

# GUIDE TO **EATING & DRINKING**

**WITHOUT GAINING 10LBS THIS YEAR!**

Restaurants, Camping, Hotel stays, feeding a crew at an event and family or social gatherings!



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# GENERAL

## TIPS & TRICKS

- **Do not save up your calories for going out**
- set yourself up early in the day by eating at least 30-40 grams of protein at both breakfast and lunch
- take your starch portion away on the balanced plate so you can have 2 starch portions at supper
- eat a low calorie protein dense healthy snack before you go out or go to a social event. EG: greek yogurt
- drink a glass of water before you go and take your water bottle with you in the car or to the event
- eat mindfully (not standing if at an event) and make sure you are enjoying the food not throwing it in!
- choose calorie free drinks
- drink low calorie mixers
- practice a balanced plate approach and be mindful of portions



# EATING OUT



## TIPS & TRICKS

### KNOW BEFORE YOU GO!

Almost every fast food place has their nutrition listed on their website and most items are listed in MyFitnessPal or whatever tracker you maybe using. Check it out and decide ahead of time if possible

- Drink a full glass of water to start
- decide what you are eating ahead of time and stick to it!
- ask questions - how is it prepared, are there any low calorie options, what comes with the meal and do you allow substitutes
- be the first to order so you are not influenced
- order 2 sides instead of a main
- skip the pre dinner bread basket
- order a side salad to start or share an appetizer
- share a meal with someone else and ask for extra protein
- have a cup of coffee instead of a dessert or a cocktail instead of dessert
- Search for dishes with most veggies
- Look for the word grilled or steamed and stay away from fried or sauteed
- Look for meats, chicken, and fish that are roasted, grilled, baked, or broiled. avoid meats that are breaded or fried
- Watch for sneaky saboteurs - dressings, sauces, nuts, cheese, croutons, and other innocent-sounding topping
- Prioritize protein! Always make protein the star of the meal you choose. This will help keep you full longer
- Watch your carbohydrates and opt for lettuce wrapped burgers, half servings of rice, potatoes, fries or ask for kids size. Swap out for double vegetables and salads when available.
- Keep it simple, meats, vegetables, starches avoid scrambles at breakfasts.
- Choose salads and vegetables instead of fries
- Bigger portions – just eat half and take a doggy bag home for lunch the next day!
- Ask for sauces and dressings on the side so you know what you are eating
- ask for fruit instead of potatoes at breakfasts and ditch the toast
- ask for egg whites instead of just eggs, keep cheese to small amount, ask for turkey bacon instead of real bacon to keep fats in check.
- avoid all you can eat buffets (if you eat at one put a 1 plate limit on it)



# EATING OUT

## more TIPS & TRICKS

- Healthier sandwiches include regular or junior size lean meats. Adding bacon, cheese, or mayo will increase the fat and calories. Ask for vegetables or salads as your side.
- Select whole-grain breads or bagels. Croissants and biscuits have a lot of fat.
- If the dish you order comes with a heavy sauce, ask for it on the side and use just a small amount.
- Eat low-fat desserts. A rich dessert can add fun to a well-balanced diet. But eat them only on special occasions.
- Burger joints – have lettuce wrap bun, get a single patty without cheese and sauce and top up lettuce and tomatoes, eat half the fries or no fries if eating the bun. Skip all the sauces choose the ones with less calories like mustard, skip the mayo and watch the ketchup
- Pizza tips – get thin crust or cauliflower crust (no deep dish),ask for half cheese, use lean protein sources like chicken, ham lots of veggies, whole wheat crust,
- Chinese food tips- opt for steamed dishes, eat veggie dishes, stay away from battered stuff and eat the veggies, rice and meats with less batter.

### REMEMBER:

- You can eat fast food and still stay on track with your nutrition BUT eating out multiple times a week will make it much more challenging to be consistent and will make the weight loss process longer.



