

365 FITNESS &
LIFESTYLE

GUIDE TO EATING OUT

AVOID DERAILING YOUR NUTRITION GOALS



WELCOME TO OUR GUIDE TO EATING OUT

In today's fast-paced world, managing your nutrition is more important than ever. With the rise of eating out and ordering in, it's no surprise that home cooking is on the decline. For many, the convenience of dining out or ordering food is simply the easiest choice.

Let's face it—meal planning takes time. Food shopping is a chore. Cooking requires both time and skill, which not everyone has. Then, there's the cleanup afterward. All in all, preparing your own meals can feel like a lot of work, especially when you're balancing a busy lifestyle.

Even though cooking at home can save you money, the reality is that the time and effort involved often outweigh the benefits. That's why we've created this guide to help you navigate eating out or ordering in without derailing your nutrition goals. We've carefully curated a selection of popular British high street options with a focus on healthier, calorie-conscious choices. While we know these options may not suit everyone, we hope you'll find some that work for you and make smarter dining decisions easier.

Take the guide, put it to good use, and enjoy the convenience without the compromise!



GIORGIOS

NANDOS

WAGAMAMAS

PRET A MANGER

BURGER JOINTS

COFFEE SHOPS

THE GENERAL STUFF

THAT'S HANDY TO KNOW

Eating out or ordering in used to be seen as a special treat or indulgence. For many of us, it's already wired into our brains as a trigger for overeating. Despite the rise of healthier options, many people still default to indulgent choices, often associating dining out with socialising, weekends, or simply relaxing. There's a certain "exhale" feeling that comes with ordering in or eating out, and it's easy to let our guard down when it feels like a break from the routine.

But if eating out or ordering in has become a regular habit, even small changes can make a big difference to your health and your overall caloric intake. The goal is to choose dishes with low to moderate energy density, but high nutrient density—foods that are both satisfying and nourishing. We'll guide you to tasty, filling options that not only hit the spot but also help support your health goals. Throughout this guide, we'll highlight sources of lean protein, which help stabilise blood sugar and keep you feeling fuller for longer, along with plenty of vegetables to pack in essential vitamins and minerals.

At the end of the day, it all comes down to your overall calorie consumption. While many of the options we suggest align with a more traditional approach to healthy eating, higher-calorie choices can still fit into a balanced, calorie-controlled plan. It's about making smarter decisions without compromising on flavour or satisfaction.

SOME BASIC RULES TO FOLLOW!

DRINKS



Water or low/no-calorie sodas are usually your smartest choices. Those “healthy” green juices or fruit based smoothie’s might seem like a good option, but they often come with a surprising number of calories that can sneak up on you.

Here at 365 Fitness, we suggest keeping things simple and sticking to refreshing, low-calorie drinks to stay on track without compromising on taste.

SODIUM



Salt, sugar, and fats are go-to ingredients in cooking to boost flavour, but unfortunately, they’re often what make the tastiest (and best-selling) dishes fall short on the health front.

When it comes to seasoning, be cautious about adding salt before you’ve even tasted your food. For many, it’s a habit we don’t even think about. Keep in mind that the UK’s recommended daily salt intake is just 6g for adults—so it’s easy to go over without even realising it.

STARTERS & DESSERTS



A big part of dining out is the indulgence, and adding a starter, dessert, or extra sides often turns a potentially healthy, satisfying meal into something less balanced.

To avoid overdoing it, consider saving these indulgent extras for special occasions, rather than making them a regular habit.

Food is meant to be enjoyed, but the choices we make can greatly impact our well-being. When we’re more mindful and educated about what we eat, the outcomes—whether in health, energy, or overall enjoyment—are usually better. By making informed decisions, we nourish our bodies and set ourselves up for long-term success.



BEWARE OF YOUR TRIGGERS!

Overeating often stems from certain triggers—whether it's the company you're with, the environment, or even your emotions.

