



COACHED

THE ULTIMATE EATING OUT CHEAT SHEET

How to avoid making
BIG mistakes with your
nutrition when eating
out or ordering takeaway



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DOES ONE NIGHT OUT REALLY MATTER?

Much to my clients' dismay my answer is always YES!

When it comes to nutrition, consistency is key. Why ruin a week where you have stuck hard to your diet plan, visited the gym 3-4 times, and said no to all those tempting treats, by consuming a calorie-laden meal that will cause your blood sugar to spike and will often lead to other temptations?!

So what do you do?

Forgo any fun and never go out again in order to stick to your nutritionally healthy lifestyle?

No! That is simply unsustainable... the answer is to eat smart.

One night out does matter if you are going to throw caution to the wind and eat whatever you feel like. BUT if you're smart – and think about the nutritional content of the meal you're ordering and make healthy swaps – eating out can be as healthy as eating in!

The key is knowing the nutritional content of what's on your plate and to help you do this I have produced this helpful eBook packed full of great information about what to choose and what to lose.

The 'Ultimate Eating Out Cheat Sheet' has been specifically designed to help you make the right choices and make eating out less daunting.

So remember, healthy eating is not about depriving yourself; it's about eating smarter!

DISCLAIMER:

All food items we have presented in this document were found during online searches; as a result some are missing specific components due to the companies involved not posting all the information. We decided not to try and fill in these blanks as it would be pure guesswork. When it came to restaurants, because there is such variability we chose to look at the major food types, pub meals, Indian, Italian, Chinese & Mexican along with a smattering of specific restaurants.



DRINKING

In 2015 scientists issued a warning over fizzy drinks, claiming they caused 184,000 adult deaths every year and advising they could lead to lifelong health problems. It's understandable as these are packed with sugar, chemicals and often have no nutritional value whatsoever.

Aside from being a huge source of hidden calories they have also been linked to:

- Increased risk of cancers including prostate, pancreatic and breast cancer
- Raised risk of heart disease
- Risk of leading to diabetes
- Cause of liver damage
- Increased brain hyperactivity
- Speeding up the ageing process

Below we show the sugar content of some of the nation's favourite fizzy and soft drinks, as well as a few healthy alternatives. The 'Ultimate Eating Out Cheat Sheet' has been specifically designed to help you make the right choices and make eating out less daunting.

Popular Fizzy Drinks

Drink	Amount	Calories (kcal)	Sugar (g)
Coke	330ml	140	39
Pepsi	330ml	150	41
Mountain Dew	330ml	170	48
Fanta	330ml	160	44
Appletiser	250ml	144	32
J2O	275ml	88	20
Monster NRG	440ml	220	54
Innocent Smoothie (Orange)	250ml	138	26
Capri Sun (Kids)	200ml	140	18
Volvic Flavoured Water	250ml	48	14
Red Bull	250ml	113	22

Healthy Alternatives

Drink	Amount	Calories (kcal)	Sugar (g)
Water	250ml	0	0
Sparkling Water	250ml	0	0
Black Tea / Fruit Tea	Regular	3	0.3

COFFEE CULTURE

It is fair to say we in the UK have a love affair with the humble coffee bean, and as a result it is an industry growing by 6% annually with Costa Coffee, Britain's biggest chain, having over 1,300 outlets.

While there is nothing better than taking a break from the stresses of modern-day life to enjoy some coffee (or café) culture, it is a potential source of many hidden calories, especially if you are not thinking how you are drinking!

The figures below are based on Costa Coffee nutrition factsheet:

www.costa.co.uk/nutrition but are broadly applicable to Starbucks, Pret a Manger and Café Nero too.

So while we should never feel guilty about enjoying coffee, we should keep it in mind that when it comes to sugar and calories not all coffee is equal.

