful of your portions, and that is why we want you to use a visual representation of a plate for your portions.

By focusing on both food quality and quantity, you will consume enough protein and micronutrients to feel great and still be in a calorie deficit, allowing you to lose body fat and maintain or build muscle at the same time.

We have created a simple system with **2 DISTINCT MEAL TYPES** and a visual representation of a plate for each.

- 1. FAT LOSS PLATE**
- 2. LIFESTYLE PLATE**

We will use these 2 plates and apply them for the appropriate frequency based on you your current goals:

GOAL #1: FAT LOSS

Your primary goal is to lose a substantial amount of body fat.

GOAL #2: MAINTENANCE: MAINTAIN BODY COMPOSITION & GAIN MUSCLE

Your primary goal is to maintain your current body composition while gaining lean muscle.

The focus is on consistent habits to ensure that you have a great launching pad for your next fat loss mission. This is the phase where you learn how to socialise, have fun, and still progress forwards.

GOAL	MEALS PER DAY	FAT LOSS MEALS	LIFESTYLE MEALS	FAT FUNERAL PER WEEK	CONTROLLED TREAT MEAL PER WEEK
FAT LOSS	4	3-4	0-1	1-2	0-2
MAINTENANCE	4	2-3	1-2	0-2	0-3

2 SAMPLE DAY LAYOUT OPTIONS

The frequency to which you use each meal type each day is dependent upon your current goals.

	GOAL: FAT LOSS	GOAL: MAINTENANCE
MEAL #1	FAT LOSS MEAL	FAT LOSS MEAL
MEAL #2	FAT LOSS MEAL	FAT LOSS MEAL
MEAL #3	FAT LOSS MEAL	LIFESTYLE MEAL
MEAL #4	LIFESTYLE MEAL	LIFESTYLE MEAL

ADDITIONAL STRATEGIES:

We will also layer in **2 additional strategies**:

1. FAT FUNERAL (LOWER CALORIE DAYS)

- These days are based around the strategy of **INTERMITTENT FASTING**.
- By fasting for a longer period of time and skipping one (1) entire meal, you will reduce your overall caloric intake for the day.
- There is nothing inherently magic about intermittent fasting, but it can help you to create a greater caloric deficit as long as you don't eat more calories at your other meals.
- [See page 15 for the specific protocol.](#)

2. PORTION CONTROLLED TREAT MEALS

- These meals are based on personal anecdotal evidence and feedback from thousands of clients. We have found that when you are **NOT IN A MINDSET OF RESTRICTION**, you are more likely to stick to the plan and less likely to instinctively overindulge on non-desirable foods.
- We will teach you that you can still enjoy your favourite foods without sabotaging your results.
- We recommend that you plan your portion controlled treat meals in advance.
- Choose foods and portions that keep you moving towards your goals while also satisfying your psychological desires.
- [See page 17 for the specific protocol.](#)

MEAL TYPE #1 : FAT LOSS MEALS

WHAT ARE FAT LOSS MEALS?

Fat loss meals are low in calories yet still high in micronutrients and protein. They help your body burn stored body fat for energy.

- Fats and carbohydrates are not essential in every meal and are limited in these meals.
- Many sauces and dressings contain hidden calories, so we minimise these.
- Your snack foods and weekend eating habits may be sabotaging your fat loss goals, so we stay mindful of your choices here.

BENEFITS OF FAT LOSS MEALS:

- Teach your body to burn stored body fat as an energy source,
- Reduce blood sugar peaks,
- Improve insulin sensitivity,
- Increase your food volume whilst reducing your calorie intake.
- Reset your mindset towards food.

