

BEST PRACTICES FOR TRACKING RESTAURANT EATS

It's not a matter of if you'll want to track your restaurant eats, but when you'll track your restaurant eats. This resource is intended to help you navigate restaurant eating or rather, any situation where you're not in control of the food provided.

Illustrated below is a spectrum that outlines example behaviors that you might adopt at different points of your journey. Use this spectrum as a guide to set small, realistic goals to stay committed to your personalized plan even when you're not in control of preparing the food you eat.



BEHAVIORS OF A PERSON WHO IS LEAST ADHERENT	BEHAVIORS OF A PERSON WHO IS MODERATELY ADHERENT	BEHAVIORS OF A PERSON WHO IS MOST ADHERENT
Does not attempt to find a meal or create a plate that is macro balanced	Attempts to make macro balanced meals by identifying some protein-, fat- and carbohydrate-containing foods	Always makes macro balanced meals with protein-, fat- and carbohydrate-containing foods
Does not track macros	Loosely tracks macronutrients to stay accountable but does not attempt to hit targets; intuitively eats needs	Diligently tracks macronutrients and attempts to hit daily targets
Does not plan for the meal in daily macro or calorie targets; does not attempt to "eat around" the restaurant meal by planning the day accordingly	Inquires about menu ahead of time to identify the best option; creates a plan to accommodate for restaurant meal and sticks to it; tries to identify and track at least some of the ingredients and portion sizes in the meal	Plans for the meal in daily macro and calorie targets; attempts to "eat around" the restaurant meal by planning the day accordingly; attempts to identify and track all the ingredients and their portion sizes in the meal
Does not eat before going out as if to "save calories and macros"; arrives starving and risks overeating	Eats something small before going out so as not to arrive starving	Eats protein + non-starchy vegetable rich meal before going out because protein portion will likely be inadequate
Orders meal as is with no adjustments or substitutions	Asks for sauce/dressing on the side and makes an attempt to limit portions of high calorie additions	Confidently asks for adjustments or substitutions for a meal within reason to make for a better option
Ignores hunger and fullness cues, eats to 120% full	Honors hunger and fullness cues, eats to 100% full	Honors hunger and fullness cues, eats to 80% full
Eats and drinks everything served, eats food out of guilt or pressure. Does not avoid overeating.	Attempts to share food, take small bites and/or bring some of the meal home to avoid overeating needs.	Eats foods that are very much desired and avoids those that are not; does not eat foods that are just "ok" or could be found at any other time to avoid overeating needs
Drinks alcohol because there is pressure from others; does not attempt to make or stick to a plan for alcohol	Makes a concrete plan for alcohol and sticks to that plan	Chooses not to drink alcohol