Coffee Favourites

Drink	Amount	Calories (kcal)	Sugar (g)	Fat (g)	Protein (g)
Americano Full Milk	Primo / Small	6	0.4	0.3	0.3
Flat White Full Milk	Primo / Small	59	4.1	3.5	3.0
Cappuccino Full Milk	Primo / Small	109	8.3	5.9	5.3
Espresso	Primo / Small	10	0.7	0.3	0.7
Coffee Frostino Full Milk	Primo / Small	31	4.5	1.0	0.9
Latte Skimmed	Primo / Small	66	8.8	0.5	6.9
Flat White Full Milk	Primo / Small	59	4.1	3.5	3.0
Hot Chocolate Full Milk	Primo / Small	215	22.9	8.6	7.5
Iced Chai Latte Full Milk	Primo / Small	184	28.6	0.4	5.0
Iced Mocha Full Milk	Primo / Small	58	7.3	2.0	1.6
Iced Cappuccino Full Milk	Primo / Small	29	4.0	1.0	0.9

Healthy Alternatives

Drink	Amount	Calories (kcal)	Sugar (g)	Fat (g)	Protein (g)
Black Americano	Primo / Small	2	0.1	0.0	0.1
Black Tea	Primo / Small	3	0.3	0.1	0.0
Macchiato Full Milk	Primo / Small	18	1.2	0.8	1.0
Iced Americano	Primo / Small	11	2.4	0.1	0.1

FAST FOOD

We all know fast food is bad for us, but it seems as a nation we just cannot help ourselves. So rather than never going to a drive-through again, why not simply select your meal sensibly. After all, we all deserve a treat every now and then.

We are just going to focus on the main meals rather than the accompaniments because when it comes to fries and drinks the advice is simple:

- Swap down a size, so from large to medium or medium to small
- Swap the fizzy drinks for healthy alternatives like sparkling water or black tea / coffee



McDonalds

Taken from McDonald's meal builder:

www.mcdonalds.com/content/dam/sites/uk/nfl/pdf/nutrition/allergen-leaflet-15-02-23.pdf

The Usual Suspects

Item	Calories (kcal)	Sugar (g)	Fat (g)	Protein (g)	Salt (g)
Cheese Burger	301	7.3	12	16	1.6
Quarter Pounder	518	16	27	31	2.5
Big Mac	508	9	25	26	2.3
McChicken Sandwich	388	7.1	16	17	1.4
Chicken Nuggets (5)	216	0.5	11	13	0.4
Crispy Chicken and Bacon	316	3.0	16	25	1.2
Crispy Garlic Mayo Chicken One	479	3.4	21	22	1.8
Filet-o-Fish	329	5.4	2.6	15	1.3

Healthy Alternatives

Item	Calories (kcal)	Sugar (g)	Fat (g)	Protein (g)	Salt (g)
Grilled Chicken Salad	133	3.3	3.7	20	0.7
Grilled Garlic Mayo Chicken One	345	0.3	11	25	1.3

FAST FOOD



Burger King

Taken from Burger King's website:

www.burgerking.co.uk/menu

The Usual Suspects

Item	Calories (kcal)	Sugar (g)	Fat (g)	Protein (g)	Salt (g)
Cheese Burger	300	6	12	16	0.8
Whopper	500	11	35	27	0.96
Big King	442	6	24	24	0.85
Angus Classic	580	10	29	31	0.6
Bacon, Cheese & Chicken Royal	680	7	40	30	1.72
BLT Chicken Wrap	380	4	17	22	1.56
King Fish	440	7	20	18	0.9
Veggie Burger	550	9	26	15	1.4

Healthy Alternatives

Item	Calories (kcal)	Sugar (g)	Fat (g)	Protein (g)	Salt (g)
Chicken Salad	210	6	10	16	0.67
Chicken Nuggets	290	<1	18	17	0.55

FAST FOOD



KFC

Taken from KFC's nutrition PDF:

www.kfc.co.uk/nutrition-allergens?close (for more information see: www.kfc.co.uk/menu)

