

EAT OUT



SPARTANOMICS

STAY ON TRACK



SPARTANOMICS RESTAURANT

Success Menu



Starters

Menu Planning

Look at the menu online beforehand so you know what to expect & what meals you can consume & fit close to your macros

OPTION 1

Calorie Borrowing

Borrow calories from other meals in the day to give you more to use when eating out

OPTION 2



Mains

Hunger Levels

Make sure you've eaten previous meal/snack a few hours before & you're hydrated beforehand to avoid arriving too hungry

OPTION 3

Staying Full

Pick a protein & fibre-rich meal to help keep macros at least semi-favourable, and to keep you full & satiated

OPTION 4



Dessert

Calorie-free

Pick zero kcal drinks to give you more calories to use in your main meals

OPTION 5

YOLO

If you want to eat everything you want & enjoy to the max, reduce calories the following day(s) to equate the increase

OPTION 6

