

How To Eat Out Every Day & Lose Body Fat

It's your boy Dullah here and I'm going to be showing you how to efficiently eat out time and time again while being able to stay on track day after day even if meal prepping for your breakfast, lunch and dinner is not an option!

I will also be taking a dive into a few popular restraint chains that I eat at personally and what you can order to accurately hit your macro goals time and time again.

This isn't going to be a fancy well-designed-cool-looking book, but it's going to be one of the most practical tools you've ever found when it comes to eating right while on the go without being able to prepare your meals.

Just over 4 years ago this journey started for me I was working full time and constant on the go which left little time to make meals in the meantime. I thought just because I was working out that I could eat whatever I want without being conscious of my food orders.

I spent all my time researching the best workout routines and things I needed to do to get my strength up, abs popping, and getting everyone to turn their head while I was walking by. Even though I was making gains in the weight room I was not seeing my physique tighten up, my body fat % was not changing and I was staying "fluffy".

It wasn't until really keyed in on my nutrition and become INTENTIONAL with my food choices.

I was always grabbing food items I 'thought' were healthy and nutritious...

However, that was quickly proven to be VERY wrong.

It wasn't until I put some time into understanding my macros and understanding how to be intentional with my food choices.

So I went back to the drawing board.

I wanted to be lean AND be able to eat out with my co-workers, friends, and family.

And it didn't just stop at the food.. of course from there I also understood alcohol was playing a massive role in my weekend festivities and was holding me back.. until I too cracked that code.

This book is a compilation of the 4 years of experience I have had over the years building the physique of my dreams and maintaining it.

This book has taken me 4 years to build for you, because all of the EASY tips and tricks you find in here have taken me years to uncover, refine, and make simple enough for you to execute with ease

So... you busy individual

If you're ready to achieve the physique you've always wanted without any lifestyle restrictions... you're in the right place

I am the bridge between your current physique and the physique you have always wanted no matter how hectic things are or what kind of restraint you are in

This isn't just about my story though... this is about all the client's I've been able to make into empowered busy pro's who are in complete control of their physique's no matter if it's happy hour or they are out at a networking dinner.

Like **Muhammad**, who was able to **drop near 20lbs** within **less than 5 weeks** as a flight attendant constantly on the move.



Like **David**, who was able to **melt over 20lbs** with me in **under 12 weeks** with me and had to buy an entirely new wardrobe.



When it comes to Eating Out, Going Out, and staying on track my results speak for themselves – I'm the best in the game

The content you are going to consume in this book will put you ahead of the Sustainable Fitness learning curve.

If you're ready to FINALLY see how YOU can make this happen with ease, then let's dive in.

Let's talk about the Wrong Way to Eat Out

The biggest mistake you can make here is not knowing what is on the menu when you are heading to places.

Sounds super simple I get it but, failing to prepare is preparing to fail.

Know or at least get an idea of what you can and cannot eat or would not be a good choice of eating before you walk into a restaurant.

Now once that is set in stone, you are fully equipped to make a decision and know whether or not a particular restaurant will be a good bet for you or not

Best Practices Eating Out For Results

Best Practice #1 Prepare w/ Protein

This means that throughout the day leading up to your dinner or time to eat out make sure that majority of your food intake is protein.

Why? Because protein is the most essential macro when it comes to creating a great body and physique and will also suppress hunger.

It's also important because at most restaurants your protein intake will be unpredictable because you cannot be for certain about the portion sizes.

Along with keeping the protein high you will then want to keep your CARBS and FATS low throughout the day because then this will allow you to compensate for a fattier carbier meal that will probably come from eating out

Like **Katy**, who was able to **get off 12lbs** with me in **under 6 weeks** with NO lifestyle restrictions.

Best Practice #2 – Understand Your Macros

This is fairly self-explanatory but if you don't know what your macros are I highly recommend you do so.

Macros = Protein, Carbs, & Fats. These make up your total caloric intake

By knowing this you will in turn know what your body needs daily to hit your nutritional goals which will, in turn, determine whether you want to be losing fat or gaining weight.

