



# THE WEEKEND CHEAT SHEET

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# Welcome

I've put this quick and easy guide together to help you stay on track, when out and about. Hopefully it will help you stay on track while socialising and enjoying some well earned downtime from the busy work life we all lead.

Eating out is a treat that many people look forward to doing.

Unfortunately, a common occurrence while eating out is overindulging in food. One of the top triggers of overeating or picking huge calorie meals is eating out. It's true that for many of us food got associated with these sorts of things like treats, socialising, weekends or relaxing.

Despite the number of healthier options now available most people are still prone to their indulgent selections or those that they would associate with socialising or letting go on weekends when they're socialising with friends and family.





# A Few Ideas

**Be mindful of your surrounding:** Be mindful of any food triggers you might have. Your body can react to various triggers that may start you on the path towards overeating and ruining all the hard work you have put in that week.

Some common triggers include being in an environment where people are eating, surrounding yourself with food in almost any situation, or feeling lonely or sad without realizing it. One way to avoid setting off these triggers is to alter your behaviour so that they simply don't exist anymore by avoiding the cause entirely on some occasions where appropriate!

**Hydration:** When is the last time you felt like having a glass of water? Probably, not that long ago. Whenever you think about what beverage to gulp down with your meal, remember it can be distracting when all you want is to enjoy your food. Also keep in mind that drinks like soda, energy drinks and those so called healthy smoothies contain far too many calories for what is really considered a healthy alternative.

**Starters and Desserts:** Part of the excitement of eating out is the chance to indulge in a few extra treats. Adding in that starter, side orders or dessert to your meal is often what could change a filling and healthy meal, into a night out that blows your whole diet out of the window.

**Added Extras:** Adding salt and sugars is a standard practice in cooking to add taste. As is adding fats. Unfortunately, many of us have been conditioned to think that the tastiest foods are those that have been heavily salted or seasoned with sugar. In some cases the things we crave most, such as fried chicken cooked in a heavy batter, might be our worst options. When making your daily dinner plans you may want to consider scaling down on the salt and sugar during lunchtime. Be wary of adding extra salt to your food before you've tasted it. Daily recommendations for salt intake is 6g daily for an adult and this can easily be achieved by limiting your amount of processed meats like bacon, ham and sausages which tend to be very salty as well as leaving out the salt shaker at mealtimes.

# THE WEEKEND CHEAT SHEET GUIDE TO DRINKS



# The Caffeine Hit

Who doesn't love a cup of coffee. Coffee shops now sell way more than just traditional coffee, they also offer their customers frappes, milkshakes and a variety of hot chocolate combinations. Some coffee shops even sell various types of tea beverages which are great for people who like fresh flavour combinations in their drinks. The eclectic menus of many commercial coffee shops include flavours infused with natural fruit extracts which don't contain added sugars. But beware that much like ice cream not all frozen blended beverages are healthy choices so you should ask your barista for nutritional information about the ingredients before you order to avoid any nasty surprises later down the road.

## The Coffees

### Latte

This classic drink is typically 1/3 espresso and 2/3 steamed milk, topped with a thin layer of foam, but coffee shops have come up with seemingly endless customizations. You can experiment with flavoured syrups like vanilla and pumpkin spice or create a non-dairy version by using oat milk. Skilled baristas often swirl the foam into latte art!

- 0-300 Calories
- 300-500 Calories
- +500 Calories

### Latte

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Total Fat (g)
Latte - Skimmed Milk Massimo	143	14.6	19.9	1
Latte - Whole Milk Massimo	267	14	19	16
Latte - Skimmed Milk Medio	109	11.1	15.2	0.7
Latte - Whole Milk Medio	207	10	15	12
Latte - Skimmed Milk Primo	68	6.9	11.3	0.5
Latte - Whole Milk Primo	132	7	9	8
Latte - Coconut Milk Medio	18	1	2	1

## Americano

An Americano is an espresso with added hot water. Without milk it makes for a great low calories option if you're trying to watch your caloric intake.

