



VOLITION FITNESS PRESENTS

# RESTAURANT SWAP GUIDE

HEALTHY ON THE RUN OR  
FOR A NIGHT OUT

DISCLAIMER: RESTAURANTS DO CHANGE THEIR MENU SO NOT  
EVERYTHING ON THIS LIST IS GUARANTEED TO BE THERE, JUST  
SEND AN EMAIL TO [VOLITIONMARTIALARTSANDFITNESS@GMAIL.COM](mailto:VOLITIONMARTIALARTSANDFITNESS@GMAIL.COM)  
AND LET US KNOW.





## INTRODUCTION

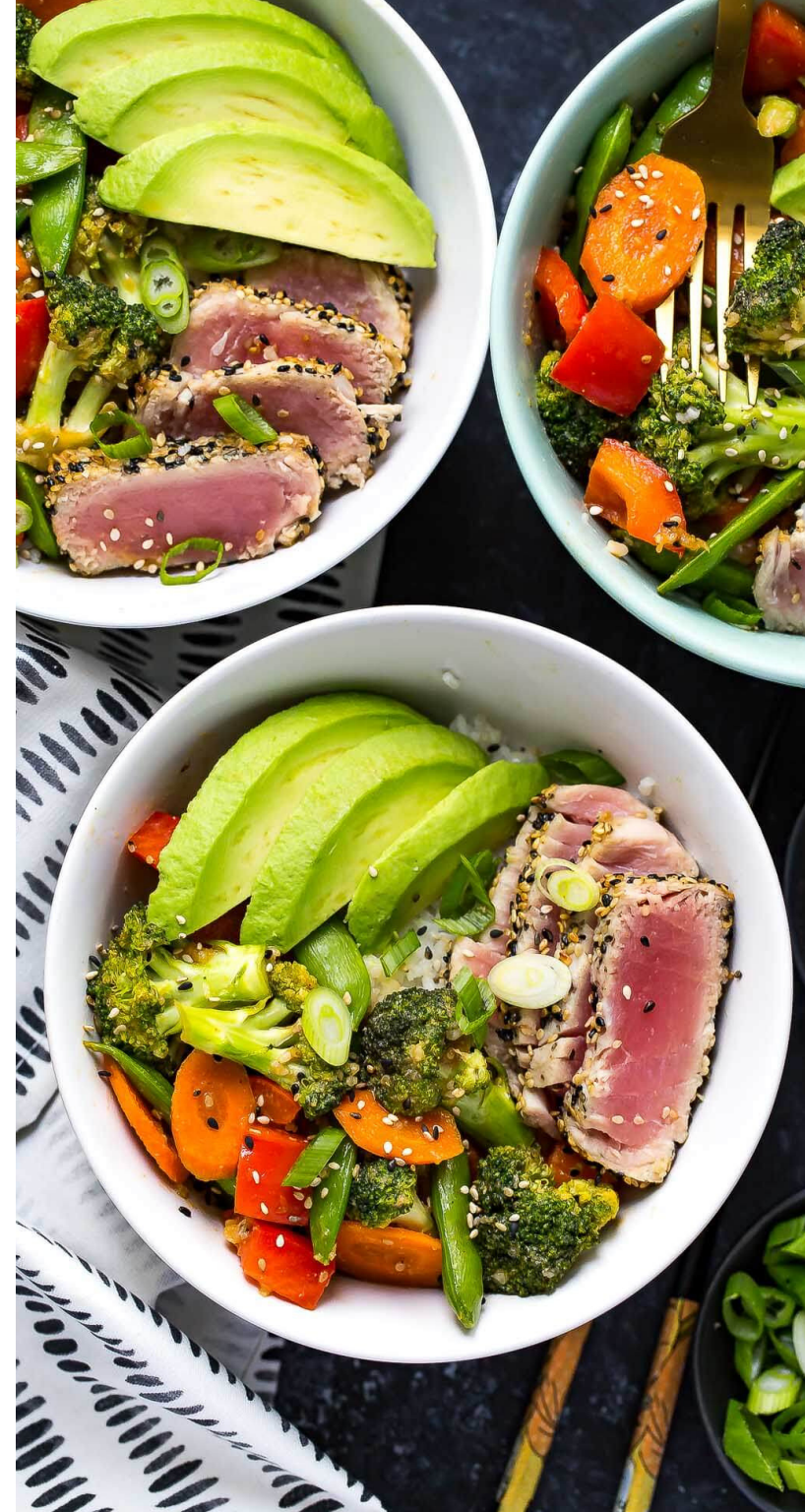
The following are hand picked menu options for your favourite restaurants and fast food stops. Whether you're having a date night or on the run and need a quick bite, we have something in here for everyone, enjoy :)



