



HOW TO EAT OUT AND LOSE FAT!

@CHRISPOWERFITNESS.

TODAY I'M GOING TO
TEACH YOU 2 OF MY
FAVOURITE STRATEGIES
TO NAVIGATE SOCIAL
OCCASIONS WHERE
YOU'LL BE EATING OUT.

STRATEGY 1

CALORIE BANKING

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WE TYPICALLY USE
THIS APPROACH
WHEN YOU KNOW
WELL IN ADVANCE
THAT YOU'RE GOING
TO BE EATING OUT.

LET'S LOOK AT AN
EXAMPLE ON THE
NEXT SLIDE.



LET'S PRESUME IT'S MONDAY, AND YOU'RE GOING TO BE EATING OUT WITH FRIENDS ON SATURDAY NIGHT...

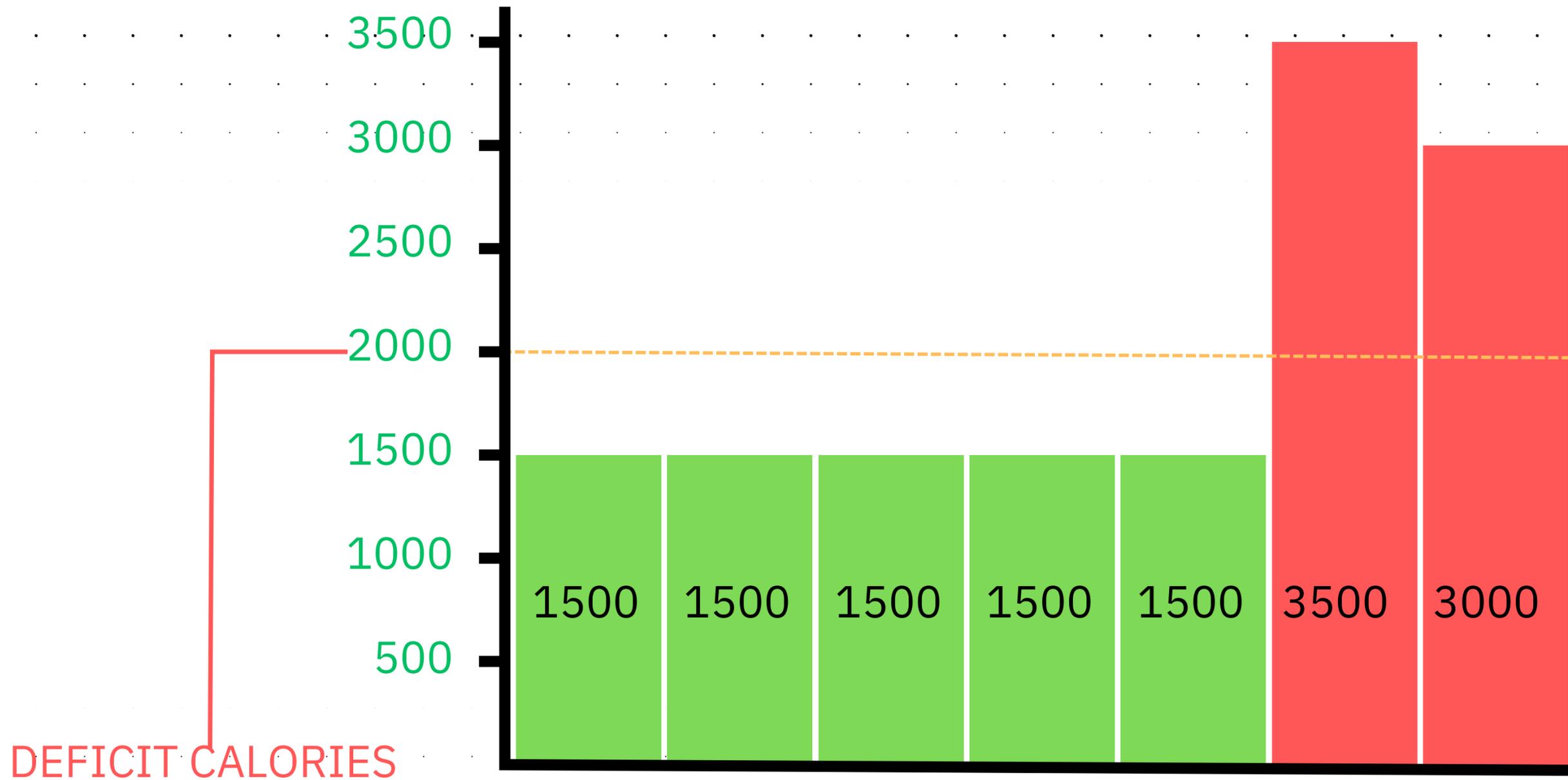
THE FIRST THING WE NEED TO DO IS WORK OUT WHAT YOUR WEEKLY CALORIES ARE FOR FAT LOSS.