The Usual Suspects

Item	Calories (kcal)	Sugar (g)	Fat (g)	Protein (g)	Salt (g)
Zinger Twister	480	5.5	20	25.2	2.6
6-piece Bargain Bucket	670	0.9	26	32	3.6
Fillet Tower Burger	620	9.8	26	32	3.6
Zinger Burger	450	5.7	17.5	25.7	2.4
Fillet Box Meal	1080	7	40	30	1.72
BLT Chicken Wrap	380	4	17	22	1.56
King Fish	440	7	20	18	0.9
Veggie Burger	550	9	26	15	1.4

Healthy Alternatives

Item	Calories (kcal)	Sugar (g)	Fat (g)	Protein (g)	Salt (g)
Plain Salad Pot	185	1.3	20.2	3.9	1.07
BBQ Wrap	270	1.6	7.3	16.3	1.7
Veggie Rice Box	307	12	7.9	9.2	1.48

FAST FOOD



Subway

Taken from Subway's menu, which can be found:
www.subway.com/en-GB/MenuNutrition

The Usual Suspects

Item	Calories (kcal)	Sugar (g)	Fat (g)	Salt (g)
Big Beef Melt	403	7.9	15.3	1.6
Steak and Cheese	355	9	7	1.7
Meatball Marinara	439	13.5	16.2	1.9
Tuna Melt	356	7.3	11.6	1.6
Bacon, Egg and Cheese	337	5.3	12.1	1.6
Chicken and Bacon Ranch Melt	334	6.6	18.4	1.9
Spicy Italian Salad	314	6.4	24.9	2.3

SWAP: Italian herb and cheese bread (314 kcal, 5.1g sugar, 4.9g fat, 0.9g salt)
with Italian white (198 kcal, 4.9g sugar, 1.9g fat, 0.7g salt)

Healthy Alternatives

Item	Calories (kcal)	Sugar (g)	Fat (g)	Salt (g)
Turkey Breast Salad	108	6.4	1.8	1.07
Low Fat Ham Sub	290	7.5	4.4	1.6

FAST FOOD



Pizza Hut

Taken from Pizza Hut's nutrition factsheet:

www.pizzahut.co.uk/restaurants/food/nutritional-information

Swap your classic and stuffed crust for Italian, and downsize from large to medium.

The Usual Suspects

Item (Medium Slice)	Calories (kcal)	Sugar (g)	Fat (g)	Protein (g)	Salt (g)
Farmhouse Classic	149	1.1	5.1	6.9	0.6
Hawaiian	151	1.7	5	6.8	0.61
Supreme	176	1.4	7.6	7.6	0.65
Vegetarian Supreme	147	1.8	4.9	6.1	0.44
Sizzler Beef	161	1.7	6	7	0.62
Veggie Sizzler	147	1.7	4.9	6	0.53
Texan BBQ	169	2	5.8	9	0.76
The Meaty One	207	1.4	9.4	11.2	0.9
Meat Feast	197	1.3	8.9	9.7	0.9
Chicken Supreme	152	1.4	5	7.6	0.5
Super Supreme	200	1.5	9.4	9.4	0.9

Healthy Alternatives

Item (Medium Slice)	Calories (kcal)	Sugar (g)	Fat (g)	Protein (g)	Salt (g)
Margherita Italian	154	1.2	6.2	6.9	0.61
Margherita Classic	160	1.2	6.2	7	0.53
Margherita Stuffed Crust	275	1.4	11.7	12.7	1.12

EATING OUT

When you are trying to watch what you eat the thought of eating out at a restaurant can be daunting. This is why we have put together some 'Quick Tips' to help you make better menu choices.