- 0-300 Calories
- 300-500 Calories
- +500 Calories

## Americano

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Total Fat (g)
Americano - Skimmed Milk Massimo	25	2.2	3.4	0.4
Americano - No Milk Massimo	12	1	2	0
Americano - Skimmed Milk Medio	18	1.6	2.4	0.3
Americano - No Milk Medio	12	1	2	0
Americano - Skimmed Milk Primo	13	1.2	1.7	0.2
Americano - No Milk Primo	6	0	1	0

## Cappuccino

This espresso-based drink is similar to a latte, but the frothy top layer is thicker. The standard ratio is equal parts espresso, steamed milk, and foam. It's often served in a 6-ounce cup (smaller than a latte cup) and can be topped with a sprinkling of chocolate.

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Total Fat (g)
Cappuccino - Skimmed Milk Massimo	127	11.8	18.5	0.9
Cappuccino - Whole Milk Massimo	210	10	16	12
Cappuccino - Skimmed Milk Medio	116	10.8	16.9	0.8
Cappuccino - Whole Milk Medio	168	8	13	9
Cappuccino - Skimmed Milk Primo	92	8.5	13.4	0.6
Cappuccino - Whole Milk Primo	109	5	9	6

# Alcohol

Alcohol doesn't have to be off-limits when you're trying to lose or maintain your weight, but it's definitely not something you want to consume a lot of. Cocktails can typically exceed an entire chocolate bar in calories, you should view these as a 'treat' rather than a daily occurrence, you wouldn't sit and have 5 or 6 chocolate bars in a row.

If you are drinking, choose single alcohols with non-caloric mixers like soda water, tonic water or diet soda. If you have wine, make it a spritzer to expand the volume without extra calories and are typically a much better option than many of the fancy alternatives.

- 0-300 Calories
- 300-500 Calories
- +500 Calories

## Draught Beer

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Total Fat (g)
Becks - Draught - 1 Pint	222	2.8	15.3	0
Stella - Draught - 1 Pint	227	2.0	17.6	0
Heineken - Draught - 1 Pint	227	2.3	19.9	0
Budweiser - Draught - 1 Pint	210	2.0	7.1	0
Peroni Nastro Azzurro - Draught - 1 Pint	239	1.7	18.2	0
Carling- Draught - 1 Pint	187	2.1	12.7	0

## Bottled Beer

Becks - 275ml	105	1.4	7.2	0
Stella - 330ml	132	1.3	10.2	0
Heineken - 330ml	132	1.3	11.6	0
Budweiser - 330ml	129	0.9	9.3	0
Peroni Nastro Azzurro - 330ml	139	1.3	10.6	0
Estrella - 330ml	132	1.0	9.9	0



- 0-300 Calories
- 300-500 Calories
- +500 Calories

## Alcohol Free Beer

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Total Fat (g)
Becks 0 % - 330ml	76	1.0	16.5	0
Heineken 0 % - 330ml	69	0	15.8	0
Budweiser 0 % - 330ml	46	0.3	10.9	0

## Wine

Red Wine - 125ml	95	0.1	0.2	2
Red Wine - 175ml	133	0.2	0.3	1
Red Wine - 250ml	190	0.2	0.5	1
White Wine - 125ml	94	0.1	0.8	0
White Wine - 175ml	131	0.2	1.0	1
White Wine - 250ml	188	0.2	1.5	1
Prosecco - 125ml	93	0.4	1.8	1



# Cocktails

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Total Fat (g)
Espresso Martini	174	0.8	13.8	3.6
Sex On The Beach	234	0.7	22	0.2
Strawberry Daiquiri	157	0	20.9	0.4
Cosmopolitan	195	0.1	9.0	0.1
Aperol Spritz	136	0	12.8	0
Mojito	127	0.1	4.5	0.2
Long Island Iced Tea	152	0	9.8	0

# Spirits

Vodka 25ml	52	0	0	0
Gin 25ML	52	0	0	0
Whisky	56	0.3	10.9	0



# THE WEEKEND CHEAT SHEET GUIDE TO FOOD



# Wagamama

Wagamama takes modern Asian dishes typically found in ramen bars, bringing fast food style service but boasting fresh ingredients all hand crafted by highly trained chefs, it brings to life the experiences of casual dining when served fresh in front of your eyes. With Ramen style noodles becoming more popular, its a shame that only ones on the menu under 550 calories, are the plain chicken and chilli prawn ones. The rest range from around 600-800 calories