FAT LOSS MEAL GUIDELINES

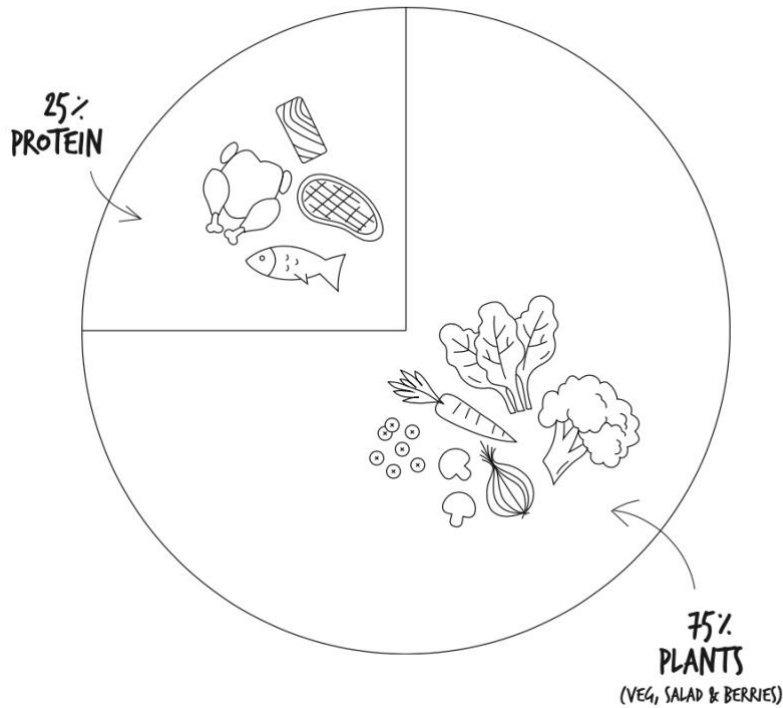
1. Eat plenty of PLANTS & adequate LEAN PROTEIN.
2. Eat BERRIES as your only fruit.
3. Avoid SUGAR, DENSE CARBOHYDRATES, ADDED FATS & MOST PROCESSED FOODS.

FAT LOSS PLATE

The **FAT LOSS PLATE** is illustrated below:

- 75% Vegetables, Salads and Berries
- 25% Protein

See [Protein Sizing Chart \(page 12\)](#) for the size of protein that you should be consuming at each meal.



We recommend 3-4 meals per day, but this is ultimately decided by you and your current lifestyle.

See below for an example of how you could split your meals during the day depending on your current goals.

GOAL	MEALS PER DAY	FAT LOSS MEALS	LIFESTYLE MEALS
FAT LOSS	4	3-4	0-1
MAINTENANCE	4	2-3	1-2

MEAL TYPE #2 : LIFESTYLE

WHAT ARE LIFESTYLE MEALS?

Lifestyle meals are designed to provide sufficient plants and protein for energy & vitality, along with additional carbs & fats, so that you have more energy to train hard.

Carbs and fats taste delicious, and having more room for them in your food budget makes it easier to socialise and eat out.

BENEFITS OF LIFESTYLE MEALS:

- Introduce more flavours and textures.
- Allows more flexibility with social settings and eating out.
- Provide a framework for long-term sustainable health.
- Allow you to train harder and build more muscle while maintaining current body fat levels.

LIFESTYLE MEAL GUIDELINES

LIFESTYLE MEALS are similar to **FAT LOSS MEALS**, with the addition of:

1. **FRUIT:**
 - Choose your favourites.
2. **DENSE CARBOHYDRATES:**
 - Beans, Bread, Corn, Legumes, Oats, Pasta, Potato Varieties, Rice, Wraps etc.
3. **FATS:**
 - Avocado, Butter, Cheese, Nuts, Oils, Salad Dressings, Seeds etc.

POTENTIAL SIDE EFFECTS OF ADDITIONAL CARBS & FATS IN YOUR MEAL PLAN:

- *Feel nauseous after eating,*
- *Fluid retention or bloating after eating,*
- *Feel tired or lethargic after eating,*
- *Interrupted sleep patterns,*
- *Constipation or diarrhea,*
- *Mood changes.*