You can find your macros online through a calculator on bodybuilding.com

After we figured out **Mihaels** macros, he was able to **Drop Body Fat in just 8 weeks** as a traveling consultant.



Best Practice #3 – Making the Right Choices

Be intentional with your food choices in terms of protein.

Meaning when you sit down for a meal make sure you are ordering dishes that are high in protein and low in fat and carbs.

Meals could include lean meats like chicken, filet, fish, etc.

If there are none directly on the menu ASK your server. 9/10 times they will grant your request.

Now as your side be SMART. Make sure you are ordering a side salad, veggies that are STEAMED, or a baked potato w/o butter if possible. (NOTE: be sure to order fat-free dressing w/ the salad like a balsamic or fat-free ranch. The last thing we want is to douse our healthy salad in tons of fat from fatty salad dressings.

However, if you did prepare throughout the day and followed best practice #1 this will allow you to still have that side of fries and dessert or whatever that may be because you prepared perfectly to fill your nutritional goals with more fats and carbs left to be eaten;)

BONUS SECTION BELOW!!

BONUS – Healthy Fast Food Orders

1. Chick Fil A

- Egg White Grill- 300 Calories, 7g Fat, 31g Carbs, 25g Protein
- Greek Yogurt Parfait- 250 Calories, 9g Fat, 29g Carbs, 12g Protein
- Grilled Chicken Sandwich- 310 Calories, 6g Fat, 36g Carbs, 29g Protein
- Grilled Nuggets- 140 Calories, 3.5g Fat, 2g Carbs, 25g Protein (BOMB macros)
- Grilled Market Salad- 330 Calories, 14g Fat, 27g Carbs, 27g Protein(including dressing)
- Spicy Southwest Salad- 450 Calories, 19g Fat, 37g Carbs, 34g Protein(including dressing)
- Instead of fries I will do a side of fresh fruit or superfood side salad, and to drink I love their diet lemonade!

2. McDonald's

- Egg White Delight McMuffin- 280 Calories, 10g Fat, 29g Carbs, 18g Protein
- Fruit 'N Yogurt Parfait- 150 Calories, 2g Fat, 30g Carbs, 4g Protein
- Artisan Grilled Chicken Sandwich- 380 Calories, 6g Fat, 45g Carbs, 36g Protein

- Southwest Grilled Chicken Salad- 350 Calories, 11g Fat, 27g Carbs, 37g Protein
- Instead of fries I will add a side salad and diet soda or unsweetened iced tea!

3. Wendy's

- Plain Oatmeal 160 Calories, 3g Fat, 29g Carbs, 6g Protein
- Classic Bacon, Egg & Cheese Sandwich 330 Calories, 18g Fat, 25g Carbs, 18g Protein
- Jr. Cheeseburger 280 Calories, 13g Fat, 26g Carbs, 16g Protein
- Grilled Chicken Sandwich 370 Calories, 10g Fat, 38g Carbs, 34g Protein
- Grilled Chicken Wraps 270 Calories, 10g Fat, 24g Carbs, 20g Protein
- Large Chili 250 Calories, 7g Fat, 23g Carbs, 23g Protein
- Plain Baked Potato 270 Calories, 0g Fat, 61g Carbs, 7g Protein
- Instead of fries add apple bites or side salad!

4. Chipotle

- Steak Burrito Bowl- 545 Calories, 13.5g Fat, 68g Carbs, 34g Protein -Brown Rice
 -Pinto Beans -Fajita Vegetables
 -Tomatillo Red Chili Salsa
 -Romaine Lettuce
- Barbacoa Tacos- 590 Calories, 16.5g Fat, 73g Carbs, 40g Protein

- 3 Soft flour tortillas -No Rice
- Pinto Beans

- Fajita Vegetables

- Tomatillo Green Chili Salsa
- Romaine Lettuce

5. Starbucks

- Classic Oatmeal- 160 Calories, 2.5g Fat, 28g Carbs, 5g Protein
- Hearty Blueberry Oatmeal- 220 Calories, 2.5g Fat, 43g Carbs, 5g Protein
- Reduced-Fat Turkey Bacon & Egg White Breakfast Sandwich- 210 Calories, 5g Fat, 26g

