

CHEATSHEET

GUESSTIMATING MACROS AT RESTAURANTS



So you want to go out for a meal but there's no nutrition information for the restaurant? Not a problem. Following these steps should provide you with better guidance to a successful meal, without ruining your progress of tracking macros.

PLAN YOUR DAY AHEAD

This is something that I tell my clients all the time. If you're going somewhere for dinner, look at their menu online prior to that day. See what may interest you, and based off that, plan the rest of your day around that meal. By planning ahead, you're already setting yourself up for success. If you know you're going to spend a large amount of your macros on a carb and fat heavy meal, eat lean protein, vegetables and low fat items throughout the day to accommodate for that meal.

GO WITH A SAFE (SMART) CHOICE

Obviously, don't go crazy. If you don't think that a 12oz bacon burger and a poutine are going to fit your macros realistically, then that's probably not the smartest choice. There are always healthier choices. Pick something on the menu that you think would be the best fit for your available macros. Think smart and play it safe. If you're limited to your carbs, then a salad is always a great choice; dressing on a side, and paired with a lean meat.

ASK + MODIFY

Don't be embarrassed to ask the server how many ounces of meat are being cooked and how it's prepared. Usually they're more than welcome to go ask the kitchen staff, which will probably put your mind at ease a little more. Most restaurants know exactly how much they're serving in their dishes, whether it's ounces in meat, or the amount of eggs in an omelette. Ask what it's prepared in (ie. butter or oil, or even deep fried). You can always make modifications and ask them to steam the veggies instead of cooking them in butter. Sometimes I'll just tell them that I have an allergy and things need to be cooked a certain way, and I've never had an issue.

TRACK SMART

Put your thinking cap on. Think about the size of what you are actually eating. Chart the generic information into **My Macros+**. Think "*if I were to cook this at home, how much would this probably be?*" Chances are that tracking macros isn't foreign to you and you're familiar with portion sizing. You can guess how many ounces of meat are in a cut, or how many grams of lettuce are in that salad (*hint: if you're getting an entree salad, you can probably guess about 3 cups of lettuce*). I always save extra fats for my meats out, because almost everything is cooked in some kind of oil or deep fried; that's why it tastes so good! Say you're entering a salad dressing into **My Macros+** but the entry doesn't show fats, chances are that's not an accurate entry. So again, track smart. Be realistic with what you're entering.

SCALE OR NO SCALE?

Depending on your goals, you may want to bring a scale along with you. If you're training for something specific and are trying to cut weight, then this would be a smart choice. Getting close to competitions is not a time to be estimating portion sizings. But some people just are not comfortable bringing out a scale in front of their friends, which is absolutely ok. Some people are just accustomed to that way of life and bring it with them wherever they go. Ultimately, it's going to be up to you on whether or not you'd like to whip out your scale.

RELAX

Remember that taking these steps above is not obsessive. You have specific goals that you are trying to reach, and you're making sure that you're taking the appropriate steps to ensure you stay on track. For some, this may be easier than for others, and that's totally ok. Don't worry about what other people think if you whip out a scale or bug the server to check portion sizes. These are your goals and it's your body. Although guesstimating may not be 100% accurate, it's better than not tracking at all. A few extra carbs and fats on one day are not going to derail your progress entirely. My eBook talks more about adjusting your nutrition for following days, if by chance you do go over your macros one day. (courtneyforlife.com/ebook)

Remember that flexible dieting is flexible. You should be able to enjoy a meal out without being obsessed about totally derailing your progress. Estimate as much as possible, keep everything in moderation and eat only until you're full. Don't be silly! Enjoy the meal and turn the focus to the people you are with, rather than obsessing over whether or not this one event will totally ruin your progress!

If you are one of my clients, I've helped other clients in the past by guesstimating macros for them. I've had clients send me detailed information and photos of the plates they are interested in, and I've helped them to guesstimate their macros. Current clients are more than welcome to take advantage of this service, if wanted.

Courtney Ustrzycki is not a registered dietician or a physician, and this information should not be taken as professional medical advice. Courtney is not implying that this information will treat, cure or prevent any health complications. This is just information that has been learned, practiced and applied to her own nutrition as well as with a lot of her clients. The intent of document is to share the information that she knows, in hopes that the reader may benefit as well.

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