Indian

- Skip the appetisers, as most are high in fats and carbs and often deep-fried, so no pakoras or samosas
- Go grilled not fried; choose Tandoori options as the oven-grilled cooking is a far healthier option
- Stay clear of the high fat dishes, including paneers (high fat cheese), ghee-based meals (a clarified butter), and malaise (full fat cream)
- Go lean and swap lamb dishes for chicken or shrimp
- Say no to naan, choose roti instead
- Go light on rice
- Enjoy the benefits of turmeric with its antioxidant, anti-inflammatory and anticancer properties



Italian

- Soup – your secret weapon – is the perfect appetiser to fill you up and minestrone is packed full of high fibre beans
- Choose seafood over pasta and pizzas; Italians are famed for their seafood independent of whether it is grilled, baked or stewed
- Red is best, or at least when it comes to pasta sauces; always opt for a tomato-based sauce over a creamy one
- If you are choosing pasta, opt for one with loads of sautéed vegetables and make sure you tuck into them first
- Go grilled, not fried or breaded
- Wholegrain pasta is the only pasta you should consider
- Ask for the dressing on the side, then you can limit your own amount
- Swap cake for sorbet and coffee

EATING OUT



Chinese

- Wonton soup is a great starter and will fill you up before the more calorific mains
- Go for steamed dishes or those that have only been lightly stir-fried
- Swap white rice for brown and never choose fried!
- Choose lean proteins like chicken and shrimp over beef and pork
- Don't be tempted by the overly sticky or sweet sauce options
- Opt for dumplings as a side rather than spring rolls
- Choose dishes heavy on vegetables, rather than those that are protein and noodle based
- Practice portion control when it comes to the All You Can Eat Buffet!



UK (Pub Meals)

- Swap deep fried starters and mains for their pan-fried or grilled equivalents
- Ditch the starter and opt for extra vegetables and salads
- Say no to bread and rolls!
- Don't get hooked on bar snacks before you sit down to eat
- Choose ham, chicken and fish, over sausages, pies and ribs
- Have baked potato or mashed potato rather than chips
- Swap salad dressing for balsamic vinegar and olive oil
- If you are going for a pie, choose chicken and not steak
- Ask for sauces to come on the side so you can limit the amount you use

EATING OUT



Nando's

Taken from Nandos nutrition information found on their menu:
www.nandos.co.uk/food/menu

The Usual Suspects

All based on medium spice choice.

Meal	Calories (kcal)	Sugar (g)	Fat (g)	Protein (g)	Salt (g)
¼ Breast	298	0.3	8.6	52	1.7
Plain ¼ Breast	278	0.2	8.6	52	1.2
½ Chicken	577	0.4	26.1	82.1	2.6
10 Wings	955	0.5	57.8	107.8	5.7
Butterfly Chicken	330	0.3	11	57.2	2.2
Vegetarian Burger	462	9.2	13.7	17.2	3.7
Mushroom and Haloumi Burger	669	18.9	38.8	20.1	3.4
Super Grain Chicken Salad	468	2.7	21.5	38	2.1
Quinoa and Chicken Salad	572	9.8	28.6	44.3	2.7
Caesar Salad	464	3.7	25.8	36.7	2.4

Healthy Alternatives

Item	Calories (kcal)	Sugar (g)	Fat (g)	Protein (g)	Salt (g)
Grilled Chicken Wrap	715	17.2	23.5	65.1	3.7
Grilled Chicken Burger	387	4.8	8.3	35	2.5
Grilled Chicken Pitta	374	3.8	6.6	35	2.5

EATING OUT



TGI Fridays

Nutritional information sourced from TGI Fridays' menu:
www.tgifridays.co.uk/menu

The Usual Suspects

Meal	Calories (kcal)	Sugar (g)	Fat (g)	Protein (g)	Salt (g)
Buffalo Wings	720	1	48	71	2.6
Chicken Quesadilla	1060	5	67	57	2.2
Chicken Toasted Nachos	610	6	126	19	1.8
Loaded Potato Skins	1620	9	91	51	1.9
Sesame Jack Chicken	1090	100	35	39	2.7
Spinach Florentine Flatbread	530	4	28	18	1.1

Healthy Alternatives

Look for the hearth baked options and reduce the calories!.