Carbs, 18g Protein

- Spinach, Feta & Egg White Breakfast Wrap- 290 Calories, 10g Fat, 33g Carbs, 19g Protein
- Tomato & Mozzarella Sandwich- 350 Calories, 13g Fat, 42g Carbs, 15g Protein
- Venti Iced Coffee w/ almond milk and any sugar free syrup such as vanilla, hazelnut and cinnamon dolce.

I follow the @Flexletic on Instagram! He has SO many macro-friendly drinks for Starbucks!

6. Burger King

- Egg & Cheese Croissan'Wich- 300 Calories, 15g Fat, 30g Carbs, 11g Protein
- French Toast Sticks- 230 Calories, 11g Fat, 29g Carbs, 3g Protein

- Grilled Chicken Sandwich- 470 Calories, 19g Fat, 39g Carbs, 37g Protein
- MorningStar Veggie Burger- 390 Calories, 17g Fat, 41g Carbs, 21g Protein

Instead of fries add a side salad!

7. Taco Bell

- Breakfast Soft Taco Bacon- 230 Calories, 14g Fat, 15g Carbs, 12g Protein
- Breakfast Soft Taco Egg & Cheese- 170 Calories, 9g Fat, 15g Carbs, 7g Protein
- Grilled Breakfast Burrito Fiesta Potato- 340 Calories, 14g Fat, 43g Carbs, 10g Protein
- Bean Burrito- 380 Calories, 11g Fat, 55g Carbs, 14g Protein
- Fresco Chicken Burrito Supreme- 340 Calories, 8g Fat, 48g Carbs, 18g Protein
- Fresco Steak Soft Taco- 150 Calories, 4g Fat, 17g Carbs, 10g Protein
- For sides you can add Black Beans or Seasoned Rice

8. Panera Bread

- Ham, Egg & Cheese- 310 Calories, 15g Fat, 20g Carbs, 22g Protein
 - Avocado, Egg White & Spinach- 410 Calories, 14g Fat, 52g Carbs, 21g Protein
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- Ancient Grain & Arugula Salad with Chicken- 360 calories, 11g Fat, 37g Carbs, 30g Protein

- Low-Fat Chicken Noodle Soup- 160 Calories, 5g Fat, 19g Carbs, 14g Protein
- Turkey Chili- 340 Calories, 12g Fat, 39g Carbs, 24g Protein

9.) Dunkin Donuts

- Egg & Cheese Wake-Up Wrap- 180 Calories, 10g Fat, 14g Carbs, 7g Protein
- Turkey Sausage Wake-Up Wrap- 240 Calories, 14g Fat, 15g Carbs, 13g Protein
- Veggie Wake-Up Wrap- 160 Calories 160 Calories, 8g Fat, 15g Carbs, 8g Protein
- Medium blueberry iced coffee w/almond milk and 1 packet of Stevia- 35 calories, 0.5g Fat, 7g Carbs, 1g Protein

• (You don't have to get blueberry, Dunkin' has a ton of unsweetened coffee flavors. Any flavor that is not the "swirl" is unsweetened)

10.) Subway

- Double Ham, Ran through the garden (all veggies), wheat bread, yellow or honey mustard – 507 Calories, 11g Fat, 47g Carbs, 55g Protein
- Rotisserie Chicken, Wheat bread, veggies of choice, mustard – 376 Calories, 8g Fat, 47g Carbs, 29g Protein

11.) Jimmy Johns

• Pick any sub and order it as an Unwich(bread replaced with lettuce)

I hope you enjoyed this and found it useful! It's way easier to eat out and stay aligned with you

goals then you think!

If you want my help implementing the strategies in this book, click this link below to book a quick 10-minute chat: [**https://calendly.com/flexletic/15-minute-call**](https://calendly.com/flexletic/15-minute-call)