# SOCIAL EVENTS

## TIPS & TRICKS

- Offer to bring a healthy dish
- always ask for a smaller serving if served by others (don't cave to pressure you should eat more)
- stay away from the snack table or island full of food! Out of sight out of mind!
- If there are appetizers put them on a plate it don't stand and graze!
- Limit your alcohol consumption will help with amounts you eat and feeling alot better the next day!
- politely say no to foods that are not healthy and prioritize the ones that are!
- eat one plate and don't go back for seconds!

## FOCUS ON A BALANCED PLATE

### Balanced Plate

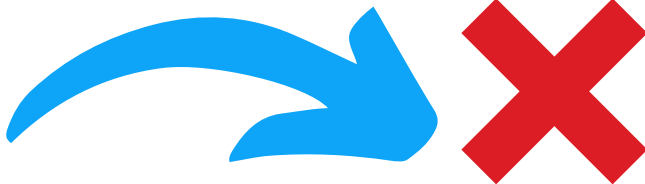
Fat loss



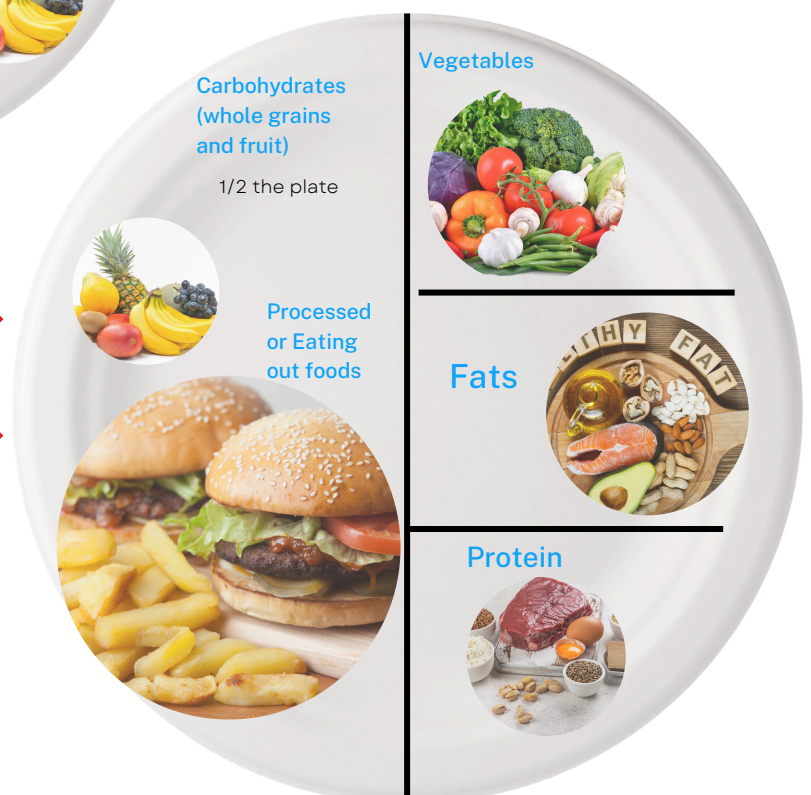
## Prioritize Protein

Carb/Fats/Processed/Eating out  
Heavy Plate

NOT



Fat Gain



# CAMPING

## FOODS TO TAKE



### Starches

- English muffins
- High Protein Wraps
- whole grain bread
- Pasta salads (pre-made)
- potatoes to bake or cut up and bbq in foil
- Kodiak Pancakes
- pre-made protein pancake batter or cooked and re-fridgerated
- rice or quinoa pre-made and put in container
- oatmeal (kodiak high protein single servings)

### Protein

- steak
- chicken breast or thighs
- cooked chicken (skin and bone taken off and put in container)
- turkey bacon
- egg whites
- premade burgers
- pre cooked chicken strips (buy or make)
- canned tuna
- greek yogurt
- cottage cheese
- deli meat (chicken, turkey or ham)
- turkey chicken sausages (freybe)
- tofu
- turkey /chicken pepperoni sticks

Pick and choose  
dependent on fridge  
and cooler space!

