





# WELCOME TO OUR GUIDE TO EATING OUT

Negotiating your nutritional landscape is of critical importance. The number of people eating out and ordering in, is increasing year on year whilst home cooking is in rapid decline.

In today's hectic lifestyles eating out or ordering in provides the path of least resistance.

- Planning meals takes time
- Shopping takes time and preparation
- Preparing and creating food takes time and cooking skills that many may not have
- Serving and cleaning up takes time

Despite the financial incentive of preparing your own food often, the conflicts to doing so outweighs the benefits.

Fully appreciative of these facts we have put together this guide to help you navigate **EATING OUT**, or of course, ordering in. We have featured some of the beacons of the British high street with a focus on healthy and calorically sound choices. We accept that some of these places might not be for you, but the ones that are we hope will assist you in your choices.

Do enjoy the guide and put it to great use!

Dan



NANDOS  
PIZZA EXPRESS  
WAGAMAMA  
GREGGS  
PRET A MANGER  
BURGER JOINTS  
COFFEE SHOPS



# THE GENERAL STUFF AND A BIT OF A PEP TALK.

Eating out or ordering in is something that once was perceived as a treat or an indulgence so for many of us it is already established in our brains as an overeating trigger. Despite the number of better choices now available many people still resort to their indulgent choices or those that they would associate with socialising, weekends or relaxing. Ordering in or eating out has a certain 'exhale' element to it so we become more relaxed about everything.

If eating out or ordering in is a regular habit or behaviour even just a marginal improvement can make a huge difference to your overall health and caloric intake. The aim is to find dishes that have low to moderate energy density with an accompanying high level of nutrient density. Characteristics that will give you tasty and satiating (filling) choices. Throughout the guide we will also emphasise sources of lean protein which will help balance your blood sugar levels and up satiety alongside lots of vegetables.

Remember that it still comes down to overall calories consumed so although many of the choices we've indicated are more conducive with a more traditional dietary structure the higher calorie choices may also be fit into any calorie controlled plan.

## SOME BASIC RULES TO FOLLOW:



**Drinks:** Water or low/no calorie soda will almost always be your best option. Although it may be tempting to drink one of the 'healthy' green juices often offered these often pack a load of calories on top of your main meal. Tread carefully with them.



**Sodium:** Adding salt and sugars is a standard practice in cooking to add taste. As is adding fats. Sadly the tastiest and often best selling dishes often fail us on the calorie and health fronts for these reasons. Be wary of adding salt to your food before you've tasted it. For many of us this habitual behaviour is just something we do. The UK recommendations for salt intake is 6g daily for an adult.



**Starters and Desserts:** Part of the association with eating out is the 'indulgent' aspect. Adding a starter, dessert or extras to your meal is often the undoing of what could be a respectable, filling and healthy meal. Keep these additional plates to 'occasions' as opposed to being a staple.



**Be aware of your triggers.** Overeating triggers can come in the form of the people you eat with or around, physical environments, or even emotions. Try to become aware of those triggers and in some cases rather than trying to muster all your willpower and discipline to avoid overeating in these circumstances, try avoiding the trigger completely so the temptation no longer exists.



CHEEKY

# NANDOS



A favourite of the fitness community due to the undoubted draw of chicken and what appear to be an array of very simple dishes. Just like anywhere, navigating the menu needs a little care and attention and there are some hidden caloric landmines within their menu so tread carefully.

## STARTERS

All of the starters in Nandos are intended to be shared so bear that in mind. To learn a little bit about our perception of 'healthy' food Nandos starter menu is a great place to start. The Houmous and Peri Peri nuts both sit around the 800 calorie mark so even shared they're going to take up a good chunk of someone's daily intake. The spicy Mixed Olives are a good low calorie option clocking in at only 138 calories and the chicken wings at 280 calories and a good 32g of protein (Although they serve 3 which is maybe to test relationships?)

Nandos have a mains menu that actively suggests side dishes to accompany it. We will focus on some of the combinations and ways in which to structure them. Without listing every possible combination we will give you the best individual options.