The key is to recognise these triggers and, instead of relying solely on willpower to avoid overeating, consider removing the trigger altogether. By doing so, you eliminate the temptation before it even has a chance to take hold.



Our local coffee shops and restaurants offer a wide variety of options that can easily fit within our dietary needs, giving us plenty of choice without compromising on flavour or nutrition.

Whether you're looking for something healthy, indulgent, or somewhere in between, there's something to suit every preference. The aim is that we can stick to our individual health and fitness related goals whilst also enjoying a great social life.

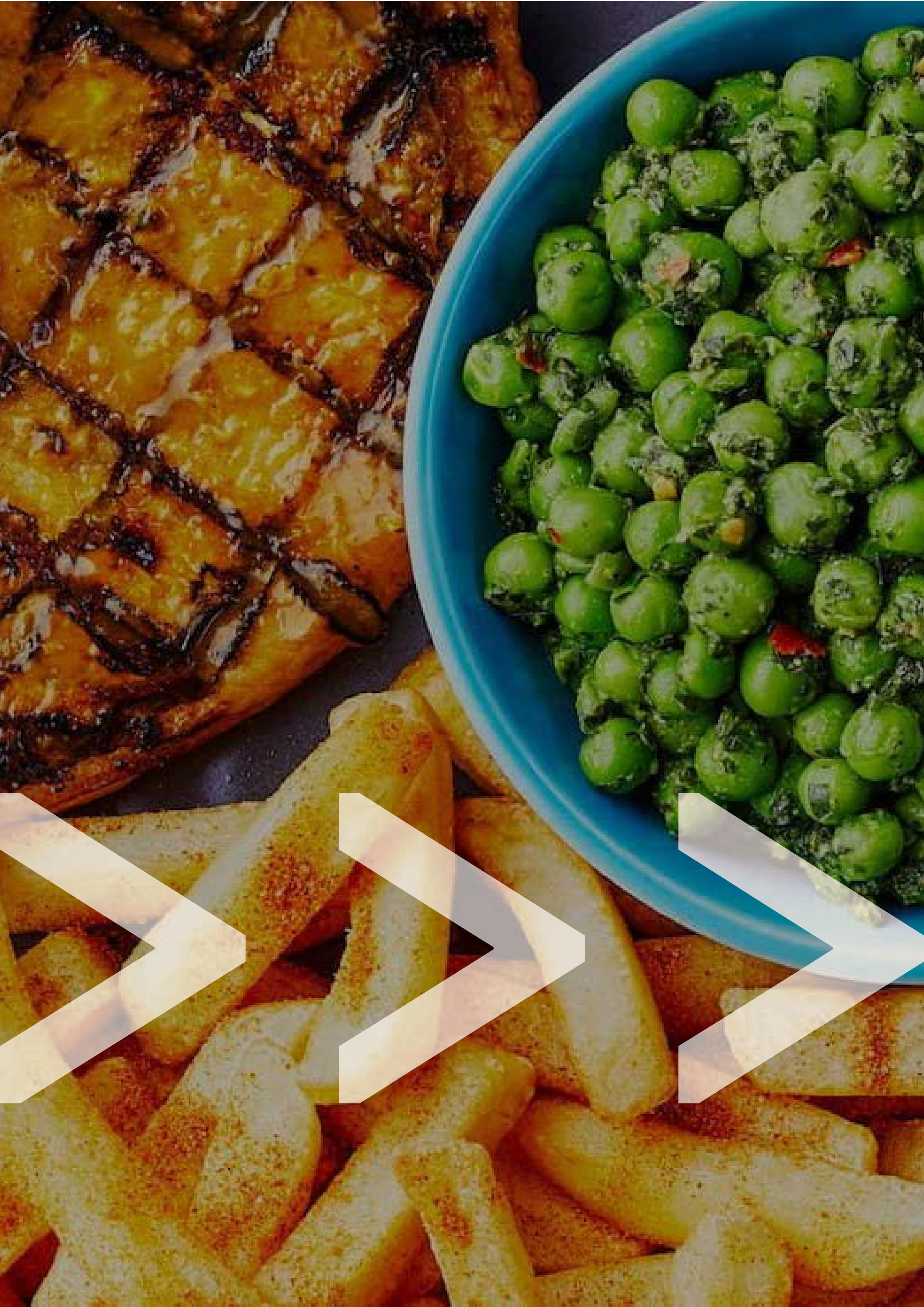






Giorgios in Bishop's Waltham offers Greek and Mediterranean cuisine. The menu features a variety of traditional dishes, including Chicken Souvlaki, Fasolatha, and Gambas, all crafted with fresh, high-quality ingredients. Giorgio's offers a warm and inviting atmosphere, making it an ideal spot for both casual dining and special occasions.

MAINS				
Chicken Souvlaki				
Chicken Breast (marinated in oil) grilled, served on pitta bread, with fries + mixed salad				
	Calories	Protein	Carbs	Fats
With Fries	800	63	75	20
Without Fries	500	60	40	8
Fasolatha (vg)				
Greek butterbean stew with carrots, onions + celery, served with roasted veg + ciabatta bread.	720	18	50	30
STARTERS				
Gambas				
King prawns cooked in chilli, garlic, white wine + butter, served with ciabatta	320	12.5	20	13
Burrata (v)				
Burrata cheese served with tomatoes, pesto, rocket + balsamic glaze.	370	11	8	33





Popular with the fitness community for its focus on chicken and straightforward dishes, this menu still has some hidden caloric pitfalls, so it's important to choose wisely.

MAINS				
Burgers, Pittas, Wraps				
	Calories	Protein	Carbs	Fats
Grilled Chicken Burger	380	37	45	5