### Veggies & fruits

- peppers, asparagus or any that can be cooked in foil
- cucumbers
- baby tomatoes
- lettuce or bagged salads
- corn on the cob
- apples, bananas, oranges, nectarines, grapes (any shelf stable options)
- berries if fridge room

### Extras

- cheese for grilled cheese and ham or turkey sandwiches
- babybells
- laughing cow cheese for toast
- Nuts (almonds or cashews)
- Chips and salsa
- popcorn

# CAMPING

## SIMPLE MEALS



### Breakfasts

- English muffins with egg whites, turkey bacon and cheese
- Turkey or ham or chicken sandwich with turkey bacon and cheese
- Kodiak Pancakes or High protein pancakes with fruit and yogurt topping
- Oatmeal with fruit and yogurt topping
- Granola with fruit and yogurt topping
- Cottage cheese on whole grain or quinoa toast
- egg whites with turkey bacon and a slice of toast
- protein powder in greek yogurt

### Lunches

- Turkey or ham or chicken sandwich with turkey bacon and cheese
- Turkey/Chicken sausages with buns and tossed salad
- Turkey/Chicken sausages bun less with pasta salad (pre-made)
- Burgers with salad or bun less burger with pasta salad
- Pre cooked chicken strips or chicken meat with salad
- canned tuna with salad or a tuna sandwich

### Supper

- steak with baked or foil potatoes and corn on the cob or asparagus
- chicken breast or thighs with rice or quinoa or pasta and veggies
- tofu with quinoa and veggies
- burgers with salad

### Snacks

- baby bells with cucumbers and tomatoes
- laughing cow cheese on toast
- yogurt with nuts
- Chips and salsa
- popcorn with turkey chicken pepperoni sticks or deli meat
- veggie tray (if room)
- fruit tray (if room)

22 Recipes from Eating well that look really good! [\*\*GET THEM HERE\*\*](#)

# FEEDING A CREW



## SIMPLE MEALS FOR A WEEKEND OR WEEK LONG EVENT

(require a small griddle, toaster, microwave and fridge/coolers)

### Breakfasts

- English muffins with egg whites, turkey bacon and cheese
- Turkey or ham or chicken sandwich with turkey bacon and cheese
- Kodiak Pancakes or High protein pancakes with fruit and yogurt topping (pancakes can be made ahead of time and froze and reheated)
- Oatmeal with fruit and yogurt topping
- Granola with fruit and yogurt topping
- Cottage cheese on whole grain or quinoa toast
- egg whites with turkey bacon and a slice of toast

### Lunches

- Turkey or ham or chicken sandwich with turkey bacon and cheese
- Turkey/Chicken sausages (are precooked so can microwave) with hot dog buns and tossed salad
- Turkey/Chicken sausages bun less with pasta salad (pre-made)
- Burgers with salad or bun less burger with pasta salad
- Pre cooked chicken strips or chicken meat with bagged salad
- canned tuna with salad or a tuna sandwich

### Supper

- Meatballs
- pre cooked chicken breast or thighs
- pre-cooked burgers or burgers in sauce in slow cooker
- paired with with precooked rice, quinoa, potatoes or pasta or tossed or ceasar salad
- pre-cooked lasagne lots of meat and cottage cheese with salad
- pre-cooked baked spaghetti with lots of meat (keep pasta in check) with bagged salad

### Snacks

- baby bells with crackers (rice or whole wheat)
- laughing cow cheese on rice crackers
- veggie tray
- fruit tray or non perishable fruits on their own (apples, bananas etc)
- Greek yogurt
- Chips and salsa
- popcorn
- turkey chicken pepperoni sticks or deli meat



# HOTEL STAYS

## SIMPLE TIPS

(always request a fridge in the room)



### **Breakfasts (complimentary)**

- Cereal (raisin bran or cheerios) stay away from sugary ones
- Oatmeal (without the sugar and milk) add greek yogurt (bring with you)
- Greek Yogurt with whatever fruit they have (store greek yogurt in hotel room fridge)
- Pancakes with fruit on top ditch the syrup
- Eggs - skip the sausages and top up with greek yogurt on protein and have a slice of toast or some fruit.
- Granola with fruit and yogurt topping