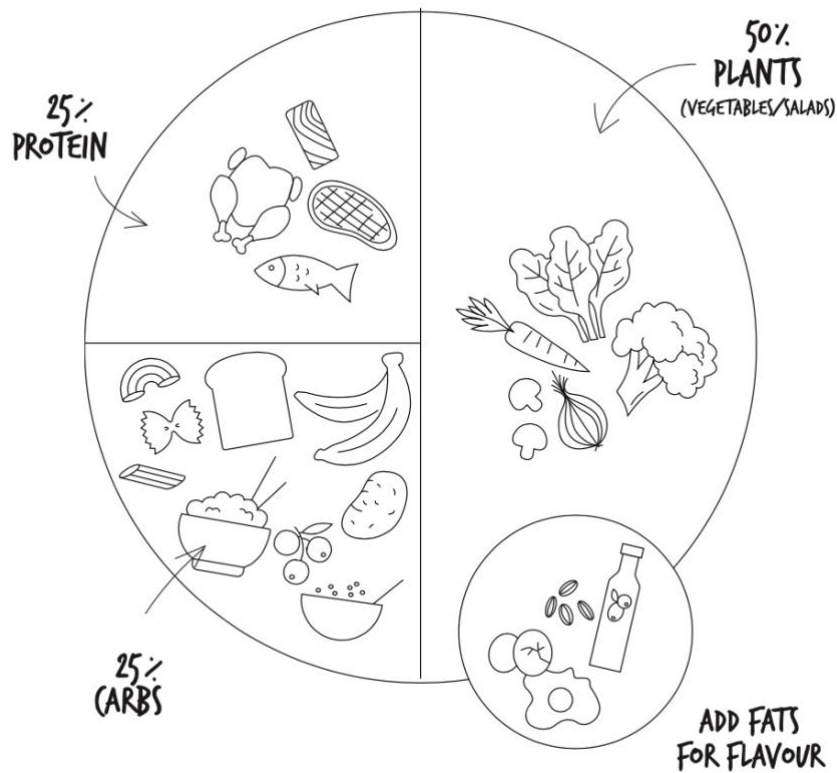
If you experience any of these side effects, it is a good indicator that your body may not tolerate these foods well. Take note of this as your body telling you to be mindful about your consumption in the future.

LIFESTYLE PLATE

The **LIFESTYLE PLATE** is illustrated below.

- 50% Vegetables
- 25% Protein
- 25% Carbohydrates
- 1-2 Thumb size portion/s of fats for flavour

See [Protein Sizing Chart \(page 12\)](#) for the size of protein that you should be consuming at each meal.



We recommend 3-4 meals per day, but it is ultimately decided by you and your current lifestyle.

See below for an example of how you could split your meals during the day depending on your current goals.

GOAL	MEALS PER DAY	FAT LOSS MEALS	LIFESTYLE MEALS
FAT LOSS	4	3-4	0-1
MAINTENANCE	4	2-3	1-2

MACRONUTRIENTS

PROTEIN

- **Protein is essential** for building, maintaining and repairing body tissues and cells.
- Protein is needed for a healthy functioning immune system, and the manufacturing of hormones.
- Protein is used in the formation and repair of certain bodily structures, such as connective tissue, bone, skin, hair, nails and muscles.
- You should aim to consume your bodyweight x 1.6 - 2 in grams of protein per day.
- Think of a deck of cards as a good additional measurement tool. 1-2 decks of cards per serve.

Protein foods contain many other essential nutrients, including:

- Iron, Zinc and Vitamin B12 (NOTE: Vitamin B12 is almost exclusively found in animal proteins only)
- Vitamins & Minerals
- Omega 3 fatty acids

Protein has the highest effect on satiety (hunger) of all the macronutrients.

The human body CANNOT naturally produce proteins, so you must eat adequate protein in your diet every day.

FAT LOSS MEALS:

INCLUDE 25% OF YOUR PLATE AS PROTEIN

LIFESTYLE MEALS:

INCLUDE 25% OF YOUR PLATE AS PROTEIN

FAT

Just like protein, fat is also an essential nutrient that is delicious and must be consumed in your diet.

Fats are beneficial for:

- Brain development and overall cell function
- Transport and storage of vitamins
- The production of hormones

You should never attempt to ELIMINATE fat from your diet. However, fats are very calorie-dense so your portions need to be monitored, otherwise you will easily overconsume and slip into a calorie surplus.