- 0-300 Calories
- 300-500 Calories
- +500 Calories

## Ramen

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Total Fat (g)
Chicken Ramen	476	41	63	6
Miso Glazed Cod	668	44	77.5	17.7
Tantanmen Beef Brisket	690	36	80	22.4
Chilli Prawn	533	32.4	83.7	7.3
Shirodashi	725	41.3	75.8	26.1

## Salads

Warm Chilli Chicken Salad	491	28	19	33
Warm Tofu Chilli Salad	461	11	29	32
Sirloin And Shiitake Salad	434	53	11	19
Pad Thai Salad	342	23	16	20



## Sides & Extras

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Total Fat (g)
Ebi Katsu	298	12	23	17
Edamame With Salt	280	21	27	8
Edamame With Chilli	280	21	27	8
Pulled Pork Steamed Gyoza	236	11	38	4
Prawn Gyoza	232	7	28	10
Chicken Steamed Gyoza	223	9	26	9
Yasai Steamed Gyoza	210	5	32	6
Wok-Fried Greens	181	3	6	16
Beef Tataki	165	18	3	9
Lollipop Prawn Kushiyaki	142	16	15	2
Raw Salad	108	7	9	3
Miso Soup and Japanese Style Pickles	66	3	12	0
Japanese Pickles	30	0	7	0
Kimchee	18	1	3	0