## MAINS (PERI-PERI CHICKEN)

	Calories	Pro	Carbs	Fats
1/4 Chicken Breast	278	52	3	7
1/4 Chicken Leg	279	30	0	17
Chicken Butterfly	310	57	0	9

## MAINS (SALADS)

	Calories	Pro	Carbs	Fats
Caesar Salad - On its own	334	9	22	24
Caesar Salad - with chicken breast (plain)	464	37	22	24
Mediterranean Salad - On its own	288	11	12	22
Mediterranean Salad - On its own	417	39	12	24

*Tip*

Frozen yoghurt - The calories vary a little flavour by flavour as with the gelato but remember that the frozen yoghurt is bottomless and the calories equate to just one serving!

## MAINS (BURGERS, PITTAS, WRAPS)

	Calories	Pro	Carbs	Fats
Grilled Chicken Burger	380	37	45	5
Grilled Chicken Wrap	381	36	44	7
Fillet Steak Prego Roll	376	34	44	6.9
Supergreen Burger	402	15	56	12

## SIDES

	Calories	Pro	Carbs	Fats
Spicy Rice (Regular)	197	3	33	5
Sweet Potato Mash	97	2	20	0
Chargrilled Veg	93	2	14	4
Corn on the cob (Regular)	144	6	22	3
Macho Peas (Regular)	141	8	18	6
Mixed Leaf Salad (Large)	25	2	2	0

## DESSERTS

	Calories	Pro	Carbs	Fats
Frozen Yoghurt	70-79	3	15	0
Gelado	99-161	0-3	18-24	0-8



# PIZZA EXPRESS



According to statistics the average Brit manages to work their way through 731 pizzas in their lifetime. One of the most energy dense foods going, a trip for a pizza needs to be something done infrequently but theres no reason that when we do we can't save a few all important calories without compromising taste or experience.

## STARTERS

Share a starter is the simplest tip we can give for Pizza Express if you intend adding one to your meal. The Dough Balls, garlic bread, Arancini, Caesar and mozzarella salad all fall between 300-400 calories so shared don't put a massive indent into your caloric allocation. If you intend going solo the Olives come in at only 122 calories and the roasted tomatoes a meagre 67.

## AL FORNO

Sadly the Al forno doesn't give much in the way of options with the Pollo Pesto adding up to nearly 1200 calories! The rest all between 700-900. The only slightly less indulgent option is the Rigatoni.

	Calories	Pro	Carbs	Fats
Bolognese Rigatoni	683	30	81	39

## SALADS

One of the other restaurants that manages to pack out their salads with an insane amount of energy. All of which come in at around 900-1200 calories with their accompanying dough sticks. The leggera (light) Superfood salad gives you a little saving grace in the salad department with 472 calories.

## PIZZA

Who would have thought? Pizza Express introduced their light (Leggera) range and give three great options in their pizza menu.

	Calories	Pro	Carbs	Fats
Pollo ad Astra Leggera	486	37	55	14
Padana Leggera	465	16	68	14
American Hot Leggera	440	24	49	17

## WRAPS/ FLATBREAD

All of the wraps once again clock up between 700-900 calories with the exception of the two flat breads

	Calories	Pro	Carbs	Fats
Mediterranean Tuna Flat Bread	536	27	51	24
Falafel, Avo & Chipotle Flat Bread	521	16	66	20

## DESSERTS

One again Gelato comes up trumps as the one of the best dessert choices. All of which coming in between 201-288 calories per serving. The Raspberry sorbet topping the options at only 100 calories.

# WAGAMAMA

A staple of the UK high street now. Wagamamas serves pan-Asian food in the style of a modern Japanese ramen bar. Fast food boasting fresh ingredients all made to order, it's menu, despite it's appearance is one of the most challenging out there to navigate with a high proportion of its choices coming in at close to half an adults intake on their own and the salt levels on most of their main dishes coming close to or exceeding the UK recommendations for salt intake.

