

# Eating Out Guide



**Vol.1**

All meals  
under 700  
cals

Heading out and not sure what to have? This guide helps you stay within a good calorie radius that won't prevent you losing weight!

**In this guide I cover TGI Friday's, Las Iguanas, Prezzo & Nando's!**

**Eating out can be so challenging!**

**My top tips are as follows:**

**Always try to pick something that is protein based and then build it with carbs and veggies!**

**The examples in this guide will help you to make smarter choices while out at social occasions!**

**It is important to be aware of calorie consumption as some meals can contain up to 1,000-1,500 calories which is nearly your whole daily intake.**

**Try to stay within 600-700 calories wherever possible.**

**Try not to overindulge in sugary and alcoholic drinks..**

# **TGI Friday's**

**620 cals**

**Wings Traditional Frank's Buffalo without Dressing**

**570 cals**

**Friday's Combo Mozzarella Sticks with marinara sauce**

**540 cals**

**Dragon Glaze Salmon with Double Lemon-Buttered  
Broccoli**

**540 cals**

**Sirloin (6 oz) (Whiskey-Glazed) with Mashed  
Potatoes & Lemon-Butter Broccoli**

# Las Iguanas

**321 cal**s

**Jackfruit Burrito Bowl**

**427 cal**s

**Grilled Chicken Burrito Bowl**

**443 cal**s

**Veggie Chilli**

**658 cal**s

**Veggie Enchilada**

## **Prezzo**

**Top Tip: Go for lunch with this restaurant as they do smaller versions which are lower calorie than the options below**

**450 cals**

**Tomato Bruschetta**

**635 cals**

**Penne Arrabbiata**

**685 cals**

**Lasagne**

**715 cals**

**Spaghetti with King Prawns**

# Nando's

**582 cals**

**Chicken Butterfly with spicy rice**

**530 cals**

**1/4 chicken with spicy rice**

**523 cals**

**Quinoa and peri-tomato salad**

**507 cals**

**The Great Imitator Burger**

# How to use sides for healthy meals

410 cals

TGI Friday's:

60z sirloin protein only, mashed potatoes, seasoned vegetables

**Using sides to build a healthy meal; protein, carbs and fats (sometimes these are lower calorie but it's not always the case! This is the only example for these restaurants.**

# Alcohol



Champagne  
120ml  
**89kcal**



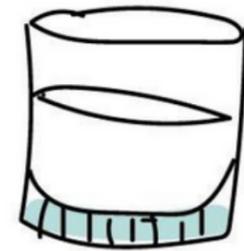
Gin  
45 ml  
**116kcal**



Rum,  
45 ml  
**116kcal**



Vodka  
45 ml  
**116kcal**



Whiskey  
45 ml  
**116kcal**



Wine 145 ml  
**White 122kcal**  
**Red 125kcal**

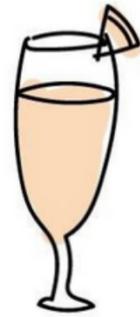


Beer  
355 ml  
**150kcal**



Coffee Liqueur  
45 ml  
**166kcal**

# Mixed Drinks



Mimosa  
120ml  
75kcal



Bloody Mary  
136 ml  
120kcal



Daiquiri  
80 ml  
137kcal



Mojito  
120 ml  
143kcal



Cosmopolitan  
74 ml  
146kcal



Margarita  
120 ml  
168kcal



Rum & Coke  
235 ml  
185kcal



Vodka & Tonic  
207 ml  
189kcal



Piña Colada  
200 ml  
562kcal