Grilled Chicken Wrap	381	36	44	7
Fillet Steak Pego Roll	376	34	44	6.9
Supergreen Burger	402	15	56	12
Peri-Peri Chicken				
1/4 Chicken Breast	278	52	3	7
1/4 Chicken Leg	279	30	0	17
Chicken Butterfly	310	57	0	9
Salads				
Caesar Salad - On it's own	334	9	22	24
Caesar Salad - with Plain Chicken Breast	464	37	22	24
Mediterranean Salad - On it's own	288	11	12	22
Mediterranean Salad - with Plain Chicken Breast	417	39	12	24
SIDES				
Spicy Rices (Regular)	197	3	33	5
Sweet Potato Mash	97	2	20	0
Chargrilled Veg	93	2	14	4
Corn on the Cob (Regular)	144	6	22	3
Macho Peas (Regular)	141	8	18	6
Mixed Leaf Salad (Large)	25	2	2	0
DESSERTS				
Frozen Yoghurt	70-79	3	15	0
Gelado	99-161	0-3	18-24	0-8





Wagamama, a UK high street favourite, offers fresh pan-Asian dishes, but many meals are high in calories and salt. If you're focusing on protein, be mindful—some dishes can pack in a large portion of your daily intake. Our guide highlights protein-rich options that will help you to stay on track, coinciding with your individual nutritional goals. We've kept it simple, focusing on the most balanced choices.

RAMEN				
There are only two of the dishes on the Ramen menu that come in under 600 calories. The only one making our list being the chicken ramen as the others are omitted				
	Calories	Protein	Carbs	Fats
Chicken Ramen	476	41	63	6
OMAKASE				
Seared Nuoc Cham Tuna	522	43	36	22
SALADS				
Warm Chilli Chicken	491	28	19	33
Warm Tofu Chilli Salad	461	11	29	32
Sirloin and Shitake Salad	434	53	11	19
Pad Thai Salad	342	23	16	20
SIDES & EXTRAS				
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 Kushiya	142	16	15	2
Raw Salad	108	7	9	3
Tea-Stained Egg	94	7	1	7
Miso Soup & Japanese Style Pickles	66	3	12	0
Japanese Pickles	30	0	7	0
Kimchee	18	1	3	0
HIRATA STEAMED BUNS				
Seasoned Crispy Chicken & Tomato	464	22	39	24
Mixed Mushrooms & Panko Aubergine	385	8	38	22
Korean Bbq Beef & Red Onion	354	15	35	17