## JACK ASTORS

### MISO SESAME TUNA BOWL:

Tell them you have dietary restrictions Ask them to separate the rice on a different bowl but everything else can be mixed together separately. Add only a cup sized palm into the mixture of everything else. Now you have a proper portion of carbs, you've decreased the calories, and everything else is healthy :)





## THE KEG

### OVEN ROASTED CHICKEN:

Make Sure skin is off, ask for more veggies on the side, cut the potato portion in half

OR

### PISTACHIO CRUSTED SALMON:

Ask them to hold the maple butter, cut the potatoes in half, ask for added veggies



# EATING OUT QUICKIES

## WATCH THE CALORIES

Just eating out twice in a restaurant in a week can add back all the calories you've burned all week

## KNOW HOW YOUR FOOD IS MADE

Dishes labeled deep-fried, pan-fried, basted, breaded, creamy, crispy, scalloped, Alfredo, or in cream sauce are usually high in calories, unhealthy fats, and sodium

## MIND/SKIP THE SAUCE

Some sauces seemingly healthy can add up to 200 extra calories to your plate

## FOOD PREP

Choose foods that are broiled, steamed, or grilled instead of fried. For example, pick a grilled chicken sandwich i





## SCADDABUSH

CHICKEN & SHRIMP ON TOP OF A  
CAPRESE SALAD :

Ask for a chicken and shrimp dinner,  
but you would like a caprese salad  
instead of the herb  
butter spaghetti it comes with.

Tell them to go easy on the chicken  
and shrimp sauce OR  
instead of the salad go with the  
Zucchini strips ( will definitely be extra  
I'm assuming but the  
salad you may be able to get away  
with, let me know ! )



JOEY

## ROTISSERI CHICKEN

Tell them to go light on  
the gravy and extra  
veggies !





## MOXIES

SEARED GINGER TUNA SALAD:  
I've seen and had this salad myself,  
everything is fine

OR

MUSTARD & DILL SALMON  
Swap the potatoes for veggies



# EATING OUT QUICKIES

## PORTION CONTROL

Even if a fast food restaurant uses healthy ingredients, they still usually give you a lot more food than you need. Eating too much of any kind of food can lead to weight gain.

## DRESSING

Don't overdo the salad dressing. Choose oil-based dressings such as Italian or balsamic vinaigrette instead of creamy salad dressings such as blue cheese and ranch which are high in saturated fat.

## EAT SLOW

When you eat fast, you by-pass certain sensors in your body that let you know you're full which leads to over eating which leads to excess calories

## TAKE HALF HOME

Most fast food and restraunts give you double the portion you need. So try taking half of it away for the next day or later.





## EARLS

### CAJUN CHICKEN:

Ask them to go light on any sauce and ask for a side of seasons vegetables instead.

OR

### CAJUN OVEN ROASTED SALMON:

Ask them to go light on the sauce, ask if you can switch the jasmin rice with extra seasoned veggies, black beans or Quinoa. ( You can forsake get away with the extra seasoned veggies, but try with the black beans instead or quinoa since it already comes with veggies.





## QUESADA/FAT BASTARDS/BURRITO BOYS

Burrito Bowl:

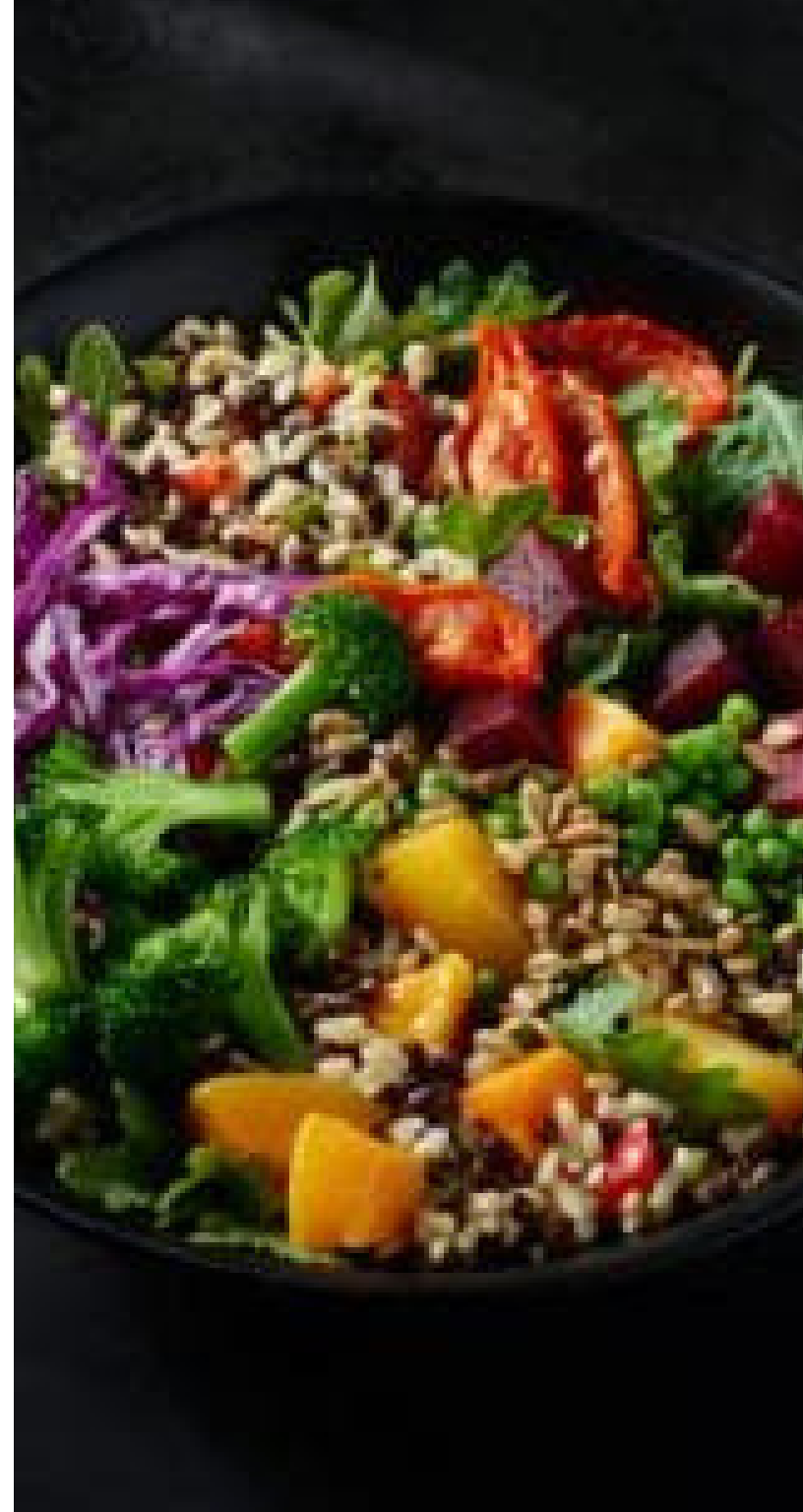
( If you are having this as a post workout meal add rice if not stick to the following)

Add Lettuce, black&brown beans, chicken, extra veggies, tomatoes, salad, and avocado. NO OTHER SAUCES

\*Repeat this at any and all other burrito/taco/Mexican franchise like this one

## TERIYAKI EXPERIENCE

Choose any protein, beef, chicken, shrimp, salmon. Add the protein on either the vegetable mix or Super grains ( When eating the super grains bowl, divide the portion to just a cupped palm size, or ask them to just put half a cup of it in that's all and mix it with the veggie mix or have it on its own) Tell them no sauce ( if you must a TINY bit).







## FRESH II

### MEDITERRANEAN BOWL:

Take out the feta cheese, again tell them just 1/2 cup of quinoa, add protein to this.

OR

### PANGOIA BOWL:

Take out the black beans, or go 1/4 cup of brown rice and 1/4 cup of beans, the rest is good to