

Easy Swaps

- 1) Spot The Difference: reducing 4 recipes by 300-400 calories.
- 2) Snack Swaps: don't remove your favourite foods, just swap them instead
- 3) Get More From Your Calories; don't avoid snacking, just be sensible
- 4) Eating Out: making small swaps helps keep calories down while eating out
- 5) Drinks Have Calories Too: are you drinking your dinner calories?

We don't want to encourage you to cut any of these foods out of your diet. This download is to bring awareness to how we can get more fuel & more nutrients into our day.

SPOT THE DIFFERENCE

How to remove between 300-400 kcals from the same meal without going hungry or feeling deprived

Spot The Difference



945cals

550cals

MEXICAN BURRITO BOWL

+ 945 KCALS

More rice, 1/2 avo, 1/4 black beans, nearly double the amount of pan fried chicken with olive oil

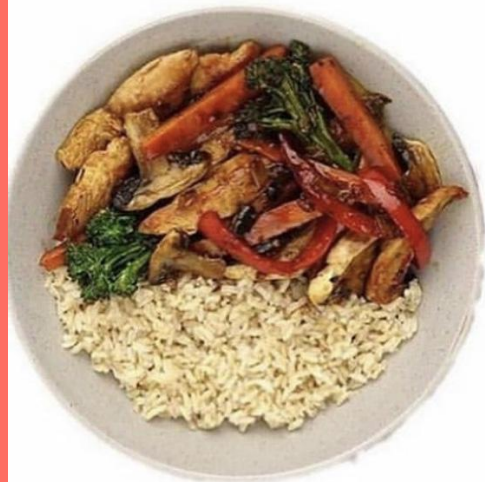
Vs.

- 550 KCALS

Less rice, 1/4 avo, 1/2 black beans, less chicken.

1/5

Spot the Difference



780cals



400cals

SWEET CHILI CHICKEN

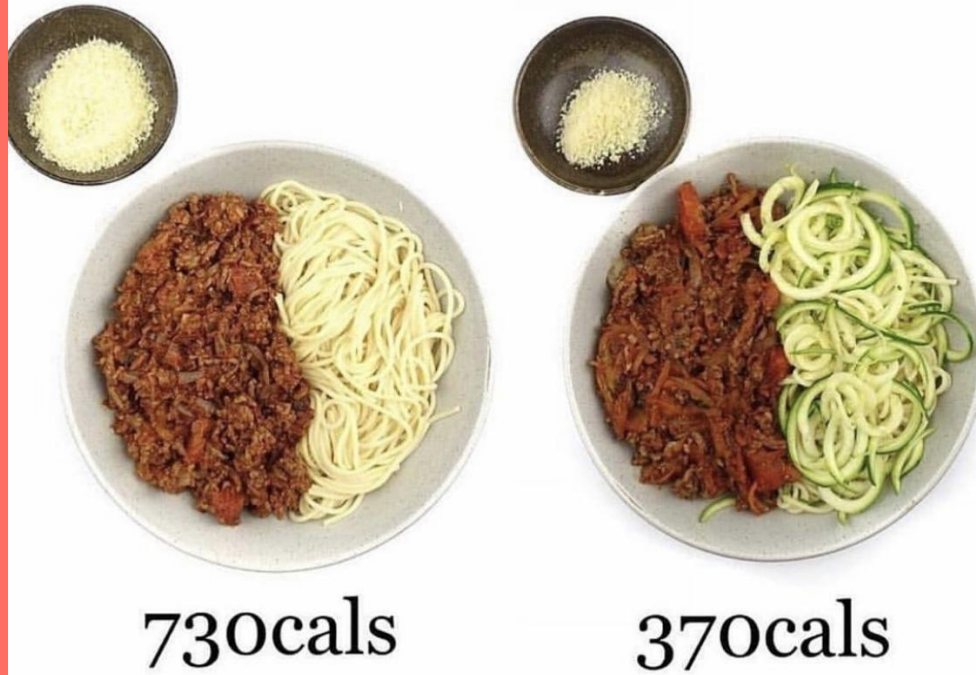
+ 780 KCALS

More oil, chicken, more rice, half the veggies, sweet chili sauce
Vs.

— 400 KCALS

Less oil, chicken, less rice but double the veggies and a sriracha sauce (stronger flavour so you don't need as much).
Alternatively, make your own sweet chili sauce to save on kcals 🙌

Spot The Difference



SPAG BOWL

+ 730 KCALS

180g regular mince, tsp oil, 15g parmesan, pasta

— 370 KCALS

1/2 the amount of pasta 1/2 spirilised courgette

Lean mince (5% fat)

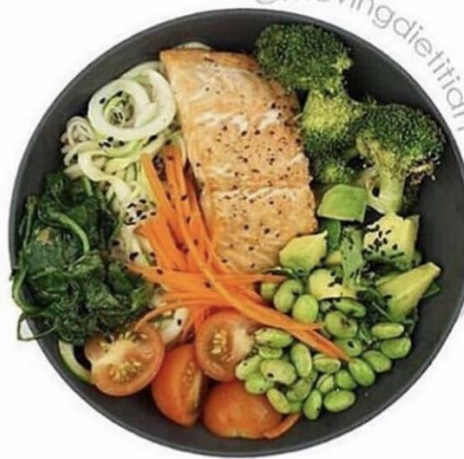
Cottage cheese/low fat cheese,

Add veggies to your Bolognese like carrots and tomatoes.

Spot The Difference



1065 cals



625 cals

SALMON DINNER

+ 1065 KCALS

220g Salmon, oil, 1/2 an Avo, noodles & veggies & seasoning

— 625 KCALS

Baked salmon, less noodles, 1/4 an Avo, more veggies & seasoning

SNACKS SWAPS

Instead of removing your favourite foods, why not opt for lower calories instead?

