

• @MACROSMUSCLES Mindset •

GUIDELINES FOR ORDERING IN



MINDSET

Ordering in doesn't mean you should order everything on the menu. If delivering in is a common thing, then it's time to change the habit of ordering less wholesome foods, just because they are available to you. Choose foods that are going to nourish you, and enjoy smaller treats to help satisfy your sweet tooth,



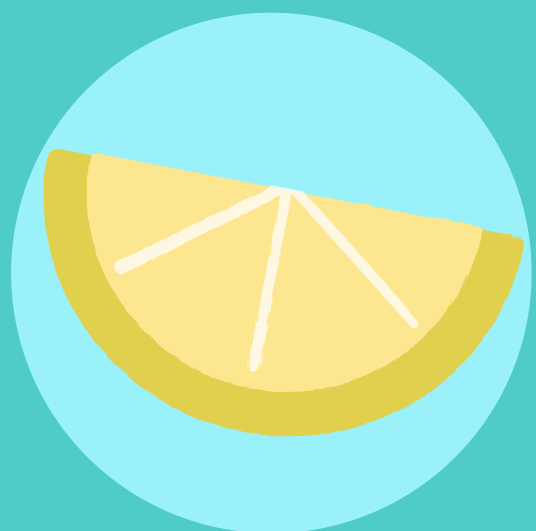
CONTROL

Think about the meals you would normally prepare, if you didn't have a menu with size options in front of you. Would you usually prepare a large size portion or rice? Don't order a large of something, if you would usually have a much smaller portion. Don't upgrade either.



CUISINE CHOICE

Delivery in means access to every kind of cuisine. If you are regularly ordering in - stick with foods that aren't heavy, rich or processed like Chinese, Indian or Italian. Choose lighter cuisines that have a source of protein, carbs, veggies and some healthy fats. Think along the lines of Greek, Mexican and Thai.



PORTION SIZES

Delivery in means you don't always know how big a serving is. We recommend putting all sauces and dressings to the side. Also, ditch the containers and use your own bowl/plate to enjoy your meal. This allows you to control and "eyeball" how much food is really in front of you.



TREATS

If you rarely order in, and stick to a healthy cuisine choice but have a craving - enjoy a treat! If you regularly order in and find you are constantly ordering a dessert or upsizing, give yourself some boundaries to slowly reduce how often you are consuming them. It's about balance - not restriction!



MODIFICATIONS

If you have the option of removing items, or scaling things back, try and do so. Sauces to the side is a great place to start. Replacing fries with salad or veggies is an admirable idea too.