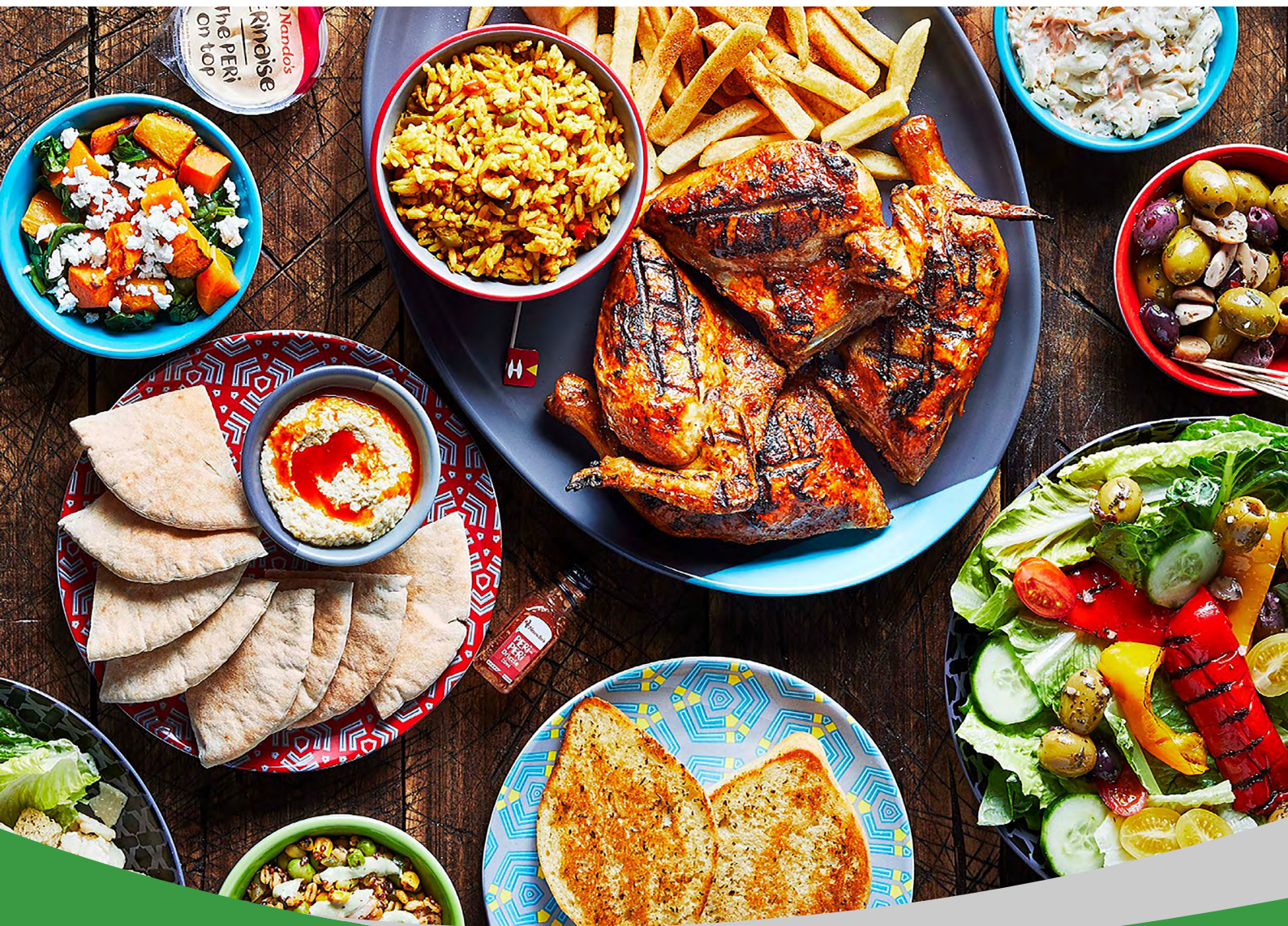


# Nandos

A true family favourite that caters for everyone's taste and love of chicken and a great choice of dishes. Just like any other restaurant, trying to pick the healthier options on the menu needs a little care and attention.

Be Careful when ordering things like starter. They have been designed to share, but keep an eye on the calories as they are still very high even when shared between two people.

Nandos suggests plenty of different side dishes to accompany their main course with. Just be careful to keep an eye on how quickly the calories can add up even if ordering a couple of regular sides orders.



## Starters - (Designed to be shared)

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Total Fat (g)
Spicy Mixed Olives	138	1.2	4.7	13.5
Peri-Peri Nuts	793	27.3	14.8	67
Halloumi Sticks & Dip	441	24	13.3	30
Sweet Potato Wedges with Garlic Perinaise	440	8.1	51	24

## Mains - (Peri-Peri Chicken)

1/4 Chicken Breast	278	52	3	7
1/4 Chicken Leg	279	30	0	17
Whole Chicken	1156	160	1.3	56.5

## Mains - (Burgers, Pittas, Wraps)

Grilled Chicken - Burger	407	37.7	45	8.3
Grilled Chicken - Pitta	416	36.5	45.7	9.4
Double Chicken - Wrap	688	66.1	59.9	19.4
Veggie Beanie - Burger	531	22.4	72.4	18.4



## Mains - (Salads)

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Total Fat (g)
Caesar Salad - On its own	334	9	22	24
Caesar Salad - with chicken breast (plain)	464	37	22	24
Mediterranean Salad - On its own	288	11	12	22
Mediterranean Salad - On its own	417	39	12	24

## Mains - (Sides)

Spicy Rice - Regular	246	3.8	42.2	6
Coleslaw - Regular	263	1.3	11.4	23.7
Garlic Bread - Large	698	17.6	84.9	31.4
Creamy Mash - Regular	248	3.4	28	13.2
Peri-Salted Chips - Regular	467	5	66.5	18.7
Long Stem Broccoli - Regular	20	2.8	0.9	0.5

## Desserts

Salted Caramel Brownie	389	4.2	42.9	21.7
White Chocolate & Raspberry Cheesecake	446	7.4	47.3	25.3





# Pizza Express

Who doesn't love a pizza, be it a lazy takeaway or a meal out? Sadly these are one of the most calorie dense foods going. One of the easiest ways to cut the calories is sharing a starter or go for one of the Leggera pizzas.

## Pizza

One of the best options to go for is the Leggera pizzas, which are a classic sized ring of our wholemeal, white and spelt dough, with a hole in the middle filled with a fresh, dressed salad. Helping to save your around 800 calories.

## Salads

Unfortunately like most other restaurants most of their salad come packed with high calorie dressing. Try saving a few calories by asking for the dressing on the side and skipping the dough sticks.

## Desserts

The Gelato is best dessert choice, as it has the lowest number of calories. Or you could share one of the other desserts or try their Dolcetti range of dessert and coffee pairings.