The type of fats that you consume are also very important. Aim **to minimise saturated fats and instead increase your intake of Omega 3 fats.**

Fats will naturally be found in most of the animal protein sources that you consume:

- If you eat a **fattier source of protein** (Chicken Thigh, Red Meat, Salmon, Whole Eggs, Tofu), you may NOT need to add an additional fat source to that meal.
- If you have a **very lean source of protein** (Chicken Breast, Egg Whites, White Fish, Turkey Breast), you may choose to add an additional fat source to that meal.

FAT LOSS MEALS:

NO ADDED FATS ARE REQUIRED FOR THESE MEALS.

LIFESTYLE MEALS:

**USE FATS AS A FLAVOUR ENHANCER TO TOP OFF A NUTRITIOUS MEAL.
THE SIZE OF 1-2 x THUMBS WILL GIVE YOU THE REQUIRED AMOUNT.**

CARBOHYDRATES

Carbohydrates are the body's preferred source of energy for intense activity, and are required for optimal brain function.

Carbohydrates are delicious and also have positive effects on hormonal function.

Individuals can process carbohydrates very differently. Some people can eat a lot of carbohydrates and stay lean, while others will add body fat by eating small amounts.

As a general rule. The leaner you are, the more carbohydrates you can eat.

The goal of optimising carbohydrate consumption is to:

1. Provide enough energy for brain function,
2. Train with adequate intensity,
3. Provide enough energy for daily activities without creating a calorie surplus that leads to body fat accumulation.

CLASSIFICATION OF CARBOHYDRATES:

PLANT BASED CARBOHYDRATES:

Plant based carbohydrates contain more fibre, micronutrients, and generally take up more space in your stomach.

Plant fibres can also help bind to toxins for excretion in your faeces.

- Vegetables and Salads
- Berries

FAT LOSS MEALS:

INCLUDE 75% OF YOUR PLATE AS PLANT BASED CARBOHYDRATES

LIFESTYLE MEALS:

INCLUDE 50% OF YOUR PLATE AS PLANT BASED CARBOHYDRATES

DENSE CARBOHYDRATES:

Dense carbohydrates contain more calories than plant based carbohydrates and provide more energy for exercise, the brain and activities of daily living.

- Fruits
- Bread, Cereal, Couscous, Corn, Oats, Pasta, Potato, Rice, Wraps etc
- Beans and Legumes

FAT LOSS MEALS:

INCLUDE PLANT BASED CARBOHYDRATES & BERRIES

NO ADDED DENSE CARBS ARE REQUIRED FOR THESE MEALS

LIFESTYLE MEALS:

INCLUDE UP TO 25% OF YOUR PLATE AS DENSE CARBOHYDRATES

SHOPPING LIST & MACRONUTRIENT CHEAT SHEET

LEAN PROTEINS	VEGETABLES / SALAD	FATS
Beef (90%+ or leaner) Beef Jerky Chicken Breast Egg Whites Kangaroo Mackerel Oysters Pork Prawns Protein Powder / Protein Bars Sardines Tuna Turkey Breast White Fish FATTY PROTEINS Beef - Fattier cuts Chicken Thigh Lamb Salmon Tofu Whole Eggs	Asparagus Beetroot Broccoli / Broccolini Capsicum Carrot Cauliflower Celery Corn (smaller amounts) Cucumber Edamame Green Beans Kale Lettuce Mushroom Peas (smaller amounts) Pumpkin (smaller amounts) Spud Lite (smaller amounts) Spinach Tomato Zucchini	Avocado Butter Cream Cheeses Coconut Cream Coconut Oil Egg Yolks Fish Oils Nuts & Seeds Olives Olive Oil Ricotta - W/W Smooth Light Whole Eggs
DAIRY PRODUCTS	LOWER CARB FRUITS	FLAVOUR ENHANCERS
Cottage Cheese High Protein Yoghurt Reduced Fat Cheeses Ricotta - W/W Smooth Light	Apple Blackberry Blueberry Mandarin Nectarine Orange Peaches Pears Plums Raspberry Rockmelon Strawberry Watermelon	Balsamic Vinegar Capers Chilli Sauce Herbs & Spices Jalapenos Lemon Juice Lime Juice Mustard Nutritional Yeast Flakes Pickled Ginger 99% Fat Free Mayo - Praise Pepper Salt
HIGHER CARB FRUITS	DENSE CARBOHYDRATES	
Banana Dried Fruits Grapes Mango Pineapple	Beans, Chickpeas, Lentils Bread Cous Cous Corn Oats Potato & Sweet Potato Quinoa Rice	Corn Thins Mountain Bread Wraps Popcorn Rice Cakes Vita Weats Wraps

