



# 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

**CALORIE BANKING**

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.

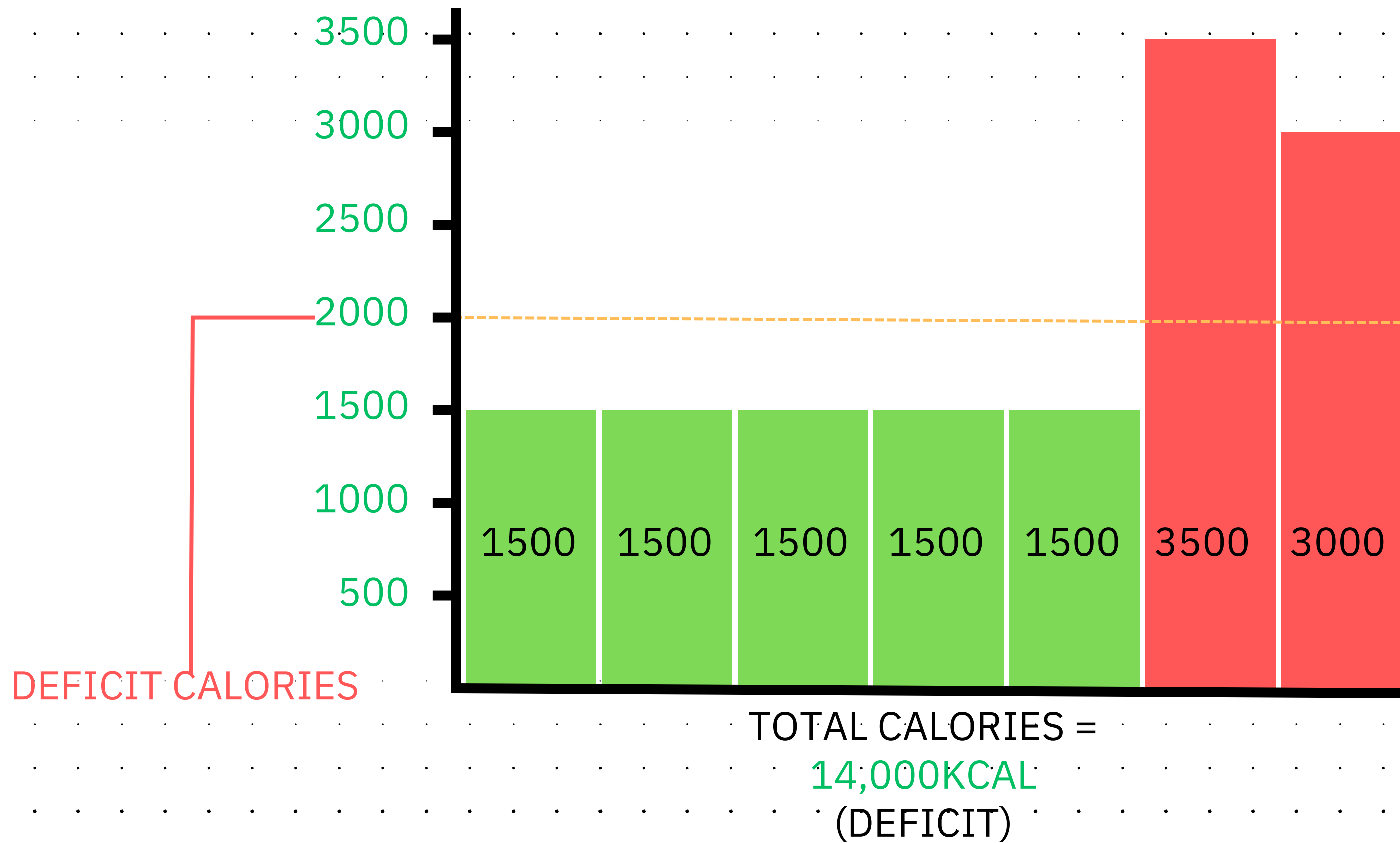
TO DO THIS, TAKE THE CALORIES YOU EAT DAILY TO LOSE WEIGHT AND MULTIPLY BY 7.

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.





## STRATEGY 2

# PROTEIN MODIFIED FAST



## PROTEIN MODIFIED FAST

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**

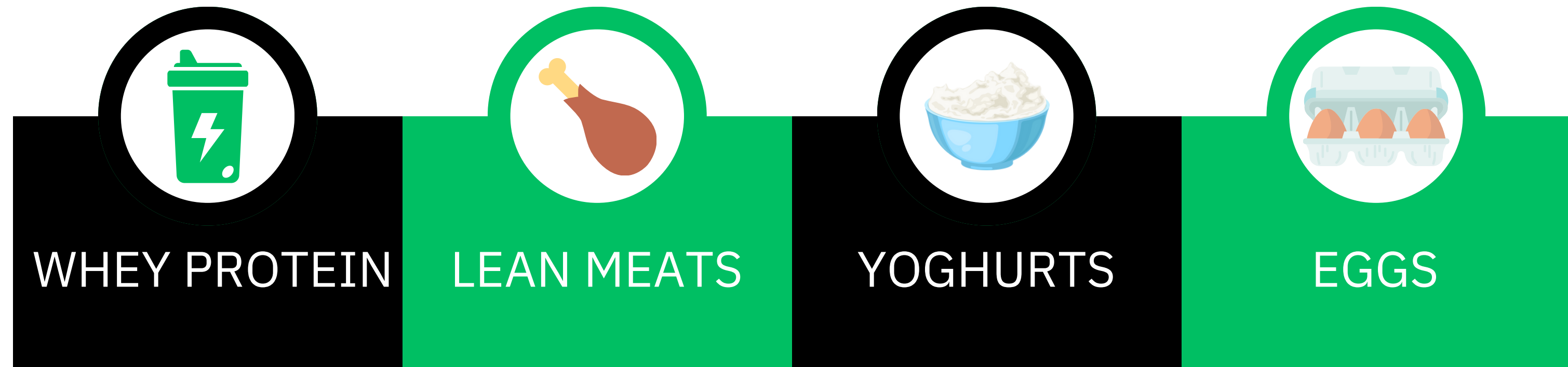
BREAK YOUR FAST  
AS LATE AS YOU CAN.  
THIS MEANS YOU  
WON'T BE HAVING  
YOUR FIRST FOOD  
UNTIL AROUND 11AM-  
1PM USUALLY.

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