Tread carefully and pay close attention to our guide. It's more of a sides than starters kinda place (thankfully) so let's get straight in at the main dishes. We've kept this simple and gone in at the options on each menu subsection. If the subsection is missing it's for good reason.

## RAMEN

There are only two of the dishes on the Ramen menu that come in under 600 calories. The only one making our list being the chicken ramen as the others are omitted

	Calories	Pro	Carbs	Fats
Chicken Ramen	476	41	63	6

## SALADS

	Calories	Pro	Carbs	Fats
Warm Chilli Chicken Salad	491	28	19	33
Warm Tofu Chilli Salad	461	11	29	32
Sirloin And Shiitake Salad	434	53	11	19
Pad Thai Salad	342	23	16	20

## SIDE DISHES (HIRATA STEAMED BUNS)

	Calories	Pro	Carbs	Fats
Seasoned Crispy Chicken + Tomato	464	22	39	24
Mixed Mushrooms + Panko Aubergine	385	8	38	22
Korean Bbq Beef + Red Onion	354	15	35	17

## OMAKASE

	Calories	Pro	Carbs	Fats
Seared Nuoc Cham Tuna	522	43	36	22

## SIDES & EXTRAS

	Calories	Pro	Carbs	Fats
Ebi Katsu	298	12	23	17
Edamame With Salt	280	21	27	8
Edamame With Chilli	280	21	27	8
Pulled Pork Steamed Gyoza	236	11	38	4
Prawn Gyoza	232	7	28	10
Chicken Steamed Gyoza	223	9	26	9
Yasai Steamed Gyoza	210	5	32	6
Wok-Fried Greens	181	3	6	16
Beef Tataki	165	18	3	9
Lollipop Prawn Kushiyaki	142	16	15	2
Raw Salad	108	7	9	3
Tea-Stained Egg	94	7	1	7
Miso Soup And Japanese Style Pickles	66	3	12	0
Japanese Pickles	30	0	7	0
Kimchee	18	1	3	0



# GREGGS



The largest bakery chain in the UK. Greggs is a staple on any high street. Renowned for its sausage rolls it now has a more eclectic menu and far more options for the health savvy consumer.

They have actually made the menu very user friendly and most of their better choices they've bracketed under their 'Balanced choice' banner of which most are calorically very good. We have however picked some of the options that have a little more in the way of nutrients and will make you feel fuller for a little longer. Unfortunately Greggs is still riddled with refined, quick releasing carbohydrates like white rice, pasta and bread.

## BALANCED CHOICE

	Calories	Pro	Carbs	Fats
Mexican Chicken Oval Bites	393	23	49	12
Chargrill Chicken Oval Bites	378	24	47	11
Chicken Salad Sub Roll	342	19	44	10
Coconut, Lime & Chilli Chicken Wrap	340	17	49	8
Mexican Chipotle Chilli Chicken Wrap	337	19	42	10

## SALAD AND SOUP

Again, we've opted for the more nutrient dense options for you. Most of the salads and soups are once again calorically very good. nutrients

## BREAKFAST OPTIONS

	Calories	Pro	Carbs	Fats
Golden Syrup Flavour Porridge GF	270	7	52	5
Simply Cream Oats Porridge GF	268	8	51	5
Red Berry Porridge GF	261	8	51	3
Strawberry & Granola Yoghurt w Seeds	226	10	33	7

## SAVOURIES (SALADS)

	Calories	Pro	Carb	Fat
Mexican Chicken, Smoky Rice & Bean	382	20	47	13
Falafel, Harissa, Roast Veg & Grains	314	8	34	14
Chargrill Chicken, Roast Veg & Grains	235	18	25	6
Coconut, Lime & Chilli Chicken	220	15	22	8

### Tip

For the reasons previously mentioned Greggs has made some great caloric reductions within their choices but many of the components are still lacking in nutrient density. Keep this one on the infrequent visits list.



