RISE UP FITNESS
Member resource

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Eating out playbook

What to order at eight kinds of restaurants, plus a plan for drinks, weekends and travel.

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CLASS TIMES
Mon–Fri 9am–7pm · Sat 12pm

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VISIT
343 Bloor Street West, Unit 1R, Oshawa

ANYWHERE

Five rules that work at any restaurant

1. Look at the menu before you go

Decide while you're not hungry.

2. Build it like your plan

A protein, a carb, vegetables. Same as at home.

3. Sauces and dressings on the side

They can add 300+ calories without you noticing.

4. Pick bread, dessert or a drink

One of them, not all three.

5. Stop at satisfied, not stuffed

Box the rest before you're full. It's tomorrow's lunch.

BY RESTAURANT

RESTAURANT	ORDER	GO EASY ON	ASK FOR
Mexican	Burrito bowl or fajitas with chicken, steak or shrimp; street tacos on corn tortillas	Chip refills, queso, chimichangas	Make it a bowl; guac instead of cheese and sour cream
Italian	Grilled fish or chicken with vegetables; pasta in tomato sauce with a side salad	Cream sauces, unlimited bread, fried calamari	Lunch-size pasta; extra vegetables
Japanese & sushi	Sashimi, poke bowls, edamame, miso soup; 2 salmon or tuna rolls	Tempura, crunch and spicy-mayo rolls	Half rice or brown rice; low-sodium soy sauce
Burgers & fast food	Single-patty burger; grilled chicken sandwich or salad	Doubles with bacon and cheese, large fries, soda	Small fries; lettuce wrap or half the bun

RESTAURANT	ORDER	GO EASY ON	ASK FOR
Chinese & Thai	Steamed or stir-fried protein with vegetables; curry with a small scoop of rice	Anything crispy, General Tso's, fried rice as a main	Steamed rice; sauce on the side
Pizza	2 slices of thin crust with a lean topping, side salad first	Deep dish, stuffed crust, 4+ slices	Light cheese, double vegetables
Breakfast & brunch	Eggs or an omelette with fruit and one slice of toast	Pancake stacks, Benedicts, bottomless mimosas	Fruit instead of home fries
Coffee shop	Americano, latte or cappuccino; egg bites or oatmeal	Large frappes and mochas (400–600 calories), pastries	Small size; half the syrup; no whipped cream

REAL LIFE

Drinks, weekends and travel

Drinks

Choose spirits with soda water and lime, light beer or dry wine. Have a glass of water between each drink, and eat a protein-rich meal first.

Weekends

Keep your normal breakfast and protein. Enjoy one meal out, not a two-day free-for-all.

Travel

Pack protein bars, jerky or nuts. Airports have Greek yogurt, eggs and salads. Ask your coach for a hotel-room workout.

Parties

Eat a protein snack before you go so you aren't starving at the buffet. Fill your first plate with protein and vegetables.

✓ **Had a big meal? Just go back to normal.**

Don't skip the next meal or "make up for it" in class. One meal never undid a week of good habits.