Item	Calories (kcal)	Sugar (g)	Fat (g)	Protein (g)	Salt (g)
BBQ Chicken Flatbread	610	18	28	23	1
Hearth baked BBQ Chicken Flatbread	590	18	26	23	1
Warm Pretzel with Craft beer. Cheese dip	1190	10	60	40	3.2
Hearth baked warm Pretzel with Craft beer. Cheese dip	1080	9	47	39	2.9

EATING OUT



Five Guys

Taken from Five Guys' nutrition information found on their website:
www.fiveguys.com/menu

The Usual Suspects

Meal	Calories (kcal)	Carbs (g)	Fat (g)	Protein (g)	Salt (g)
Kosher Hotdog	545	40	35	-	1.1
Cheese Dog	615	40.5	35	-	1.4
Bacon Dog	625	40	42	-	1.4
Bacon/Cheese Dog	695	40.5	48	-	1.7
Cheese Burger	840	40	55	-	1.0
Bacon Burger	780	39	50	-	0.7
Bacon/Cheese Burger	920	40	62	-	1.3
Veggie Sandwich	440	60	15	-	1.0
BLT Sandwich	533	42	34	-	0.9

Healthy Alternatives

Swap your sauces – exchange calorie-laden ketchup, A1 sauce and BBQ for healthier hot sauce. Also think portion control, choosing their 'little' versions of normal favourites.

Item	Calories (kcal)	Carbs (g)	Fat (g)	Protein (g)	Salt (g)
Ketchup	20	5	0	-	160
BBQ Sauce	60	15	0	-	400
A1	15	3	0	-	280
Hot Sauce	0	0	0	-	200
Hamburger	700	43	43	-	0.43
Little Hamburger	480	39	26	-	0.38

EATING OUT



Bill's

Nutritional information sourced from their website:
bills-website.co.uk/menus

The Usual Suspects

Meal	Calories (kcal)	Sugar (g)	Fat (g)	Protein (g)	Salt (g)
Fish Pie	940	6.1	69.2	39.1	3.1
Summer Salad	695	11.4	41	65	1.3
Chicken Paillard	596	5.1	43	47	1.6
Diablo Gnocchi	928	1.2	63	35	4.1
Halloumi Salad	356	12.2	21.3	21.6	3.2
Macaroni Cheese	1167	8.8	66.3	45.3	6.7
Naked Hamburger	525	7.6	38.1	37.5	2.5
Pan Seabass and Rosti	612	3.7	42.1	40.2	3.6
Ricotta	664	17.2	35.8	26.7	2.1
Seared Salmon Salad	728	16.5	53.6	38.3	1.8

Healthy Alternatives

Take away the dressing and lose the calories straight away!

Item	Calories (kcal)	Sugar (g)	Fat (g)	Protein (g)	Salt (g)
Chicken Caesar Salad	627	2.4	41	65	2.5
Add Dressing	310	0.7	35	3.5	1.0
Mojo Chicken Skewers with Plain Salad	522	3.2	25.1	53.4	1.1
Add dressing	97	0.8	10	0.1	0.2

EATING OUT



Pizza Express

Nutritional information sourced from their website:
www.pizzaexpress.com/allergens-and-nutritionals

The Usual Suspects

Item	Calories (kcal)	Sugar (g)	Fat (g)	Protein (g)	Salt (g)
Dough Balls	361	1.8	16.4	9.1	1.8
Bruschetta	412	4.4	19.5	10.5	1.9
Calamari	636	3.7	44.7	12.1	2.8
Risotto	379	2.1	21.1	11.9	1.7
Caesar Salad	349	2.7	25.4	16.1	1.7
Americano	844	10.6	32.6	41.1	4.9
La Reine	770	10.5	25.8	39.4	4.6
Pianta	916	13.5	43.0	27.8	5.2
Sloppy Giuseppe	842	14.6	30.8	45.0	4.7

Healthy Alternatives

Think about your base – if want to cut those calories, think thin!