If you live or work in a major city, you'll likely find Pret in various forms around every corner. Like many of its competitors, it's stepped up its healthy options game, offering a variety of calorie-controlled choices. Here, we're focusing on options that are high in protein, healthy fats, and slow-releasing, nutrient-dense carbohydrates.

BREAKFAST OPTIONS				
	Calories	Protein	Carbs	Fats
Poached Egg, Sausage & Beans Power Pot	326	16	21	18
Poached Egg, Mushroom & Beans Power Pot	270	13	27	9
Pret's Proper Porridge	242	10	29	9
Breakfast Salmon & Egg	339	17	40	12
MAIN OPTIONS				
They have such a huge array of options we thought we would bracket these under one umbrella. As with any of the chains we've included, we will pick the best and sadly a company that began its life very much as a sandwich and wrap place, we are going to suggest that those are the options you should avoid.				
Chicken, Pesto & Buffalo Mozzarella	529	26	9	42
Tuna Nicoise Salad	469	27	7	36
Roast Beets, Squash & Feta Veggie Box	419	12	28	28
Sweet Potato Falafel & Smashed Beets Veggie Box	407	10	36	24
Crayfish & Avocado No Bread	379	15	4	32
Pret's Protein Box	376	38	7	21
Sesame Salmon & Black Rice	369	23	24	19
SNACKS				
Pret do some great little snack options and some nutrient packed soups				
Lightly Spiced Carrot & Corriander Soup	243	7	17	15
Red Thai Chicken & Veg Soup	243	14	13	13
Smoky Chorizo Chicken Soup	223	15	18	7
Veggie Chilli Soup	216	9	31	3
Chicken, Broccoli & Brown Rice Soup	137	7	17	4
Smoked Salmon & Egg Protein Pot	134	13	2	8
Egg & Spinach Protein Pot	104	12	2	5
Pret's Fruit Salad	113	1	23	1
Superfruit Salad	106	2	22	1



THE BURGER JOINTS

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Instead of going through each burger spot, here are some general tips to help you make better choices. Many meals can easily exceed your daily calorie intake, but there are better options available, especially those higher in protein. While these choices may not be the most filling, focusing on protein-rich options can help you stay on track while keeping your calories in check.

To navigate burger places without overdoing the calories, here are some quick tips:

GO FOR SMALLER PORTIONS

Choose a single patty burger or mini version to keep calories lower.

CUSTOMISE YOUR ORDER

Skip cheese, sauces, and opt for a lettuce wrap instead of a bun.

WATCH YOUR SIDES

Choose healthier sides like a salad or fruit instead of fries or onion rings.

CHOOSE LIGHT DRINKS

Opt for water, diet soda, or unsweetened iced tea instead of sugary drinks.

BUILD YOUR OWN BURGER

Use lean proteins like chicken or turkey, and skip heavy toppings like bacon or fried onions.

CHECK NUTRITION INFO

Look for calorie counts on the menu or online to make informed choices.

LOOK FOR HEALTHIER CHAINS

Some places offer lighter, lower-calorie options like grilled chicken or veggie patties.

With these strategies, you can enjoy a burger without blowing your calorie budget.

STICK TO THE BASIC BURGERS

BURGER KING

Extra patties, cheese and sauces are the main calorie bombs at burger joints. Opt for more veggies and consider the junior menu for smaller, lighter portions.