PROTEIN SIZING CHART

The below is what a 30g serve of protein looks like in COOKED WEIGHT

PROTEIN SOURCE	30g PROTEIN	CALORIES	CALORIES PER 100g
BEEF MINCE (95% / 90% LEAN)	115G / 105g	200 / 242	174 / 230
BLACK BEANS	365G (+ 95g CARB)	511	140
CHICKEN BREAST	100g	151	151
CHICKEN THIGH	125G (+ 10g FAT)	224	179
COTTAGE CHEESE (LOW FAT)	245g	204	84
EGGS (WHOLE)	5 (+ 25g FAT)	357	143
EGG WHITES	275g	143	52
WHOLE EGGS + EGG WHITES	1 WHOLE EGG + 240ML EGG WHITE	196	N/A
HIGH PROTEIN YOGHURT	315g	182	58
KANGAROO MINCE	130g	150	115
LAMB MINCE	135G (+ 15g FAT)	260	192
PORK LOIN	115g	164	143
PRAWNS	200g	135	68
PROTEIN POWDER	40g	163	407
SALMON	135G (+ 17g FAT)	278	206
TEMPEH	150G (+ 17g FAT)	293	195
TEXTURED VEGETABLE PROTEIN	57g	200	351
TOFU	200G (+ 19g FAT)	310	155
TUNA IN SPRINGWATER	120g	136	113
TURKEY BREAST (LEAN)	100g	147	147
WHITE FISH	180g	166	92

CARBOHYDRATE SIZING CHART

The below is what 30g of carbohydrate looks like

CARBOHYDRATE SOURCE	30g CARBOHYDRATES	CALORIES	CALORIES PER 100g
APPLE	220g	114	52
BANANA	130g	116	89
BERRIES	225g	125	48
BLACK BEANS	115g	161	140
BREAD	70g	167	238
CAULIFLOWER	600g	150	25
CHICKPEAS	200g	242	121
CORN	145g	139	96
CORN THINS	38g	145	382
COUSCOUS (COOKED)	130g	146	112
GRAPES	165g	114	69
MANGO	200g	120	60
OATS	45g	171	379
POTATO (RAW) / SPUD LITE (RAW)	170g / 295g	130 / 147	77 / 50
PUMPKIN (RAW)	260g	117	45
QUINOA (COOKED)	140g	168	120
RICE (COOKED)	105g	137	130
RICE CAKES	37g	143	387
VITA WEATS	40g	156	389
WATERMELON	405g	134	33
ZUCCHINI	510g	120	24

FAT SIZING CHART

The below is what 10g of fat looks like

FAT SOURCE	10g FAT	CALORIES	CALORIES PER 100g
ALMONDS	20g	116	579
AVOCADO	65g	109	167
BUTTER	12g	86	717
CREAM	28g	95	340
CHEDDAR CHEESE	30g	121	404
CHEESE (REDUCED FAT)	55g	155	282
CHOCOLATE	31g	165	534
COCONUT CREAM	29g	96	330
COCONUT OIL	10ml	88	892
DARK CHOCOLATE	18g	108	598
FETA CHEESE	47g	124	264
GHEE	10ml	88	876
HALOUMI	35g	121	347
MILK (FULL CREAM)	300ml	186	62
RICOTTA (WOOLWORTHS SMOOTH LIGHT)	170g	170	100
SEEDS	21g	123	584
OLIVES	60g	97	162
OLIVE OIL	10ml	88	880
PEANUT BUTTER	20g	122	610
SALMON	80g	165	206
WALNUTS	15g	98	654
WHOLE EGGS	2	143	143

FAT FUNERAL (LOWER CALORIE DAYS)

INTERMITTENT FASTING is a health and fat loss strategy that has been in use for centuries.

