



EZ Eating Out Equation

Step 2: How Its Prepared (HIP)

$$LP + \textcolor{red}{HIP} + \text{SOS} / 2 = \text{SUCCESS}$$

If making sure to choose a source of lean protein sets the foundation for a great meal option... then paying attention to the way in which the dish is prepared provides the framework for the new AthLEAN sculpted body you're trying to create! I've seen many a dish go drastically WRONG based solely on the choosing the wrong meal prep.

For instance, if I had a penny for every time someone has asked me "So Jeff...Caesar Salad is ok because it's a salad right?" or "Is chicken parmesan good for me? It's chicken right?"...I'd be a rich man.

Caesar Salad (even if it contains added chicken) is usually drenched in a calorie bomb cheese dressing while the chicken Parmesan is not only breaded and fried but then covered in melted cheese! That said, if you look deep down into the base of this dish, you would have found what was at one time a perfectly healthy chicken breast! Somewhere along the way he started to hang out with the wrong crowd...got into some things that weren't in his best interest and the next thing you know...he was a totally changed guy in all the wrong ways! We're trying to avoid that same fate with your food choices. Our job is to make sure that the lean protein you chose in step 1 is still recognizable to his friends and family, just as well liked, and the same guy he was before he won your selection!

OK, so how do we do that? Simple, by avoiding the obvious calorie crushing food prep terms like "Fried", "Deep Fried", "Stuffed", "Creamed", "In a butter sauce", "Alfredo", "Sweet and Sour", "Creamy", "Sautéed", "Breaded", "Beurre Blanc", "Aioli", "Pesto Cream", "Regular Soy Sauce", "Gravy", etc. There certainly are more but these are by far the biggest offenders. I don't care if you take the leanest cut of beef...if you then prepare it in any of the ways above (though I can't say I've ever seen Beef Alfredo!) you're might as well have stayed in and eaten the pint of ice cream instead! Avoid these choices completely. Just "X" them out of your possible choices completely, because trying to get the chef to make changes here will basically change the entire dish around. In these cases the only thing you risk is making the chef angry and getting God knows what in your meal when it comes out!

Instead, keep looking for alternatives like "Broiled", "Grilled", "Roasted", "Stewed", "Steamed", "Lightly Sautéed" (notice the difference between this and the sautéed...it could mean an extra 400 calories or more saved!), "Poached", or "Baked". These are generally all relying on heat (either through water, burners, ovens, or steam) to do the cooking instead of sauces and oils. If you must get some sort of sauce however, you should...in order...choose from "Hot Sauce", "Worcestershire Sauce", "Al Steak Sauce", "Red Pepper Sauces", "Chutneys", "Tomato Sauce", "Red Wine Sauce", "White Wine Sauce", "Brown Sauce", "Light Soy Sauce", and "BBQ Sauces". Obviously there is no need to deprive yourself of flavor and relegate yourself to a life of bland food!! Not at all. When you see the numerous choices in this list (and it's not even complete!), you realize that there are options...plenty of them, you've just got to know the right ones to choose...and more importantly the killer ones to avoid!

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Step 2: How Its Prepared (HIP)

Step 3: Swap Out Sides (SOS)

Step 4: Divide Your Portions (/ 2)

Step 5: Putting It All Together (SUCCESS)

Sample Menu:
Applebee's Neighborhood Grill and Bar

Applebee's Menu Wrap-Up

Restaurant 'Quick Hitters'

AthLEAN 'To-Go' Please