TO DO THIS, TAKE THE CALORIES YOU EAT DAILY TO LOSE WEIGHT AND MULTIPLY BY 7.

EXAMPLE: 2000KCAL/DAY = 14000KCAL/WEEK

NEXT, WE ROUGHLY ESTIMATE HOW MANY CALORIES WE WANT TO CONSUME ON YOUR NIGHT OUT.

LET'S SAY IT'S 2000 KCALS IN THIS INSTANCE.



TOTAL CALORIES =
14,000KCAL
(DEFICIT)



STRATEGY 2

PROTEIN MODIFIED FAST

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THIS APPROACH IS
BEST FOR LATE
NOTICE OR ON THE
FLY SOCIAL
OCCASIONS.

LET'S LOOK AT AN
EXAMPLE ON THE
NEXT SLIDE.



YOU WAKE UP ON A BEAUTIFUL SATURDAY MORNING, AND YOUR PARTNER TELLS YOU THEY WANT TO GO TO YOUR FAVIOURITE RESTAURANT FOR A SLAP UP MEAL THAT EVENING.

YOU DON'T WANT TO LET THEM DOWN.

TO USE A PROTEIN MODIFIED FAST
COULDN'T BE EASIER.

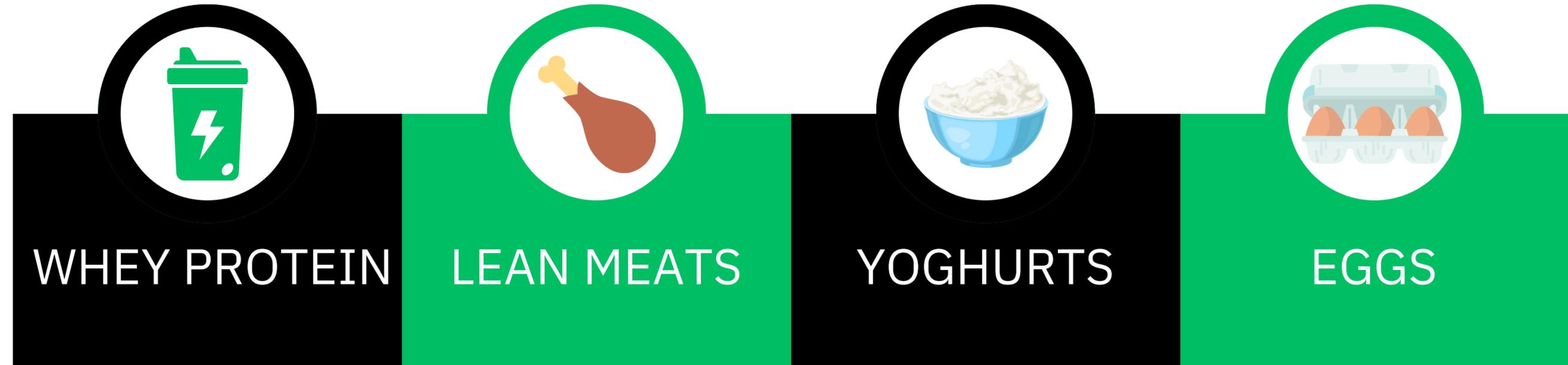