## Starters

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Total Fat (g)
Classic Italian Antipasto for 1	787	31	53	50
Dough Balls Doppio	770	19	88	37
Calamari	636	12	47	45
Bruschetta Originale	412	11	46	20
Buffalo Mozzarella & Tomato Salad	331	10	5	30
Garlic Bread w. Mozzarella	326	16	42	10
Olives Marinate	122	1	7	11
Roasted Tomatoes	67	1	6	4

## Al Forno

Pollo Pesto	1195	51	88	70
Broad Bean Rigatoni	879	24	82	50
Cannelloni	760	36	31	55
Lasagna Classica	752	33	42	49
Bolognese Rigatoni	683	30	81	39

## Pizza

Calabrese	1346	78	103	69
Campana Romana	1240	62	97	65
Pollo Forza Romana	1168	71	104	50
Soho 65 Romana	1019	45	93	50

## Pizza Leggera

Pollo ad Astra Leggera	486	37	55	14
Padana Leggera	465	16	68	14
American Hot Leggera	440	24	49	17

- 0-300 Calories
- 300-500 Calories
- +500 Calories

## Salad

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Total Fat (g)
Grand Chicken Caesar & dough sticks	1160	67	112	48
Pollo Salad & dough sticks	1014	49	73	57
Nicoise Salad & dough sticks	897	54	50	52

## Desserts

Honeycomb Cream Slice & Ice Cream	687	8	68	42
Chocolate Fondant	668	8	56	45
Chocolate Brownie Dessert	547	8	66	27
Chocolate Fudge Cake & Ice Cream	491	8	66	21
Coppa Gelato Vanilla	260	6	33	11
Coppa Gelato Chocolate	253	6	35	11
Coppa Gelato Strawberry	221	1	43	5



## The Burger Joints

If the option is there to add more veg or salad, pack your meal out with it. This will help to up the nutrient density and satiety of the meal.

**Don't Double Dip.** You can cut up to 200 calories by not having the added special sauces. Try adding extra ketchup or mustard if you need a little flavour boost. Alternatively you could put the higher calorie sauces on the side so you can use sparingly.

**Double Stack The Protein.** This may seem counter productive when trying to cut calories but the calories in fries or a milkshake far exceed those in the actual burger pattie. You could save over a thousand calories, just by ditching the fries and grabbing a second pattie instead from five guys, with their large fries coming in at over 1500 calories.

Not only saving calories but the extra protein will help you feel fuller for longer and help you hit your target for the day.



- 0-300 Calories
- 300-500 Calories
- +500 Calories

## Fries

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Total Fat (g)
McDonald's Fries – Medium	337	3.3	42	17
McDonald's Fries – Large	444	4.4	55	22

## Burgers

Big Mac®	508	26	43	25
Quarter Pounder™ with Cheese	518	31	37	27
McChicken Sandwich®	388	17	43	16
Bacon Double Cheeseburger	495	30	32	27
Vegetable Deluxe	380	9	52	14

## Milkshakes

Chocolate Milkshake – Medium	364	11	61	7.8
Chocolate Milkshake – Large	468	14	79	10
Strawberry Milkshake – Medium	356	11	62	7
Strawberry Milkshake – Large	458	13	80	9
Vanilla Milkshake – Medium	366	11	64	7
Vanilla Milkshake – Large	469	13	82	9



# Burger King

- 0-300 Calories
- 300-500 Calories
- +500 Calories

## Fries

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Total Fat (g)
Fries – Medium	282	3.5	31.8	14.3
Fries – Large	386	4.8	43.6	19.6

## Burgers

Bacon King	1040	69	58	59
Big King XL	1010	59	58	60
Bacon Double XL	930	61	55	51
Double WHOPPER Sandwich	870	50	55	50
Veggie Bean Burger	547	15	61	26

## Milkshakes

Chocolate Milkshake – Medium	364	11	61	7.8
Chocolate Milkshake – Large	468	14	79	10
Strawberry Milkshake – Medium	356	11	62	7
Strawberry Milkshake – Large	458	13	80	9
Vanilla Milkshake – Medium	366	11	64	7
Vanilla Milkshake – Large	469	13	82	9



# Five Guys

- 0-300 Calories
- 300-500 Calories
- +500 Calories

## Fries

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Total Fat (g)
Large Fries (Cooked in Peanut Oil)	1725	26	173	107
Regular Fries (Cooked in Peanut Oil)	1159	18	116	72
Little Fries (Cooked in Peanut Oil)	716	11	72	44

## Burgers

Bacon Cheeseburger	795	50	38	50
Cheeseburger	730	46	38	45
Bacon Burger	651	42	36	38

## Milkshakes

Base + Peanut Butter	574	17	38	39
Base + Salted Caramel	458	4	79	14
Base + Oreo® Cookie Pieces	319	4	39	16





# CONTACT

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