Item	Calories (kcal)	Sugar (g)	Fat (g)	Protein (g)	Salt (g)
Classic Main Base	448	3.2	3.2	17.8	2.4
Piccolo Base	224	1.6	1.6	8.9	1.2

EATING OUT

BYRON

Byron Hamburgers

Nutritional information sourced from their website:
www.byron.co.uk/allergens

The Usual Suspects

Item	Calories (kcal)	Sugar (g)	Fat (g)	Protein (g)	Salt (g)
Courgette Fries	185	12	9	14	-
Blue Cheese Burger	735	40	44	52	-
Chicken Burger	550	34	28	32	-
Skin on Chips	271	32	15	3	-
Hamburger	426	31.7	22.9	22.6	-
Skinny Burger (no bun)	700	-	55	12.8	-
Beef Jerky Smoking Hot	126	1.9	3.8	20.4	-

Healthy Alternatives

When going to a burger joint consider the veggie option if you are looking for a way to significantly reduce your calories.

Item	Calories (kcal)	Carbs (g)	Fat (g)	Protein (g)	Salt (g)
Byron Burger	700	70	25	35	-
Veggie Burger	383	46	15	15	-

EATING OUT

EAT.

Eat.

Taken from EAT's nutrition information found on their website:
eat.co.uk

The Usual Suspects

Item	Calories (kcal)	Sugar (g)	Fat (g)	Protein (g)	Salt (g)
Beef Ragu	283	11.5	10.7	20.9	2.1
Chicken and Garden Veg Soup	168	7.6	2	18	2
Chicken Laksa	341	3.3	20	19.7	1.2
Hungarian Goulash	267	6	8	19.6	2.7
Leak and Potato Soup	280	7.2	15.6	7.2	2
Italian Meatball	304	9.6	8.4	16.8	1.5
Chicken Ramen Wok Pot	262	10.4	3.5	24.5	3.6
Hoisin Duck Gyzon Wok Pot	392	27.9	8.5	10	4.1
Vegetable Gyzon Wok Pot	300	7.0	5.9	13.8	3.6
Wakame Miso Wok Pot	147	5.9	2.6	7.4	3.9
Italian Meatball Hotpot	630	8.3	37.3	28.3	1.8
Lemon and Herb Chicken Hotpot	648	10.1	22.7	26.2	1.2
Mac 'n' Cheese	544	3.9	28	20.1	1.9
Vietnamese Chicken Hotpot	549	10.8	11.7	20.2	2.3
Beef & Horseradish Sandwich	405	2.4	11.5	23.8	2.6
Cheese Ploughmans	700	3.1	31	28.5	2.4
Chicken and Bacon	543	24.4	24.8	29.2	3.3
Ham and egg	567	2.1	28	31.4	2.8
Tuna Mayo	365	4.1	16.6	17.3	1.2

Healthy Alternatives

When it comes to soups look to swap creamy ones for clear broths and watch the calories fade away.

Item	Calories (kcal)	Sugar (g)	Fat (g)	Protein (g)	Salt (g)
Creamy Slow Roast Tomato	320	15.2	24.4	4.8	1.2
Spicy Tomato and Basil	104	15.6	1.2	3.6	2

EATING OUT

wagamama

Wagamama

Taken from nutrition information found on:
wagamama.com/our-menu

The Usual Suspects

Item	Calories (kcal)	Sugar (g)	Fat (g)	Protein (g)	Salt (g)
Chili Beef Ramen	911	133	17.6	68.1	-
Yaki Soba and Sauce	520	33.5	23.1	44.5	-
Sea Bass Terryaki	539	86.8	8.7	25.3	-
Chicken Cha Han	478	52	15	14	-
Chicken and Prawn Cha Han	400	52.2	15.1	14.7	-
Ebi Raisukaree	598	106.8	4.5	27	-
Hansetsu Teriyaki Beef	535	43	15	9	-
Chicken Itami	450	100	5	60	-
Steak Soda	713	57	19.5	12.3	-
Beef Kushiyaki	279	5.8	18.3	43.1	-

