

Staying Social on a Meal Plan

A guide from [Me First Coaching](#) on how to live your life, enjoy food, and still reach your goals — without saying no to everything.

@THECOACHINGPAIGE



Stop Saying No!

Stop turning down invitations to be social or go on vacation because you are afraid of falling off plan! This lifestyle is about **balance** — and if you try to NEVER be around "off plan" food, you will end up throwing in the towel and never reaching your goals!

Let's talk about some ways to navigate living your life, while still being healthy!

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The secret to making eating healthy a sustainable lifestyle, is finding balance.



Balance Is the Key

Finding balance between your goals, a new healthy lifestyle, and your social life with friends who maybe don't understand what you are doing, is **THE KEY** to making this lifestyle actually sustainable!

Being able to eat "off plan" and enjoy foods you love is the only way to make it last! And yes, it is possible to do without losing progress!

"The secret to making eating healthy a sustainable lifestyle, is finding balance."

How Do I Find Balance?

Keep it simple — here are three practical strategies to stay on track while still enjoying life.



Plan Ahead

If you have some notice before eating off plan, follow your plan 1000% up until the off plan meal(s)! If you want to go out but stick to your plan, take your meals with you. It may feel weird at first, but you get used to it — meals can go everywhere, even restaurants!



What to Order

When ordering at a restaurant, try ordering foods that would be on your plan normally, or at least close. You can order grilled chicken, rice/potatoes, and veggies almost anywhere. Try to stick with whole foods when possible.



Alcohol

Yes, you can have alcohol! Just be sure you are drinking PLENTY of water before and after. Drink water between alcoholic drinks too. Limit yourself to 2-3 drinks and **STICK TO IT! And dont make this a "regular" thing.**

Another Option: Portion Control

When it comes to tracking macros, the **hand portion method** offers several benefits — accuracy with minimal effort, customizable to your dietary preferences, and easy to manage macronutrient splits.

