

# The Mindful Dining Guide



LEARN TO MAKE MINDFUL CHOICES



WITHOUT RESTRICTION OR GUILT

...Filled with all our favourite local spots & recommendations  
PLUS tips & tricks to help you get incredible results (without  
missing out on any of the good stuff!)



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We've helped 100s of women get in the best shape of their life, Click [here](#) to find out more about how we help you do the same.



# 1. Who We Are



At The Nourishment Academy, we're not the type of people to tell you to stop doing the things you love (especially if that is grabbing some pub grub down the local or a fancy date night at your favourite restaurant).

But we are also very serious about helping you achieve your goals.

That's exactly why we have made this guide to help you have your cake and eat it (literally!).

Because getting in the best shape of your life doesn't have to mean eating bland, boring food - just ask our clients!



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## 2. Tips To Swear By



**#1**

VEG OUT

Often restaurant meals may lack veggies. Add a side of veggies to your meal so you don't miss out on all that nutrients & to keep you fuller for longer.

**#2**

PROTEIN IS KING

Just as you would at home; choose high protein wherever possible e.g meat, fish, eggs & veggie alternatives

**#3**

SAY NO TO RESTRICTION

If there's something on the menu that you really fancy - have it & enjoy it! If you restrict yourself, you won't feel fully satisfied and might end up going home and raid the snack cupboard.

**#4**

NEVER GO HANGRY

Avoid going out to dinner on a completely empty stomach - sounds odd right? But think about it...if you are ravenous when you get to the restaurant/pub etc, you might not want to make mindful choices and may end up overeating.

**#5**

ALWAYS PLAN AHEAD

Look at the menu a couple of days before you head out and decide what you're going to choose from the menu. This way, you'll be less influenced by your peers & make a more conscious decision about what you really want, leaving you feeling satisfied for longer.



### 3. Portion Lowdown



These days our portion sizes are HUGE.  
At the nourishment academy, we use our hands to get a rough idea on portion sizes. Of course everyone is different, but it could look something like this:



PROTEIN



CARBS



FATS

Pubs and restaurants do an amazing job in offering value for money by stacking up our plates tall, but it's really not doing our waistlines or our appetite any good at all.

This is why we suggest noticing your body's signals. Don't wait to finish your plate to stop eating, no matter how tempting. Instead, take a few mouthfuls and check in, are you still hungry?

If so, take a few more mouthfuls before stopping & checking in again. Repeat this process until you begin to feel full.



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## 4. Fats Make You Fat?

Fats are not to be avoided as they play such an important role, but be aware that there may be more processed fat on your plate than there otherwise would be at home.

Such as; hidden oils, sauces, dressings, etc.

Here's some suggestions;



Stick with leaner meats/fish such as chicken, Turkey, white fish, etc.



Ask for sauces/dressings on the side; this allows you to choose exactly how much you want to add to your food.



Swap chips and other fried food for potatoes, rice or extra veggies.



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## 5. Our Local Picks



### THAI PAD, OXTED

5-6 Hoskins Walk, Oxted RH8 9HR

T: 01883 717190

W: [thaipadoxted.co.uk](http://thaipadoxted.co.uk)

I especially love Thai food as it has a real fresh taste and doesn't leave me feeling sluggish afterwards and Thai Pad is highly recommended by a number of the TNA members.

**TNA FAVE:** Som Tum Spicy Salad & Pad Med Himmapharn (Chicken or prawn with Cashew nuts, chillies, green peppers, spring onions, garlic and soy sauce)



### TOAST, OXTED

38 Station Rd E, Oxted RH8 0PG:

T: 01883 717617

W: [toastoxted.co.uk](http://toastoxted.co.uk)



Toast is a great spot for brunch with yummy food, coffee & drinks. The TNA team are known to have a working breakfast or two at toast.

**TNA FAVE:** Corn & Jalapeno fritters served with watercress salad, coriander dip & a poached egg on top -yum!

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# Our Local Picks



## GRUMPY MOLE, OXTED

Caterfield Ln, Oxted RH8 ORR

T: 01883 722207

W: [www.thegrumpymole.co.uk/oxted/](http://www.thegrumpymole.co.uk/oxted/)

The grumpy mole pubs are known for their delicious classic food. Cosy pub feel with a large garden perfect for the summer.

**TNA FAVE:** Steak on the stone - served sizzling "on the stone" direct to your table. Served with peas, field mushroom, tomato. Sub potatoes for side salad for the perfect sizzling steak salad.



## THE BELL, GODSTONE

128 Eastbourne Rd, Godstone RH9 8DX

T: 01883 743216

W: [www.thebellgodstone.co.uk](http://www.thebellgodstone.co.uk)

Just down the road from TNA, The Bell is a firm favourite of ours. Superb food & nice big garden - not your average pub grub!

**TNA FAVE:** Seared Seabass Fillets on a roasted red pepper, pickled watermelon, fennel & red onion salsa, with basil pesto and sautéed baby potatoes.



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# Our Local Picks



## FOX & HOUND, GODSTONE

Tilburstow Hill Road, South Godstone, Surrey, RH9 8LY.

T: 01342 893474

W: [www.foxandhounds.org.uk](http://www.foxandhounds.org.uk)

Right on our doorstep, this cosy local pub is full of character and great quality food & drinks.

**TNA FAVE:** Warm Salad of Smoked Mackerel, Sunblush Tomato, Fine Beans and Baby Potatoes topped with a Free-range Poached Egg.



## CUCINA'S, OXTED

28-30 Station Rd E, Oxted RH8 0BT

T: 01883 713988

W: [www.cucinaoxted.co.uk](http://www.cucinaoxted.co.uk)

If you love Italian food, ditch the chain restaurants and head to Cucina's instead. Great food & service always.

**TNA FAVE:** Tortelloni Di Melanzana (large aubergine and ricotta tortelloni, tomato sauce, topped with fried aubergine and salted ricotta). Add a side of broccolini & you're onto a winner.



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# Our Local Picks



## THE GREEN ROOMS

Needles Bank, Godstone RH9 8DZ

T: 01883 740407

W: [www.greenroomsofgodstone.co.uk](http://www.greenroomsofgodstone.co.uk)

The green rooms are a strong favourite of the locals. Lovely little cafe that serves tasty coffee, breakfast, and cakes.

**TNA FAVE:** The "Sydney", scrambled eggs served on wholegrain toast with avocado & smoked salmon.



## THE RED BARN

Tandridge Lane, Blindley Heath, RH7 6LL

T: 01342830820

W: [www.theredbarnblindleyheath.co.uk](http://www.theredbarnblindleyheath.co.uk)



The Red barn is set to hold the TNA Summer social so it's no secret how much we love this place. The perfect spot for all occasions; date night, girls night or a family dinner.

**TNA FAVE:** Pork & apple sausages served with crushed Jersey Royals, roast tomato and wild garlic salsa

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