



# **Restaurant Survival Guide**

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*So you want to venture into the deep dark waters of the restaurants...*

I applaud your bravery my friend.

And because you have shown me a good amount of courage I will show you how to navigate these waters so that when you surface you will have kept your waistline and tongue happy...

In all seriousness eating out and eating for fat loss do NOT have to be mutually exclusive of each other.

I can say with experience that you can eat on the run much of the time and still get fit and fabulous.

In fact I was eating on the run about 60% of the time leading up to my photoshoot.

Restaurants are known to be calorie and diet demons in disguise. They don't have to be if you know what you are doing.

I am here to help you navigate your way thru the restaurants and lose fat.

This guide will have a variety of suggestions.

I recommend sticking to as many of these as possible so that you can get through restaurants without blowing your wallet or diet.

### **Survival Guideline #1 – Check the menu before**

Some restaurants have built in calorie counting already. This is like cheating. Go online, plan ahead so that when you get there you can have your cake and eat it too!

### **Survival Guideline #2 – Know your Calories going in**

You should be tracking almost everyday. Before you go to the restaurant know approximately how many calories you have left to eat today before you go over. A rough estimate is more than sufficient to keep you in check.

### **Survival Guideline #3 – Avoid drinking calories.**

They will only make you hungrier while filling up your daily calorie count. Stick to water. If you wanna booze...

Enjoy a few but don't go overboard here kids...we don't need you puking up your meal on any guests whether intentional or not, I'm not judging

### **Survival Guideline #4 – Eat some fiber**

You may experience a certain clogging of your system if you don't follow this rule. Either eat a salad or take a fiber supplement such as the sugar free Metamucil. I promise you and your backside will thank me later for this one.

**Survival Guideline #5 - Stock up on protein during the day and avoid fats and carbs.**

If you are able to eat the majority of your protein during the day you will stay full and have tons of room for those delicious restaurant meals we all love and crave.

**Survival Guideline #6 - Drink Water. Lot's of it**

Restaurant food is filled with usually 3-4x the amount of salt than you would have at home. Help flush everything out by drinking water. A bonus is that it may curb your appetite and help you eat less.

**Survival Guideline #7 - Drink water and lemon before you eat.**

Drink 1-2 glasses of water with lemon before you eat anything... even before you order. Water fills you up. It satisfies your brain and the lemon helps to increase digestion and helps to alkaline your body for the feast that is coming.

**Survival Guideline #8 - Eat those salads.**

Salad Option 1: Increased Fill – this is all about helping fill the belly and that means eat your salad first, before the main course as it lays a bed in your stomach on which the meal sits and digests over time and you feel fuller longer.

Salad Option 2: Increased Digestion – this is to help you digest that massive meal better. To do that it means you need to eat your meal accordingly, pace yourself and save room for your salad after dinner and before desert.

### **Survival Guideline #9 - Eat before you eat.**

This sounds stupid I know. But I mean it. Eat as you always do according to your plan. But if you are almost to your next meal and you know you are going out to eat with friends, I suggest you have a small protein and fat rich meal about 20-30 minutes before you go out to eat.

This fills the gut and satisfies the brain, thus giving you less reason to over eat at the restaurant.

A few pre meal tricks is to have a chicken breast, a slice of beef or cheese before you go out to eat. My personal favourite is a straight up vanilla protein shake with natural peanut butter. WHY? Well it satisfies and fills the gut. It satiates the brain and it will NOT spike your insulin so you can keep blood sugars level and keep burning fat all day long or at least until desert.

### **Survival Guideline #10 - Avoid the what the hell effect.**

The what the hell effect is when you realize you've blown your diet so you essentially say "fuck it" and absolutely ruin it. I know we've all been there. DO NOT DO THIS.

You ruined your diet a little. So what. Just don't over eat too much more and get back on track tomorrow. Eating an additional 4000 calories because of the what the hell effect is really what sets you back. Don't do it.

### **Survival Guideline #11 - Cut Fat wherever you can.**

Restaurant foods are already doused in fat. There is no need to add more. Avoid bread with your butter. Ask for the dressing on the side and use half. Have 1 slice of cheese on your burger instead of 2 slices. Little things like that add up to make a big difference.

### **Survival Guideline #12 - Choose lean proteins.**

Burgers are delicious. They are also calorie bombs. By choosing leaner cuts of meat such as chicken breast and certain steaks you can still satisfy your palate without blowing your diet.

### **Survival Guideline #13 - Enjoy yourself**

At the end of the day, sometimes I go to restaurants just to enjoy myself. I don't pay attention to what I eat or how much. I just go out, have fun and live life. Sometimes you have to do that. And that is ok. Fitness should be part of your life, not the centre of it.

So once in a while do whatever you want. Eat the double bacon cheeseburger with a chocolate shake and then dessert after. Don't do it all the time, but once in a while won't hurt ya.

## **BONUS: Survival Guideline #14 - The Multi-water trick**

Before you head out take 1 multi vitamin mineral and a glass of water with lemon.

This little trick can save you hundreds of calories.

Why does this work. Well the water fills your gut, but the vitamins and minerals satiate your brain.

This helps you control hunger and choose your meals for taste not volume.

I have been known to take a gallon of water and 2 or 3 vitamins with me when going out with friends when dieting for a show.

Actually when I was getting ready for one show and we liked to hit the bars, I would walk straight up to the waitress, give her ten bucks and ask her to bring me a pitcher of water with lemon and keep it coming all night while my buddies got blasted with fat bloating beer bombs.

This water and vitamin trick kept me on track many times and it will work for you too, especially between meals when you really don't want to eat and break your compliance plan.



### **BONUS: Survival Guideline #15 - The internal sweating trick**

Pop one of your favourite fat burners about 20 minutes before you eat.

The caffeine will help the brain feel satisfied by releasing some unique chemicals that have an affinity to the adrenal receptors to release endorphins making food taste better and the brain that helps feel more satisfied so you in turn enjoy your meal more and eat less.