	Calories	Protein	Carbs	Fats
Cheeseburger	303	16	33	12
Hamburger	263	14	32	9
WHOPPER® Junior Sandwich	335	14	34	16
Add This				
Garden Salad x 2	28	2	4	0
Apple Fries	30	0	7	0

MCDONALDS

	Calories	Protein	Carbs	Fats
Cheeseburger	295	16	31	12
Hamburger	250	14	30	8
Add This				
Fruit Bag	46	0	10	0
Carrot Sticks	34	0	6	0
Shaker Side Salad	18	1	2	1

FIVE GUYS

	Calories	Protein	Carbs	Fats
Little Hamburger	407	22	36	20
Little Bacon Cheeseburger (no bun)	388	28	2	30
Hamburger (no bun)	358	32	0	26
Little Cheeseburger (no bun)	323	24	2	25
Little Bacon Burger (no bun)	244	20	0	18
Little Hamburger (no bun)	179	16	0	13

GENERAL RULES

PACK IT OUT WITH SALAD, VEG AND EVEN FRUIT

Whenever the options are there, pack your meal out with salad and veg to jack up that nutrient density and satiety.

DOUBLE UP ON YOUR ORDER

This may seem counterintuitive, but the calories in fries far exceed those in the burgers. Doubling up on these basic burgers gives you a meal that's calorically lower, and the extra protein will help you feel fuller for longer.

HOLD THE MAYONNAISE

You can eliminate around 100 calories by holding the mayo or special sauces. Add extra ketchup or mustard if you need a little flavor boost. Alternatively, put it on the side so you can use it sparingly. Be careful of the extra sauces/dips. The sweet chili and sour cream dips from McDonald's add between 50-140 calories to your meal.

SAY NO TO BACON, CHEESE, ONION RINGS, AND OTHER CALORIE- LADEN TOPPINGS

In places like the increasingly popular Five Guys, packing a burger out with loads of veg and low-calorie toppings is super easy.

SKIP THE FRIES

You'll save hundreds of calories. A Five Guys large fries has 1,725 calories in it!!! Throw a double serving of garden salad alongside any of these choices and a serving of their apple fries, and you increase the all-important nutrient density while lowering energy density. Coming in at a meager 58 calories in total, it's a great way to change the whole composition of the meal.

CHECK OUT THE KID'S MENU

Junior and children's-sized hamburgers usually have between 250-300 calories, making them a healthier choice.

The cool thing about all the burger joints we've looked at is that they all show their calories on their menus, and you can make better choices at all of them. McDonald's and Burger King both also offer alternatives such as chicken nuggets (often a better option), wraps, and salads. Check them out, but our assumption is that you go into a burger place for a burger.



COFFEE SHOPS

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Everyone loves a cup of coffee (well, most people). Today's coffee shops offer much more than just coffee—food, sandwiches, cakes, and more. But here, we're focusing on the drinks menu, where many people rack up tons of extra calories each week.

Rather than highlighting what to avoid, let's focus on the better options. Many coffee shop drinks, like frappes, milkshakes, and sugary hot chocolates, are loaded with full-fat milk and syrups, often accounting for a quarter of your daily calorie intake. Stick to traditional coffee or tea, and you'll keep it much healthier.



THE ESPRESSO

Almost no calories but a good hit of caffeine. A favourite of the coffee aficionado and time poor city dweller. This gives you a super low calorie option.



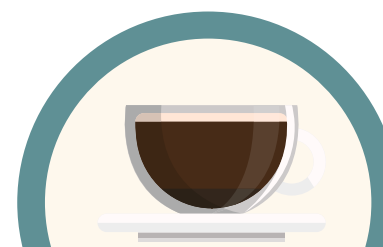
LATTE

A latte is made from an espresso and much more steamed milk than a cappuccino. It clocks up around 225 calories when made with whole milk and 135 when made with skimmed milk. The equivalent of an average chocolate bar.