# PRET A MANGER

If you work or live around any major city you will find Pret scattered everywhere in many different guises. Much like many of its competitors, it has really stepped up its game on the healthy choice stakes. Once again a great selection of calorically controlled option but we are focusing more on the choices that are rich in protein, healthy fats and slow-releasing, nutrient-rich carbohydrates.

## BREAKFAST OPTIONS

	Calories	Pro	Carbs	Fats
Poached Egg, Sausage & Beans Power Pot	326	16	21	18
Poached Egg, Mushroom & Beans Power Pot	270	13	27	9
Pret's Proper Porridge	242	10	29	9
Breakfast Salmon & Egg	339	17	40	12

## SNACKS

Pret do some great little snack options and some nutrient packed soups.

	Calories	Pro	Carbs	Fats
Lightly Spiced Carrot & Coriander Soup	243	7	17	15
Red Thai Chicken & Veg Soup	243	14	13	13
Smoky Chorizo Chicken Soup	223	15	18	7
Veggie Chilli Soup	216	9	31	3
Chicken, Broccoli & Brown Rice Soup	137	7	17	4
Smoked Salmon & Egg Protein Pot	134	13	2	8
Egg & Spinach Protein Pot	104	12	2	5
Pret's Fruit Salad	113	1	23	1
Superfruit Salad	106	2	22	1

Tip

The dressings are supplied on the side with the salads, in a small tub, some of them are higher on the sugar side than others. The Dijon and Lemon dressings are the best options.

## MAIN OPTIONS

They have such a huge array of options we thought we would bracket these under one umbrella. As with any of the chains we've included, we will pick the best and sadly a company that began it's life very much as a sandwich and wrap place we are going to suggest that those are the options you should probably avoid given the number of much better choices.

	Calories	Pro	Carbs	Fats
Chicken, Pesto & Buffalo Mozzarella	529	26	9	42
Tuna Nicoise Salad	469	27	7	36
Roast Beets, Squash & Feta Veggie Box	419	12	28	28
Sweet Potato Falafel & Smashed Beets Veggie Box	407	10	36	24
Crayfish & Avocado No Bread	379	15	4	32
Pret's Protein Box	376	38	7	21
Sesame Salmon & Black Rice	369	23	24	19

Tip

Tips: The protein pot and fruit options are great on the go, nutrient packed options together

# THE BURGER JOINTS

Rather than giving you an individual rundown of each of the burger places we figured we would give you some overall tips to help negotiate them better. A 'meal' from many of these places soon adds up to a whole days worth of calories but there are some better options available. Not high on the satiety (making you feel full) scale but you can track and keep your calories in check if you tread carefully.

## STICK TO THE BASIC BURGERS

In all of the burger joints the thing that stacks up are the extra patties (burgers), cheeses and sauces. The thing that will pack them out is the veg. Even perusing the junior menu is sometimes a good call.

### BURGER KING

	Calories	Pro	Carbs	Fats
Cheeseburger	303	16	33	12
Hamburger	263	14	32	9
WHOPPER® Junior Sandwich	335	14	34	16

ADD THIS

	Calories	Pro	Carbs	Fats
Garden Salad x 2	28	2	4	0
Apple Fries	30	0	7	0

### MCDONALDS

	Calories	Pro	Carbs	Fats
Cheeseburger	295	16	31	12
Hamburger	250	14	30	8

ADD THIS

	Calories	Pro	Carbs	Fats
Fruit Bag	46	0	10	0
Carrot Sticks	34	0	6	0
Shaker Side Salad	18	1	2	1

### FIVE GUYS

	Calories	Pro	Carbs	Fats
Little Hamburger	407	22	36	20
Little Bacon Cheeseburger (no bun)	388	28	2	30
Hamburger (no bun)	358	32	0	26
Little Cheeseburger (no bun)	323	24	2	25
Little Bacon Burger (no bun)	244	20	0	18
Little Hamburger (no bun)	179	16	0	13



# THE BURGER JOINTS

## GENERAL RULES

### **PACK IT OUT WITH SALAD, VEG AND EVEN FRUIT.**

Whenever the options are there, pack your meal out with salad and veg to jack up that nutrient density and satiety.