Healthy Alternatives

Item	Calories (kcal)	Carbs (g)	Fat (g)	Protein (g)	Salt (g)
Miso Soup and Japanese Style Pickles	46	6.1	0	3.1	-
Coconut, Ginger and Lemongrass Soup	144	18.3	7.1	1.5	-

EATING OUT



Supermac's

Taken from nutrition information found on:
supermacs.ie/supermacs-food/

The Usual Suspects

Item	Calories (kcal)	Sugar (g)	Fat (g)	Protein (g)	Salt (g)
1 Chicken Drumstick	180	Trace	14.5	29.5	1
3 Chicken Tenders	282	0.2	12.6	35.7	2.22
Chicken Wrap	432	2.55	14.42	33.64	1.4
Chicken Snack Box	989	0.45	49.24	49.70	2.50
Regular Burger	235.47	5.28	7.17	13.62	1.78
Cheese Burger	367	5.89	18.60	18.60	2.02
Mighty Mac	480.9	8.0	19.90	28	2.13
Regular Breakfast Roll	603	7.79	34.83	35.86	3.33
Super Breakfast	661	5.06	56.36	50.95	3.03

Healthy Alternatives

Item	Calories (kcal)	Carbs (g)	Fat (g)	Protein (g)	Salt (g)
Chicken Breast Sandwich	384	0.93	17.42	48	1.45
Grilled Chicken Sandwich	240	3.91	7.15	18.22	1.79

EATING OUT



Yo! Sushi

Nutritional information sourced from their website:
yosushi.com/menu

The Usual Suspects

Item	Calories (kcal)	Sugar (g)	Fat (g)	Protein (g)	Salt (g)
Chicken Katsu	164	1.0	9.3	-	0.6
Prawn Katsu	122	0.7	3.9	-	1.2
Beef Katsu	152	2.6	7.5	-	0.8
Chicken Katsu Curry	519	14	16	-	2.5
Chicken Teriyaki	300	21	8.7	-	3.1
Pork Teriyaki	223	11	9.5	-	1.7
Vegetable Gyoza	111	<0.5	3.9	-	1.6
Chicken Gyoza	119	<0.5	5.6	-	1.3
Kakiage Vegetable Tempura	162	6.9	5.5	-	0.7
Popcorn Shrimp Tempura	341	14	18	-	2.2
Soft Shell Crab Tempura	219	3.2	9.2	-	0.9
Seafood Udon	316	6.4	3.6	-	3.4
Curry Beef Ramen	378	12	10	-	1.3
Miso Beef Ramen	345	8.0	6.1	-	3.3
Cod Nanbanzuke	156	<0.1	0.6	-	0.97
Chicken Kara Age	319	2.4	16	-	0.74
Okonomiyaki	146	0.1	5.5	-	0.56
Crispy Chicken Wings	244	2.0	15	-	1.5
Hoisin Duck Bao	226	9.0	0.7	-	0.95
California Rolls	142	2.6	5.9	-	0.88
Yo! Roll	140	2.7	4.7	-	0.66
Yasai Roll	170	5.5	5.6	-	1.0

Ebi Roll	127	2.7	3.2	-	1.0
Smoke Salmon Roll	220	2.7	1.3	-	1.8
Ginza Roll	250	6.0	13	-	1.6
Dragon Roll	178	2.6	8.1	-	0.91
Avo Maki	131	3.2	4.5	-	0.7
Salmon Maki	122	3.1	2.3	-	0.69
Tuna Maki	115	3.1	1.2	-	0.69
Crispy Salmon Skin Temaki	99	2.2	2.4 -	0.48	
Yasai Temaki Handroll	184	4.0	3.3	-	0.67
Californian Temaki Handroll	179	2.1	11 -	1.2	
Salmon and Avo Temaki	132	2.1	5.9	-	0.52

Healthy Alternatives

Think about your base – if want to cut those calories, think thin!

