



Social Outing Strategies

In this guide, you'll learn strategies for staying on track when...

- *You're going out to eat*
- *You're drinking alcohol*
- *You're in a party situation*
- *You're at a buffet*
- *You're traveling*
- *You're on vacation*

Introduction

In this guide, you'll learn about Social Outing Strategies...

Or "SOS's" for short.

It's a fitting name, because these strategies help you stay on track in social situations that typically derail most people.

Your diet plan should never-EVER take away from living life & spending time with others.

A lot of people get so obsessed with their fitness and weight loss goals that they end up isolating themselves, avoiding social events, and missing out on life.

It might give them more control, but it's no way to live.



Trust me – I've been there.

I used to bail on friends and turn down invites left & right — all out of fear that I wouldn't have total control over my food choices.

All that did was leave me feeling less happy and fulfilled.

What's the point of getting fit if you can't enjoy it too?

We all wanna be as healthy & fit as possible, but we wanna socialize & live our best lives too.

And the good news is you can absolutely do both!

It just takes a bit of strategic thinking and planning.

When Going Out To Eat...

Did you know that the average person eats out or orders in 4-5 times per week?

Whether you fall within or below that average, chances are you go out to eat multiple times per month.

And while there's nothing wrong with going out to eat, it can become a problem if you're not planning ahead.



Restaurant meals typically come with a lot more calories than home-cooked meals, so you need to have a strategy for adjusting, and that's where the "Work Backward" Method comes in.

The "Work Backward" Method is the perfect strategy for enjoying your restaurant meals without blowing your diet in the process.

Here's the 3-step process:

1.) Look up the menu ahead of time.

You don't have to choose the "healthiest" or lowest calorie option, but you don't want to eat like an asshole either.

Get what you want... Just be reasonable. 😊

We recommend making your meal out makeup no more than 60-70% of your daily calorie goals.

2.) Find the nutrition info of your meal.

If they provide it online or on the menu, you're good to go!

If not, I'd look for a similar meal from another restaurant that does have nutrition info.

The goal here is to be close — not perfect.

Now comes the super-duper important part...



3.) Adjust your *OTHER* meals to fit.

This is where the “work backward” part comes in.

Once you know how many calories you’ll be eating (roughly), you’ll want to work out your earlier meals to fit your daily nutrition targets.

Oh, one last thing...

You won’t be able to perfectly estimate when using this method.

That’s okay.

Focus on doing your best, and if you do go over, don’t stress.

When Drinking Alcohol...

Most people think of alcohol and health as an inverse relationship.

The thinking is, the more you drink, the heavier and less healthy you’ll be.

Consequently, the only way to lose weight and be healthy is to eliminate alcohol altogether.



While alcohol may not be beneficial for weight loss, it doesn't have to be eliminated completely. And with the right strategies in place, you can drink alcohol without it hindering your progress.

Fat Loss Alcohol Guidelines

1.) Focus on Veggies, Fruit, and Lean Protein Earlier in the Day

Those things will help you get and stay fuller for fewer calories.

Plus, having these things early will ensure you get plenty of protein, fiber, and micronutrients in for the day before you have your alcoholic beverage(s).

2.) Efficiency & Portions

If you want the most "alcohol bang" for your "calorie buck," go with liquor (whiskey, vodka, tequila, etc.) on the rocks or with a zero-cal mixer (diet soda, LaCroix, seltzer water, etc).

For things like wine and beer, be aware of how much you're having.

For example, a serving of wine is 5oz.

But most people pour "a glass" of wine and it ends up being double that.



Start with a single portion.

This way, if you want more, you have to pour another glass, which will keep you aware of how much you're drinking.

3.) Have a plan for your eating **BEFORE** you start drinking

It's rarely alcohol alone that causes people to gain weight.

Instead, it's the tipsy food they're shoveling down alongside it.

Before you start drinking, you should already have a plan for what you might be eating later in the day.

4.) Get Back on Track ASAP

Regardless if you follow the steps above and control your drinking, or you say screw it and go straight "Frank the Tank," remember...

You're always just ONE healthy decision away from being back on track.

When Going To a Party...

Whether it's a night in with your friends or a game day tailgate, all of us find ourselves in party situations.

And with party situations come snacks 'n' sips to the max!



If you wanna be able to stay on track or at least limit the “damage” that parties will have on your fitness goals, then these strategies will come in clutch.

Strategy #1 – Set Yourself Up For Success

All of our SOS’s start with planning ahead, and this one is no exception.

Parties are rarely last minute.

Whether your party is a month, week, or day away, you should have some time to plan ahead and set yourself up for success.

Here are some ways to do it:

Focus on protein, veggies, and low-calorie options before the party.

Get a workout in before you head out.

Plan your next day’s meals and exercise so it’s set.

Whatever you can do to get ahead.

Strategy #2 – Bring Your Own Drinks & Snacks



If it's a BYOB event, then you can help yourself out a ton by bringing lower calorie drink and snack options.

Strategy #3 – Follow The One Plate Rule

This strategy is a huge help if you'll be eating at a party.

