

# CHEATSHEET

## BEST PRACTICES TO APPROACHING SOCIAL EVENTS WITH NUTRITION



*I've had this conversation with many clients over the years, and a recent conversation sparked this collection of information. All of the thoughts and feeling that my clients expressed are very relatable to how I felt when I learned how to apply this (on my own!) and I believe it's very beneficial for everyone.*

### YOUR CURRENT MINDSET AND THOUGHTS

These are likely some similar thoughts to what you have, because I've had these thoughts and so have my clients too! I'm going to be bold and make the assumption that we aren't the only magical unicorns who have had these thoughts before. So, tell me if this is you:

You want to learn how to set yourself up to make proper decisions at restaurants and in social gatherings in order to accomplish your goals. There is a "treat yo'self" mindset/habit that we want to overcome (and we will, slowly, with practice in situations like this!)

You know you can still enjoy these social gatherings but you don't know the actionable steps in order to be smarter about it.

You want to learn how to say no, or find alternatives instead. Something like a "no, but..." implementation could be really good. So instead of saying, (for example) "no, I cannot have 2 glasses of wine" (because then it's almost bringing up a 'restriction' mindset that we don't want) it could be, "I'll enjoy 1 glass of wine and the other could be a \_\_\_" (insert something that's low-to-no calories that is still enjoyable while still being smart with your goals.)

Here are a couple bar-inspired suggestions:

- Virgin mojito: club soda, mint, lemon
- Virgin Moscow Mule: ginger beer (confirm with bartender there's no calories!), club soda, lime – skip on the simple syrup
- Wine spritzer: (basically mixing half wine with half sparkling water, so you're slicing the calories in half!)
- Or in all honesty, just get water in a wine glass to feel like you're still following style/trends with your friends!

### EAT BEFORE

Not being hungry before the event is important. When that happens, our eyes tend to be bigger than our stomach and we get a little loco... hey, I have that way too many times! My recent go-to snack before going out for dinner is Canadian Protein powder (not plugging, but I'm being honest!) mixed with plain Greek Yogurt and frozen blueberries. Keeping it in a small - not big - bowl. It's just little snack, but has protein and something sweet for a little enjoyment and still getting in some good nutrients before dinner. I'll drink a big glass of water before too.

### PLAN AHEAD

Planning ahead to go to a restaurant is smart. That's what I used to do, and still do: I would choose where we would go based on the available nutrition information online. Being in control of my choices, where we went and what I want to have, helps me feel more confident in the entire event and allows me to enjoy the time without stress.

I use resources like the restaurant's TripAdvisor, IG or FB pages to find menus or photos to better eyeball what portion sizes are and then guesstimate ahead of time.

Is it perfect? Nope.

Is it better than nothing and goal aligned? YUHP!

Pre-planning for 1 glass of wine as well would be super smart. Then with the 'other' calories you would use from a 2nd glass of wine, take those calories to have a snack before going out. Or, as mentioned above, opt for 2 wine spritzers instead, so you can still have 2 glasses of wine if you want, but then you're still only having half the calories and you can use those extras for the pre-game snack.

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### PRACTICE TEST

A 'test' I apply with clients when they want to go somewhere and they don't know how to track it, is we do some application and a little homework.

Now you don't need a Coach to do this with, but you can do this on your own.

So say you want to go to Fred's Diner for dinner (insert anywhere you want to go) and you want the coconut shrimp platter but you don't know how to track it. I would tell you to find the information; maybe that means their website for a list of ingredients, a photo from their social media, maybe they actually have a nutrition menu on their site that you could use. Then, based on that information, you would do your best to guesstimate the macros. You would message me with the information you collected (link to the website, photo, etc) and your guesstimated macros and kind of explain your work (like a math equation in school where you have to show your work) and then I would tell you what I would guesstimate and why I chose that. So from there, we can learn. We can understand why we chose what we did for the calories/macros and feel more confident as we develop these skills.

Again, you don't need a Coach to help you with this, but when you can break down the application and justify to yourself why you chose what you chose, maybe it can help you to see things a little more clear and realistically.

I will recommend the next time you want to go out with some friends, you ask to choose a place. You don't have to say why you're choosing, but you want to. You can also make a database of the places you like to go and your menu choices that you like. You can make those as custom entries in your food log app so they are always saved. I've done that in the past (and present!) too.

### CHOOSING AN ACCURATE FOOD LOG ENTRY

Now, how to decide the most accurate entry. Let's say for example we have a beef filet.

First, the best thing to do is ask the server. Almost always, even now when I go out, I'll ask the portion size.

Example: recently I went to a sushi restaurant and had a rice bowl (other things in it.) I asked how many grams of rice was in it. They will always know this because that's what they have to count their costs for. I thought it would be about 250 grams of cooked white rice and the server told me 450. Hello, that's a big difference! Even after years of this kind of practice and application, guesstimations can still be off. You cannot track what you don't know.

For meat, the server will almost always know. And you don't have to ask about every single thing. You can eyeball how much some of the more simple things are.

Always presume there is going to be more oils, like account for 5-10g of added fats to your meal unless you are certain they prep without it. You could specifically ask for no oils, butters if you really want to.

When using a food log entry, if the server tells me the filet is 5oz, then it's going to be weighed as RAW, so ensure your entry is a 'raw filet' entry. The restaurant will measure this raw because the cooked weight will vary depending on the cooking temperature (medium well, etc). But rice, as I mentioned, would be cooked, because as a sushi restaurant you know they're not going to individually cook rice for every order. I hope that's understandable.

Also, when I go out, I will change my guesstimated measurements. It's easier to be able to eyeball 1 cup of cooked white rice than it is for 100g of cooked white rice. The same for veggies, a baked potato, etc. 2 tbsp of olive oil added as the 'extra fats' buffer I mentioned. Cups and tbsps are easier to guesstimate and track during restaurant meals.

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