Item	Calories (kcal)	Sugar (g)	Fat (g)	Protein (g)	Salt (g)
Miso Soup	60	2.4	1.4	-	2.4
Furikake Fries	523	8.9	32	-	2.3

EATING OUT



Gourmet Burger Kitchen

Nutritional information sourced from their website:
menus.tenkites.com/brg/gourmetburgerkitchen

The Usual Suspects

Item	Calories (kcal)	Sugar (g)	Fat (g)	Protein (g)	Salt (g)
Classic 6oz Beef Burger	265	5	15.4	15.7	1.0
Blue Cheese with Blue Cheese Mayo	311	4.3	21.4	14.6	1.1
Bourbon Street	230	3.7	13.9	13.9	0.9
Cheese and Bacon with American	226	2.7	14.1	13.2	1.5
Avocado Bacon	228	3.3	14.5	12.8	1.2
Camemburger	267	4	15.1	14.2	1.3
Habanero	232	6.2	12.8	10	0.9
Kiwiburger	186	5.4	10.8	11.1	0.7
Major Tom	249	2.6	16.3	14.9	1.4
Taxi Driver	223	3.4	12.8	12.3	1.4
The Don	275	3	17.6	15.5	1.2
The Mighty	263	2.3	16.8	19.1	1.4
The Stack	312	3.5	21.5	17.7	1.5
Cajun Blue Chicken	142	4.4	8.7	9.7	0.7
Cajun Blue Panko Chicken	194	4.8	10.3	10.6	0.4
Cam and Cranberry Chicken	163	7	8.6	12.6	0.9
Chicken Bacon Pesto Panko	243	3.2	14.3	14.8	0.9
Chicken Classic	148	3.7	7.9	13.1	0.9
Satay Chicken	171	4.5	9.8	13.1	1.1
Buffalo Speciality	259	4.1	15.7	14.9	1.3

Salvador	256	4.1	16.5	12.1	0.7
Persian Lamb	269	4.6	15.6	15.8	1.4
Billy the Kid Vegetarian	228	5.6	12.5	6.5	1.1
Californian Vegetarian	198	3.6	10.6	7.1	0.8
Falafel	218	5	9.6	5.9	1.7
Chilli Chick Salad	103	4.3	8	6.8	0.4
GBK Salad	115	2.9	9.9	2.5	0.2
Quinoa Salad	272	3.5	22.7	8.4	0.7

Healthy Alternatives

Think about your cheese choice when having it on your burger!

Item	Calories (kcal)	Sugar (g)	Fat (g)	Protein (g)	Salt (g)
Classic with American Cheese	273	5.1	13.7	15.7	1.4
Classic with Cheddar	284	4.3	18	17	1.1
Classic with Red Leicester	283	4.3	17.9	16.9	1.1
Classic with Smoked Applewood	283	4.3	18	17	1.1



I HOPE YOU HAVE ENJOYED READING THIS EBOOK

Sol Gilbert

SOL GILBERT ULTIMATE TRAINING



NATALIE HARRIS

"In January, I was introduced to the Underground Strength Gym, HIT Rooms and Sol Gilbert. Still weighing 12 stone, my exercise wasn't cutting it! Sol introduced me to the 21/21 challenge... Eat clean, train main and get lean! 21 days later I was 11lbs lighter and feeling great..."

Long story short, it's 4 months on from meeting Sol Gilbert and his brilliant team, and I'm 2 stone and 2 dress sizes lighter!"



Get-Coached.uk

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