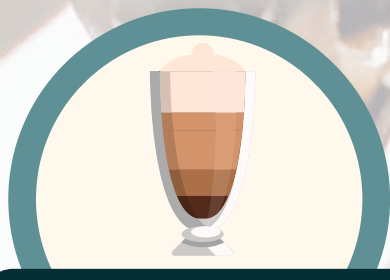
CAPPUCCINO

An espresso topped with a generous amount of steamed milk. Depending upon your choice of milk and size will impact the calories from this drink.



FILTER COFFEE

A hidden gem in many coffee shops. Typically the cheapest option and often one that many take great care and pride over. Coffee and hot water, nothing more, unless you add it of course.



MOCHA

A mocha is a latte with added chocolate essentially therefore trumps the latte calorifically and is one of the highest in the traditional coffee menu



AMERICANO

An Americano is an espresso with added hot water. Without cream or milk it contains hardly any calories so a great option if you're trying to watch your calory intake.



MACCHIATO

A macchiato is an espresso served with a dash of steamed milk. An average cup contains around 90 calories (when made with whole milk).



HOT CHOCOLATE

This is typically a calorie extravaganza. Even without the whipped cream or sprinkles these cups typically exceed an entire chocolate bar in calories however as a 'treat' rather than a daily occurrence. Actually it's typically a much better option than many of the fancy alternatively.



TEA

Almost all teas are pretty safe, keep an eye on the ingredients and don't be afraid to ask. That line behind you isn't worth consuming an extra 300 calories for nothing.

Low calorie options are also available for you to choose from, even when it comes to alcoholic beverages!

Here are some of our low calorie recommendations:



PRIME TIME IPA

Calories 95 per 125ml



TRULO PASSION FRUIT

Calories 36 per 125ml



LUXLO GINNY

Calories 28 per 125ml



TRACES SAUVIGNON BLANC

Calories 78 per 125ml



TRACES ROSÉ

Calories 78 per 125ml



TRACES CINSAULT

Calories 78 per 125ml



THINK PROSECCO

Calories 62 per 125ml

TESTIMONIALS



DAWN'S STORY

Dawn has been a member at 365 for over a year and has been doing our small group personal training sessions.

Dawn is a mum to 2 children, a wife, business owner and so much more.

She could easily put her health at the bottom of her priority list, however over the past 6 months she has stepped up another notch.

She regularly trains 3x per week, she has kicked alcohol out of her diet and as a result she looks and feels amazing!

All of the coaches, fellow mums and 365 members have all noticed how great Dawn looks and we're so happy for her.



SARAH'S STORY

Sarah has been with us since the very beginning and we're incredibly grateful for her support over the years.

Sarah is a mum of two, has to juggle work and family life and still make sure she stays active throughout the Week.

As she mentions, her attitude towards fitness has completely changed and she no longer looks at fitness as a chore, she instead sees it as an investment into her future self.

Our biggest win is her outlook on the scale and how it no longer defines her or dictates her mood!

If Sarah's story resonates with you and you want to start the new year off by investing in yourself and putting yourself first, then send us a message and we will get in touch



CHARLOTTE'S STORY

'Going to a mainstream gym would be scary for me!'

Charlotte is a working mum of three and she's tried Couch to 5k, and various other fitness routines in the past and nothing stuck, until Charlotte found 365!

RESOURCES

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**WEEKLY
MEAL PLANNER**



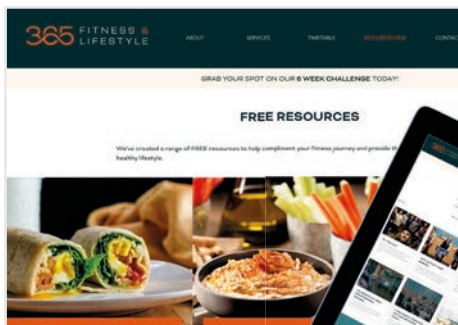
**HIGH PROTEIN
BREAKFASTS**



**HEALTHY
SNACK RECIPES**



**WHAT SHOULD
I EAT? - 3 STEP GUIDE**



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