# TRAVEL TIPS

### **How to improvise**

- use one of the containers for ice so you never have to worry about ice packs (or buy small ice packs to use if you prefer). You can also freeze water bottles take a flat fold able cooler bag or buy one at Target or Walmart
- take a small one cup blender with you to use or a shaker to have a protein shake each morning (with water or milk) pickup a cheap blender or shaker cup (normally i put my protein powder in a bag in the shaker cup in my suitcase that way it takes up less space
- no microwave for oatmeal - no problem run adequate amount of water through the coffee maker with oatmeal in the cup or pot and then cover the pot with a book or lid so it cooks. Works like a charm!
- if you are not getting your steps in during the day take a quick 30-45 minute walk in the morning or utilize the gym hotel treadmill for steps if weather crappy walk up and down the halls of the hotel!
- Walk to your destinations instead of drive if it is not too far and you have the time!
- Make sure you have water on hand at all times

# TRAVEL TIPS

## EATING OUT OF YOUR HOTEL ROOM

### Food Tips

- Be prepared!
- Bring along your protein powder, protein bars and healthy snacks. Airports are the worst for good choices when it comes to quick healthy choices
- Go to the grocery store when you get there & pick up plastic utensils
- buy containers that are big enough to mix your salad up in

### Items to buy

- oatmeal
- hard boiled pre-cooked eggs
- Greek yogurt
- cottage cheese
- Bananas, apples and berries
- veggie trays depending on space in fridge or a couple packs of broccoli and carrots cut up (small bag size)
- small cheese packs like baby bells, laughing cow or the other bite size small options or cheese strings
- bagged salads
- boxed spinach or salads
- salad toppers (nuts, seeds)
- salad dressing in packs or bottles
- Cut up cooked meat that you can eat cold or deli meat
- canned tuna or the single serve tunas that open without can
- opener or Tuna & crackers package
- Peanut or almond butter
- rice crackers or rice cakes
- Beef jerky, Almonds, Freybe Chicken Turkey sticks, Popcorn,
- protein bars are good options for snacks
- Milk for shakes

# COCKTAIL GUIDE



## GRAPEFRUIT SPRITZER 110 calories

- 2/3 c ruby red grapefruit juice
- 1 oz vodka
- 4 oz lemon-lime soda
- Grapefruit slice for garnish
- Combine grapefruit juice & vodka
- Pour into 2 6oz cocktail glasses
- Slowly top each drink with 2 oz lemon-lime soda Garnish w/ grapefruit



## BLOOD ORANGE & THYME SPRITZER 110 calories

- 1.5 oz Kettle One Botanical peach & orange blossom liqueur
- 10 sprigs fresh thyme
- 2 blood orange wedges
- 2 oz Gustare Vita blood orange soda
- 3 oz club soda
- Add botanical liqueur, thyme, and blood orange wedge to cocktail shaker.
- Muddle to combine
- Fill shaker with ice and shake



## CLASSIC MARGARITA 140 CALORIES

- 1.5 oz silver tequila
- 1 oz fresh lime juice
- 1 t. light agave nectar
- Kosher salt
- Lime zest
- Lime wedge for garnish
- Combine desired amounts of kosher salt and lime zest on a small plate
- Rub rim of an 8oz glass with lime wedge. Dip rim in salt mixture to coat.
- Combine tequila, lime juice, agave, and ice in a cocktail shaker. Cover & shake well
- Fill prepared glass with ice, strain mixture into glass.
- Garnish with fresh lime slice



## MINT MOJITO 140 CALORIES

- 1.5 oz white rum
- 1 T. fresh mint
- 1 t. white agave nectar
- 4 oz lime sparkling water
- Muddle rum, mint, and agave in cocktail shaker
- Add ice, cover, and shake well
- Strain into an ice-filled 8-oz glass
- Top w/ sparkling water
- Garnish w/ fresh mint & lime