By skipping an entire meal, you can reduce your overall caloric intake for that day and also give your digestive system a break.

On FAT FUNERAL days, you will have 1 less meal. Here is an example of 3-meal Fat Funeral day:

- **FAT LOSS PHASE: 3 Fat Loss Plates**
- **LIFESTYLE PHASE: 2 Fat Loss Plates + 1 Lifestyle Plate**

Option # 1: Skip breakfast

Option # 2: Skip lunch

Option # 3: Skip dinner

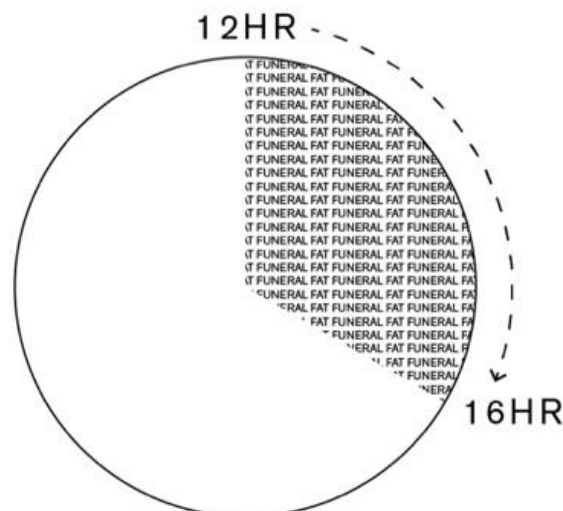
We recommend scheduling your 'FAT FUNERAL' on a day that you are more likely to be busy, or a day that your training is lower volume or intensity.

As you will spend more time fasting from food, it is important to control your potential increases in appetite by following the below strategies:

1. Drink extra water,
2. Drink sparkling mineral water or soda water,
3. Drink tea and/or coffee as needed (no milk or sugar).

FAT FUNERAL FACTS:

- The brain is very powerful and the expectation of food and set meal times is real.
- The first time you practice your FAT FUNERAL will likely be the most challenging.
- Your brain will be telling you that you need to eat. Ignore this and follow the plan ☺
- Each and every subsequent FAT FUNERAL will get easier and more natural.



9 FOOD ENVIRONMENT TIPS FOR SUCCESS

- 1. If you can SEE it, REACH it, or SMELL it, you are more likely to eat it**
 - Make the calorie-dense, low-satiety foods harder to see, reach and eat.
 - Store the calorie-dense, low-satiety foods in dark containers.
 - Make the nutrient-dense, high-satiety foods easier to see, reach and eat.
 - Pre-serve your plate & do not keep the serving bowls at the dining table so as to resist temptation for seconds.
 - Take your intended serving out of the box or jar, put away the box or jar before you start eating.
- 2. FOOD VARIETY increases food consumption**
 - Keep on hand a large variety of healthy foods you want to eat more of.
 - Keep on hand a small variety of unhealthy foods you want to eat less of.
- 3. Eat in a NON-DISTRACTED & calm setting**
 - Ideally seated, at a table, without a screen in front of you.
- 4. Create PHYSICAL DISTANCE from certain foods**
 - Spend less time in the kitchen if you are prone to grazing.
 - At social events, socialize away from the food table.
- 5. KNOW YOURSELF and your thresholds**
 - Make it harder to eat your trigger foods. (*Trigger foods make you want to consume more*)
 - Make it easier to eat your buffer foods. (*Buffer foods stop you from consuming more*)
- 6. Practice INTELLIGENT and REGULAR GROCERY SHOPPING or SHOP ONLINE**
- 7. Eat at HOME MORE OFTEN and EAT OUT LESS OFTEN**
- 8. SLOW DOWN, CHEW YOUR FOOD & PUT DOWN YOUR FORK BETWEEN BITES**
- 9. Use SMALLER FORKS, SPOONS, PLATES AND BOWLS**

IN SUMMARY:

Foods that you want to consume MORE of need to be more visible, more convenient, more prevalent, and of greater variety in your environment.