PROTEIN MODIFIED FAST

**BREAK YOUR FAST
AS LATE AS YOU CAN.
THIS MEANS YOU
WON'T BE HAVING
YOUR FIRST FOOD
UNTIL AROUND 11AM-
1PM USUALLY.**

**LOAD UP ON WATER
AND CAFFEINE UNTIL
THAT POINT.**



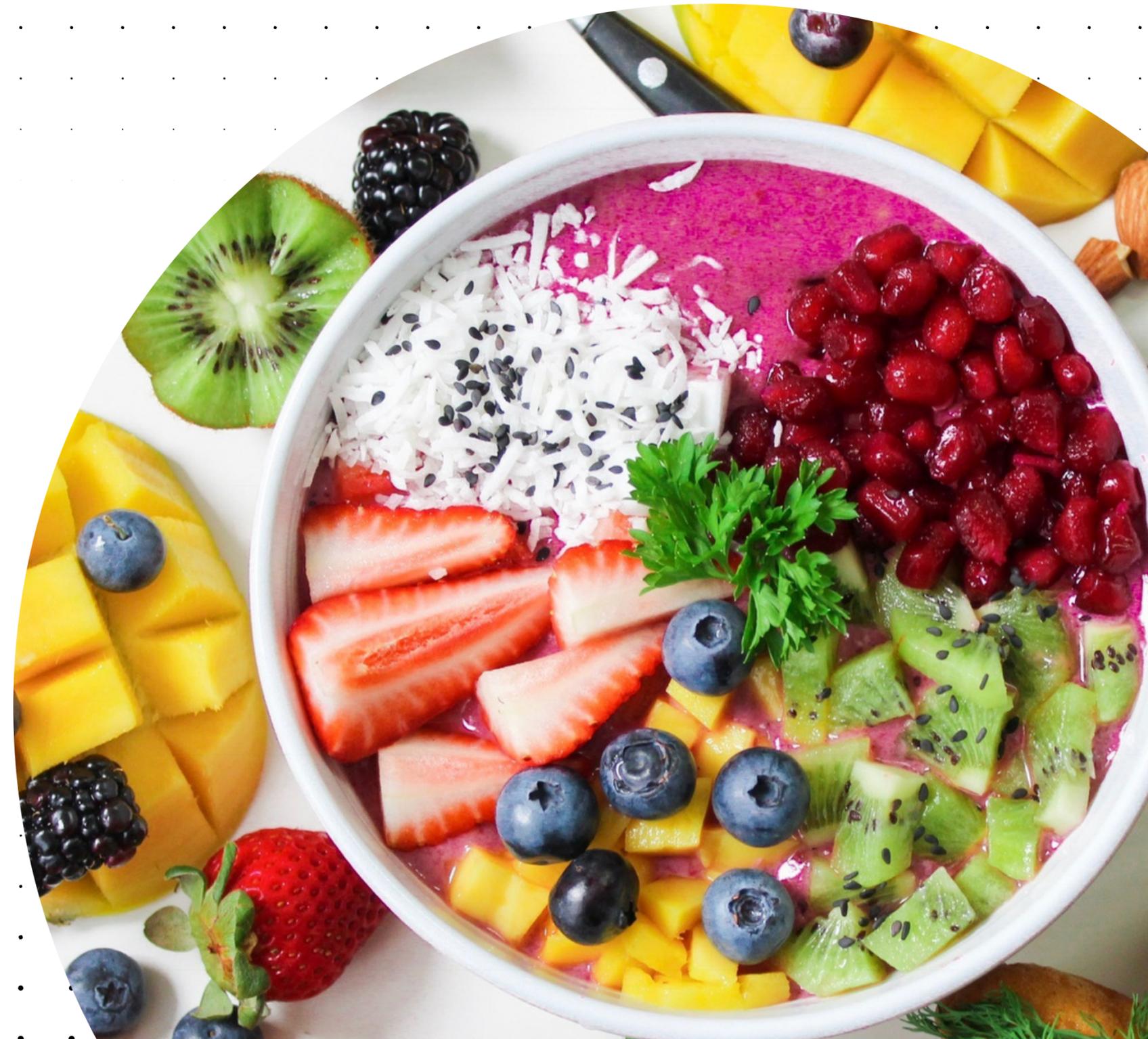
OPT FOR HIGH PROTEIN AND VEGGIES OR FRUIT.
THIS COULD BE IN THE FORM OF;



...OR WHATEVER YOU SO WISH!

PROTEIN MODIFIED FAST

THE GOAL IS TO
RETAIN AS MUCH
LEAN MUSCLE AND
STILL GET IN
MICRONUTRIENTS,
WHILST KEEPING
CALORIES AS LOW
AS POSSIBLE BEFORE
YOUR MEAL OUT.





PROTEIN MODIFIED FAST

EAT ONLY WHEN YOU
NEED TO TO STAVE
OFF HUNGER.

KEEP IT TO PROTEIN
AND VEGGIES.

BY THE TIME YOU GET TO YOUR EVENING
MEAL YOU SHOULD HAVE PLENTY OF
CALORIES FREE
TO ENJOY YOUR SOCIAL OCCASION

...AND STILL BE IN A DEFICIT