

# FMP'S GUIDE TO **EATING OUT**

## General Tips .....

- Keep portions similar to what you would have at home – It pays to serve your takeaway meal out of the container and serve it on a plate
- Stop eating when you are satisfied – you can always save the rest for lunch the next day
- Add extra lean protein e.g. tofu, egg, cheese, edamame (if needed) – often takeaway menus have the option to do this
- Opt for grilled, steamed, pan-fried, braised, poached, baked, roasted or grilled over deep-fried, battered or crumbed choices
- Select wholegrains when you can e.g. brown rice sushi, wholemeal pitas etc.
- Bulk up the veggies – ask for extra or add a side salad
- Go easy on the sauces and condiments – ask for them on the side if possible and add sparingly

## Japanese .....



Poke bowl



Sashimi with side salad



Brown rice sushi with side salad



Teriyaki/miso salmon or chicken on rice with salad

## Turkish and Burgers .....



Shish kebab/plate with salad



Grilled steak/chicken Burger – sub chips out for a side salad

## Pita pit and Subway .....



Wholemeal pita or salad



Wholemeal pita or salad



Wholemeal pita or salad

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## Vietnamese and Thai .....



Rice paper rolls



Larb



Stir-fry with  
extra veggies on rice



Tom yum soup

## Indian .....



Jalfrezi



Chana masala



Madras



Add a side of  
Kachumber or salad

## Mexican .....



Burrito bowl



Burrito

## Supermarket Takeaways



Hot chicken, grain rolls  
and salad

## Italian .....



Thin base pizza with extra  
protein and side salad



Tomato based pasta  
with side salad

## Get in touch!

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