130–145

kcal per palm

1 palm of protein

~25

kcal per fist

1 fist of veggies

110–120

kcal per cupped hand

1 cupped hand of carbs

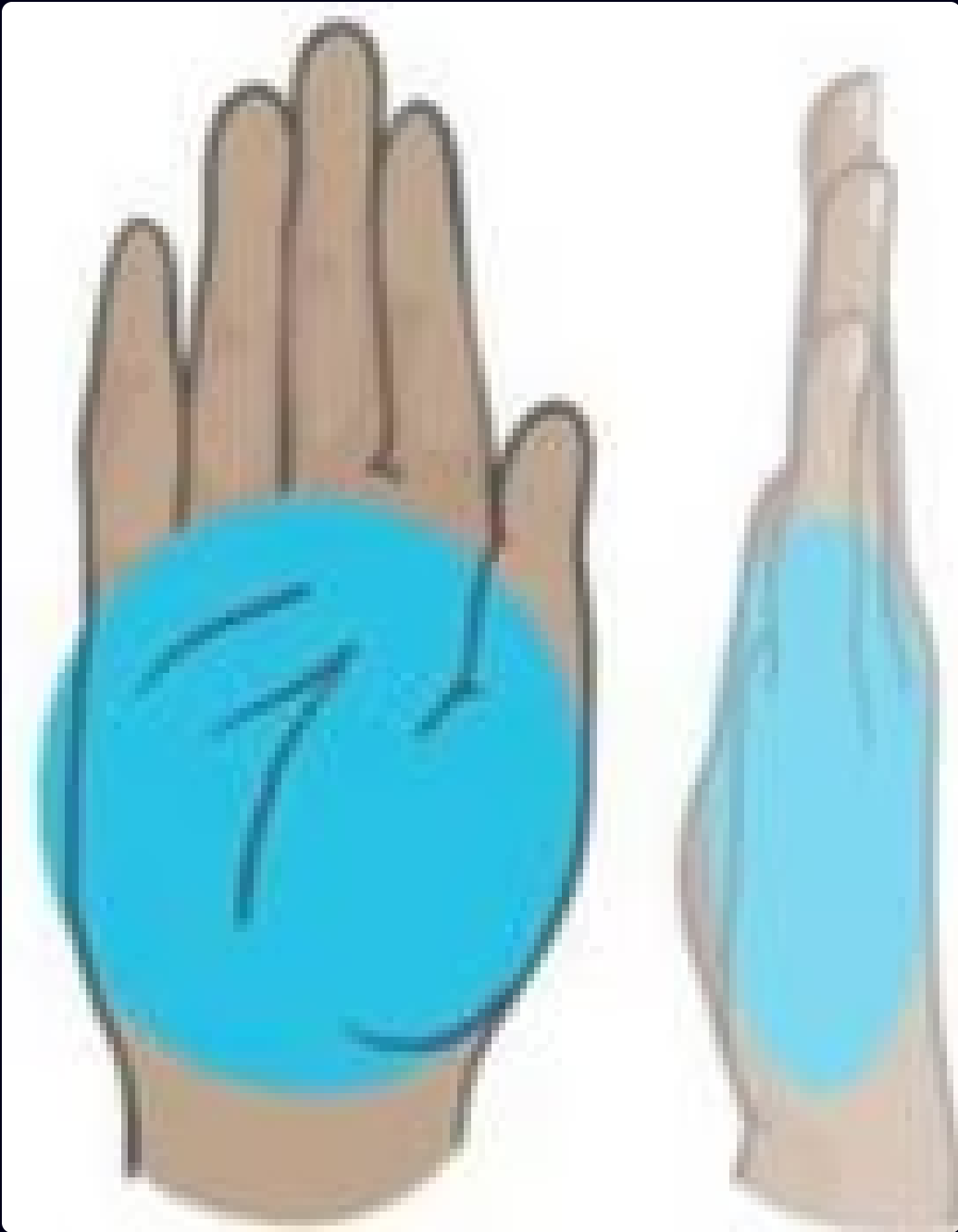
90–100

kcal per thumb

1 thumb of fats

Hand Portion Control Guide

Use your own hand as a built-in measuring tool — no scale or app required. Here's how each portion maps to a macronutrient:



Protein = 1 Palm

~130–145 kcal



Vegetables = 1 Fist

~25 kcal



Carbs = 1 Cupped Hand

~110–120 kcal



Fats = 1 Thumb

~90–100 kcal

ⓘ Each hand portion is equivalent to an approximate amount of protein, carbohydrates, or fat — and therefore calories. This method is helpful for estimating intake without obsessive tracking.



Want to Go Completely Off Plan?

Sometimes the food selection is out of your control. Or maybe you've been on your plan 100% for a few weeks and want to enjoy going out without restrictions. **THAT IS TOTALLY FINE!** Here's how to do it smartly:



Prioritize Protein

Protein helps you feel full so you are less likely to overeat, and it helps with digestion later on!



Water Intake

Drink plenty of water before, during, and after your off plan meals. It helps you feel full and aids digestion.



Supplement

Take all your supplements — especially digestive ones — and bring them with you so you can take them with your meals!



Mentally Prepare

Your body will have a response. You may be bloated, the scale may go up, or you may have digestive or sleep issues. Know that it all **SHOULD** go away within a few days of being back on plan.

Just Communicate!

Your coach is **never** disappointed in you for going out with friends and enjoying foods that aren't on your plan. The goal is to help support you, guide you, and educate you on how to find balance so your results can last a lifetime!

01

Communicate Ahead of Time

If you have some notice before an event or trip/vacation, let your coach know ahead of time so you can plan together what the best strategy is going to be leading up to that event or trip.

02

It Happens — Tell Your Coach

Sometimes it's a last-minute invite. That's fine! But PLEASE make sure you mention it on your check-in. Your coach needs to know so they can watch for your body's response. If you send check-in photos bloated and the scale is up 3 pounds because you ate out the night before — but don't say so — unnecessary plan changes may be made!

03

Get Back on Plan

Communicate so your coach can help get you back on plan as soon as possible. Getting back on plan is the fastest way to mitigate any negative body responses to being off plan.

✔ Your coach wants you to enjoy life! Open communication is the secret weapon to long-term success.

Feeling Overwhelmed When Eating Off Plan?

Here are some practical tips and tricks to help you navigate off-plan meals without the stress:

1

Stop Eating When Full

There is no need to over-indulge in foods that are ultimately going to make you not feel good. Enjoy the foods but don't overdo it.

2

Drink Water

Water intake when being off plan is SO important. Drink plenty of water before, during, and after your off plan meals — it bears repeating!

3

Skip Oils & Butters

You can ask at most restaurants that your food not be cooked in butters or oils. For example, order a baked potato instead of mashed — mashed are usually cooked with more milk, butter, and oils.

4

Go for a Walk

Walking before and after your meals can help with digestion. A quick 10–15 minute walk after each meal is always a good idea.

5

Enjoy It!

You don't get to eat off plan all the time, so **ENJOY IT!** Don't stress or feel guilty. You are choosing to do this, and all the negative responses should go away within a couple of days. So enjoy your treats!

Frequently Asked Questions

→ **Will eating off plan ruin all the progress I have made?**
Absolutely not! As long as you follow these tips, you will be fine!

→ **How often can I eat off plan?**
It depends! This is very person-dependent — it depends on how your body responds, what you are eating when off plan, what your goals are, and what your timeline is. Reach out and let's chat about it specifically for you!

Contact Coach Paige

✉ coachpaige.kc@gmail.com

@ [@thecoachingpaige](https://www.instagram.com/thecoachingpaige)

✓ M-F 7:00am – 5:00pm CST

🕒 Response time: 24–48 hours

→ **What if I don't tell my coach I went off plan?**
If you don't tell your coach, they won't know — and if they don't know, they can't help you when you aren't seeing results because they won't know the reason why. Your coach won't be mad at you for going off plan, so please tell them!

→ **What if I am going on vacation and will be eating out for 7+ days?**
This is totally fine! Let your coach know ahead of time if you can, and you'll come up with a plan to enjoy vacation without stressing about food. Biggest things to focus on: **protein, steps, and water!**



Hopefully this guide has answered some of your questions! I want you to ask all the questions and learn as much as you can about your health. If you make it fit in your lifestyle, it will be easier to make it last.
— **Paige**