# ALCOHOL CALORIE GUIDE



**LIGHT BEER  
110 CALORIES**

**CHAMPAGNE  
96 CALORIES**

**VODKA  
96 CALORIES**

**HARD CIDER  
150 CALORIES**

**TEQUILA  
104 CALORIES**

**RED WINE  
130 CALORIES**

**SPICED RUM  
110 CALORIES**

**WHITE CLAW  
100 CALORIES**

**MALIBU RUM  
97 CALORIES**

## **SERVING SIZES**

**BEER 12 OZ WITH 5% ABV  
WINE 5OZ WITH 12%ABV  
SELTZERS 12OZ WITH 5%ABV  
LIQUOR 1.5 OZ WITH 40% ABV**

# DRINKING TIPS FOR STAYING ON TRACK



- Set a drink limit for the night before you go. Usually no more than 1 -2
- Have a glass of water in between each drink
- Use sparkling water as a mixer instead of soda
- Don't drink on an empty stomach
- Try to limit overly sugary drinks. Will help with hangovers too!

## TIPS ON TRACKING COCKTAILS

**\*\*\*\*BEWARE\*\*\*\***

Most often calorie counting apps do not have the correct macro-nutrient breakdown

eg: Whiteclaw is 100 calories and they use net carbs as 3  
HOWEVER

This is impossible the calories have to come from somewhere so add your own food and take the number of calories and divide it by 4 to get the carbohydrates.

Therefore white claw would be 100 calories with 25 carbohydrates as an example

This makes a big big difference to your carbohydrate intake and we never want to over consume on carbs as it goes straight to fat.

# BONUS - WEEKEND TIPS



## WEEKEND CHECKLIST

- 8,000 - 10,000 steps
- Drink at least 3 litres of water
- Hit your daily protein goal
- consume 1 wholesome meal or snack before the event
- Choose low calorie or modified drink options
- Incorporate lean protein sources for your main meal
- Make mostly smart snack choices, but don't be afraid to indulge responsibly

## LEAN PROTEIN SOURCES

- Marinated Chicken Strips
- Chicken Sausage
- Turkey Burger
- Shrimp Skewers
- Salmon
- Pork Tenderloin
- Burgers (93/7 Lean Ground Beef)
- Grilled London Broil
- Boneless, Skinless
- Chicken Thighs
- Chicken Drumsticks
- 99% Lean Turkey Meatballs

## SMART SNACKS

- Quest Chips
- Flex Protein Chip
- Popcorners
- Good Thins Corn Chips
- Buffalo Cauliflower Skewers
- Grilled Mini-Pepper with Goat Cheese
- Mixed Veggie Skewers
- Sweet Potato Wedges
- Hummus
- Guacamole
- Salsa
- Low-Fat Ranch Dressing
- Low-Fat Blue Cheese
- Fruit Salad with Lite
- Cool Whip
- Angel Food Cake with Berries

## REMEMBER\*\*\*

Just because it's a SUMMER it doesn't mean you need to go completely off the rails. Although we usually aim for 80% of our calories to come from wholesome sources and 20% to come from more fun or indulgent sources, the holidays and weekends might slightly skew our nutritional profile. It's ok if your day looks more like 50%/50% instead of 80%/20%.

Pre-plan your day with some wholesome and nutritious snack options, but make sure to also enjoy the fun and indulgent foods that you don't typically eat.

Pick your top few choices for fun foods, and be mindful of portion sizes. Trying to white-knuckle your way through the long weekend without enjoying your favorite fun foods will only cause you to feel restricted and lead to more binge and restrict cycles. Indulge responsibly.



# TRANSFORMING BODIES AND ENERGIZING LIVES!



## About Me!

Before we take this relationship to the next level...perhaps we should get to know each other a bit.

My name is LEXI WRIGHT and I help women over 40 lose weight, gain confidence without excessive cardio so they can get off the yo-yo dieting cycle and achieve lifelong weight loss results without restrictive dieting.

I keep it real. I am here to help simplify fitness and nutrition.

If you want to get more free resources like this, connect, or learn more about making lasting changes, join our free community.

I share free resources like this all time. ;)

[Womens Fat Loss Simplified](#)

GET ON OUR HIGH PROTEIN RECIPE  
PACK AND GET ON OUR MAILING LIST  
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