Here's how it works: you can have what you want, but make sure it fits comfortably on ONE plate. If you can, make half of your plate protein, veggies, or a lighter option.

Strategy #4 – Stick With Lower Calorie Drinks

If you can't bring your own drinks, then stick with lower-calorie drinks like vodka soda, wine (5 ounce pours!), and light beers if you don't plan on getting too loopy. 😜

Strategy #5 – Keep Snacks At A Distance

Meaning, don't hang around the food the entire time.

That's a guaranteed way to find yourself mindlessly snacking on stuff you don't really want or need.

Strategy #6 – Enjoy Yourself & Don't Stress



Again, all of these SOS's aren't meant to help you stay on track perfectly.

When you go into situations where you can't fully control your nutrition choices, you are more than likely going to take in more than you normally would.

That's okay.

As long as you're making your diet & exercise a priority most of the time, you'll see incredible results — all while living your life along the way.

When Going To A Buffet...

Buffets can be a fitness-enthusiasts worst nightmare.

Especially if they're new to flexible dieting strategies we teach at Leaner For Life.

But with these strategies, you'll feel more in control of your decisions when you find yourself in buffet eating situations.

Strategy #1 – What's The Goal?

Sometimes, the goal is to enjoy the moment, make memories, and not worry about your calorie intake for the day.



Sometimes, the goal is to keep things under control so you can continue making progress.

Neither is right or wrong — what matters is that you choose which goal is more important to you first.

If your goal is to simply enjoy yourself and get back on track the next day, then disregard the rest of this section.

If your goal is to keep things under control, read on.

Strategy #2 – Survey The Spread

Before you start loading up your plate, survey the entire spread of options first.

This way, you can decide what things you really want and avoid loading up your plate with extra calories for no good reason.

Strategy #3 – Protein First

Make at least $\frac{1}{4}$ of your plate a protein source.

If it's a leaner protein source, even better.

Not only will this help you hit your protein goals for the day, it'll help you get fuller faster too.



Strategy #4 – Indulge & Pause.

How many times have you gone to a buffet, gorged on multiple plates, and left sick to your stomach? If you're like me, then probably more times than you can count. That's where this strategy comes in handy.

After you have indulged in a plate of food, pause for at least 5-10 minutes before going up for seconds. This will give your body time to send updated hunger signals to the brain. If after 5-10 minutes you want more, go for it. Just make sure you wait 5-10 minutes first!

When You're Traveling...

Traveling makes sticking to your nutrition and exercise plan more difficult.

That's just the way it is.

But if you're someone who travels regularly every month or week, then you need to adopt strategies for staying on track despite the lack of routine.

So let's get into them...

Strategy #1 – Use Intermittent Fasting



Intermittent Fasting — or as we call it here, Just Skip Breakfast — is a fantastic strategy to use while traveling.

Traveling usually means eating out more, and eating out more means higher calorie meals.

By skipping your first meal(s) and pushing your eating back later into the day, you end up having more calories to play with.

Strategy #2 – Use the “Work Backward” Method

See the When Going Out To Eat... section for more details.

Strategy #3 – Be “Activity-Minded”

Try to move your body as much as possible while you’re traveling.

This will help you avoid gaining weight by keeping your metabolism up.

Some examples:

- *Take the stairs instead of the elevator or escalator*
- *walk the airport terminal while you wait for take off*
- *Take advantage of your hotel’s gym*
- *Walk to your destination instead of driving*



When You're On Vacation...

First things first.

You should NOT feel obligated to stick to your nutrition & exercise plan during vacation if you don't want to.

You're on vacation for a reason — to relax & unwind.

But still, there's value to keeping a fitness routine going while you're on vacation.

If you don't want to feel bloated and tired after the first few days, or you don't want to come back 15 pounds heavier than when you left, then here's what I recommend doing.

1) Set Your Meals

Have a plan for how many meals you will have for the day.

For most people, this will be Breakfast, Lunch, and Dinner.

Chances are, your food choices won't be the most fitness-friendly...

But when you have a plan for your meals, you are able to keep tabs on how much and how often you're eating.

2) Set your Drinks

Again, you should enjoy yourself while you're on vacation.



But if you make each day a game of “how much can I drink!?,” then you’ll be hungover and sick by day 3.

That’s why I recommend setting the number and type of drinks you can have each day of your vacation.

When I go on vacation and I’m trying to keep things somewhat in check, I’ll allow myself:

- 2-3 High Calorie Drinks (per day)
- 2-3 Glasses of wine/low-cal cocktails

3) Exercise *MOST* Days

Trust me, you want to do this.

Exercising out daily — whether it’s a full-blown workout or a 15-20 minute beach walk — will make you feel SO much better.

Plus, it’ll help get things moving downstairs, if you know what I’m talking about.

4) Every Day’s a New Day

You might go into a day of vacation with every intention to stick to your vacation strategies and completely blow it.

That’s okay, because you’re on vacation, remember.

Every day is a new day to get back to your strategies.