Foods that you want to consume LESS of should be less visible, less convenient, less prevalent, and of less variety (in some cases non-existent) in your environment.

PORTION CONTROLLED TREAT MEALS

Research has shown that staying in a calorie deficit for extended periods can slow down some basic bodily functions such as temperature control, hair, skin & nail growth, digestion & energy levels.

In addition to the physical effects, a prolonged calorie deficit can also be **mentally challenging**.

A **PORTION CONTROLLED TREAT MEAL** is a meal that helps you control your cravings for foods that are outside of your normal nutrition plan.

This meal provides extra calories, which can help with training and energy levels. It also has psychological benefits, such as increasing your enjoyment of food and your ability to consistently stick to the nutrition plan over time.

It is important to avoid feeling too deprived and to have something to look forward to. Knowing that you can eat and socialise regularly in a controlled way is a key to long-term success.

It is recommended that you **keep your plants and protein intake the same as usual**, and add in extra foods that you can control the portion sizes of, using the below guidelines:

- *Choose treats that you enjoy,*
- *Only choose 1 type of treat at a time (sweet or savoury or alcohol),*
- *Consume your treats at special occasions or social events,*
- *Eat higher carbohydrate-based foods that are lower in fat,*
- *Get straight back to your normal eating plan afterwards,*
- *Train before or after the treat meal for better nutrient partitioning,*
- *Sweat and perform a training session within 12 hours of finishing your controlled treat.*

SAMPLE PORTION CONTROLLED TREAT MEALS / REFEEDS

- 1/2 a pizza, not a whole pizza,
- 1 scoop of ice cream, not a whole tub of ice cream,
- 1 small chocolate bar, not a whole block of chocolate,
- Extra carbs (examples: fruit, rice, pasta, potato, bread etc)

THERE ARE NO GOOD OR BAD FOODS, ONLY GOOD OR BAD PORTIONS

BUDGET SYSTEM

Planning ahead and setting boundaries around the portions of foods and drinks you enjoy allows you to incorporate them into your diet without guilt.

Having a plan and following it, instead of acting on emotions and instinct in the moment, is a powerful tool for success.

It is recommended that you set weekly budgets for the following:

1. *Alcohol*
2. *Milky coffees*
3. *Off path meals or treats*
4. *Exercise sessions*
5. *Daily activity goals (steps or active calories on your smart watch)*
6. *Grocery shopping days*

11 EATING OUT TIPS

How to better manage unexpected social events so that you don't undo your progress to date

Whilst eating out is fun and exciting, it is hard to know exactly what ingredients and quantities go into the cooking process. A chef's job is to make the food tasty, not necessarily healthy.

Here are 11 Eating Out Tips:

1. Check the menu online before you go and decide what you will order in advance.
2. Decide in advance what's worth splurging on and what you can do without. Having a game plan is helpful when faced with tempting foods.
3. Choose a restaurant that provides health conscious options:
 - a. Grilled meat with salad instead of pasta & pizza.
4. Choose low fat side dishes:
 - a. Garden salad with dressing on the side,
 - b. Steamed vegetables instead of sauteed vegetables,
 - c. Garden salad or steamed vegetables instead of chips or coleslaw.
5. Ask for dishes without high fat additions:
 - a. Sauces, Gravy, Butter, Cheese or Oil.
6. Asking to replace certain ingredients with healthier options:
 - a. Vegetables or Salad instead of Chips or Garlic Bread.
7. Order your dressings & sauces on the side.
8. Minimise dense carbohydrates:
 - a. Bread, Pasta, Rice, etc.
9. Skip the entrée.
10. Check the ingredients and preparation methods of meals with your waiter.
 - a. Think grilled, roasted or steamed rather than fried or sauteed.
11. Avoid large decadent desserts. Choose small portions or fruit instead.