### **DOUBLE UP ON YOUR ORDER.**

This may seem counter intuitive but the calories in fries far exceed those in the burgers, doubling up on these basic burgers gives you a meal thats calorically lower and the extra protein will help you feel fuller for longer.

### **HOLD THE MAYONNAISE.**

You can eliminate around 100 calories by holding the mayo or special sauces. Add extra ketchup or mustard if you need a little flavour boost. Alternatively put on the side so you can use sparingly. Be careful of the extra sauces/dips. The sweet chilli and sour cream dips from McDonalds add between 50-140 calories to your meal.

### **SAY NO TO BACON, CHEESE, ONION RINGS, AND OTHER CALORIE-LADEN TOPPINGS.**

In places like the increasingly popular Five Guys packing a burger out with loads of veg and low calorie toppings is super easy.

### **SKIP THE FRIES.**

You'll save hundreds of calories. A five guys large fries has 1725 calories in it!!!

Throw a double serving of garden salad alongside any of these choices and a serving of their apple fries and you increase the all important nutrient density and lower energy density. Coming in at a meagre 58 cals in total it's a great way to change the whole composition of the meal

### **CHECK OUT THE KID'S MENU.**

Junior and children's-sized hamburgers usually have between 250-300 calories, making them a healthier choice.

The cool thing about all the burger joints we've looked at is they all show their calories on their menus and you can make better choices at all of them. McDonalds and Burger King both also offer alternatives such as chicken nuggets (often a better option), wraps and salads. Check them out but our assumption is that you go into a burger place for a burger.

# THE COFFEE SHOPS

Everyone loves a cup of joe (well most people). Commercial coffee shops now sell way more than just traditional coffee. Most offering food menus, sandwiches, cakes and other choices. Our focus for now is the drinks menu. A place where so many people rack up huge amounts of weekly calories.

Rather than focusing on what NOT to drink or choose we will focus on the good stuff. The eclectic menus of most coffee shops includes, frappes, milkshakes and a variety of hot chocolate combinations most of which are jam packed with full fat milk and sugary syrups, many of which will take up around a quarter of the average persons daily intake of calories. Stick to the traditional coffee menu and tea offerings and you can't go too wrong.

## THE COFFEES

### THE ESPRESSO

Almost no calories but a good hit of caffeine. A favourite of the coffee aficionado and time poor city dweller. This gives you a super low calorie option.

### CAPPUCCINO

An espresso topped with a generous amount of steamed milk. Depending upon your choice of milk and size will impact the calories from this drink.

### LATTE

A latte is made from an espresso and much more steamed milk than a cappuccino. It clocks up around 225 calories when made with whole milk and 135 when made with skimmed milk. The univalent of an average chocolate bar.

### MOCHA

A mocha is a latte with added chocolate essentially therefore trumps the latte calorically and is one of the highest in the traditional coffee menu.

### AMERICANO

An Americano is an espresso with added hot water. Without cream or milk it contains hardly any calories so a great option if you're trying to watch your caloric intake.

### MACCHIATO

A macchiato is an espresso served with a dash of steamed milk. An average cup contains around, 90 calories (when made with whole milk).

### FILTER COFFEE

A hidden gem in many coffee shops. Typically the cheapest option and often one that many take great care and pride over. Coffee and hot water, nothing more, unless you add it of course.

### HOT CHOCOLATE

This is typically a calorie extravaganza. Even without the whipped cream or sprinkles these cups typically exceed an entire chocolate bar in calories however as a 'treat' rather than a daily occurrence. Actually it's typically a much better option than many of the fancy alternatives.

### TEAS

Almost all teas are pretty safe, keep an eye on the ingredients and don't be afraid to ask. That line behind you isn't worth consuming an extra 300 calories for nothing.