STILL ENJOYING SNACKS BISCUITS

ENJOYING SNACKS



3x choc digestives, digestive, choco liebniz, 2x jammie dodgers, 3x malted milk, 2x twix, hobnob

1244 cal

STILL ENJOYING SNACKS

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BISCUITS PER WEEK:



3x choc digestive thins, oreo, custard cream, 2x lotus biscoffs, 3x party rings, 2x twix singles, ginger nut

598 cal

SWIPE FOR TOAST



STILL ENJOYING SNACKS CHOCOLATE

ENJOYING
SNACKS

STILL ENJOYING
SNACKS

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CHOCOLATE PER WEEK:



snickers, mars bar, kit kat chunky



99 cal snickers, 95 cal mars bar,
2 finger kitkat (no rude jokes)

675 cal

298 cal

SWIPE FOR YOGURT



STILL ENJOYING SNACKS YOGURT

ENJOYING SNACKS

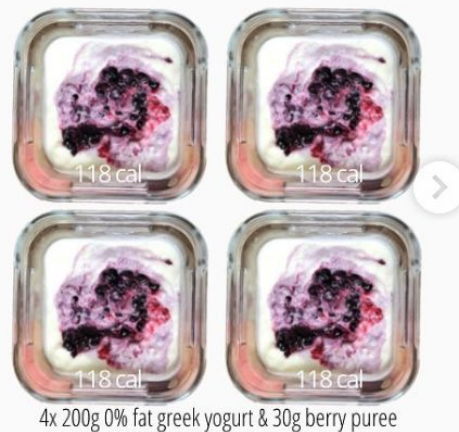


1096 cal

STILL ENJOYING SNACKS

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YOGURT PER WEEK:



472 cal

SWIPE TO SEE ALL SNACKS OVER THE
COURSE OF A WEEK, MONTH & YEAR



STILL
ENJOYING
SNACKS
CHOCOLATE

low calorie swaps

that taste similar

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473 cal



319 cal

SWIPE FOR 9 MORE →

*same taste & volume, but less calories & colder

GETTING MORE FOR YOUR CALORIES

Be mindful and see how much more food you can get
into your day without the extra calories

STILL ENJOYING SNACKS

1 SNACK

+ 4 GULPS

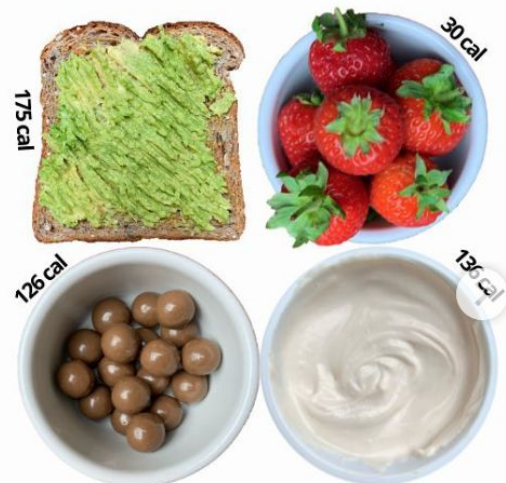


65g cashew nuts & 360ml naked blue machine

559 cal

4 SNACKS

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40g avocado on 40g toast, 100g strawberries, 25g Maltesers & 200g flavoured protein yogurt

467 cal

SWIPE FOR MORE →

*all foods should be eaten if enjoyed. But if fat loss is the goal, regularly eating higher volumes of lower calorie foods may enhance likelihood of adhering to a caloric deficit

STILL ENJOYING SNACKS

1 SNACK



110g choc chip muffin

440 cal

4 SNACKS

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63 cal



122 cal



30 cal



95 cal

apple, 30g low fat cream cheese on 40g toast, 150g 0% fat greek yogurt/berries & 100g raspberries

310 cal

SWIPE FOR MORE →

*all foods should be eaten if enjoyed. But if fat loss is the goal, regularly eating higher volumes of lower calorie foods may enhance likelihood of adhering to a caloric deficit

STILL ENJOYING SNACKS

1 SNACK



140g iced cinnamon bun

482 cal

4 SNACKS

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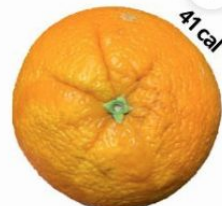
70 cal



126 cal



156 cal



41 cal

100g grapes, 3x oreos, 3x babybel light cheeses & 100g orange

393 cal

SWIPE FOR MORE →

*all foods should be eaten if enjoyed. But if fat loss is the goal, regularly eating higher volumes of lower calorie foods may enhance likelihood of adhering to a caloric deficit

STILL ENJOYING SNACKS

1 SNACK

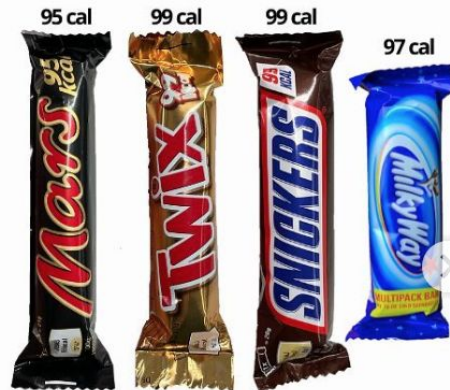


65g raw cacao brownie

397 cal

4 SNACKS

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21g mars bar, 20g twix, 20g snickers, 21g milky way

390 cal

SWIPE FOR MORE →

*all foods should be eaten if enjoyed. But if fat loss is the goal, regularly eating higher volumes of lower calorie foods may enhance likelihood of adhering to a caloric deficit

ENJOY LOWER CALORIE OPTIONS WITHOUT SACRIFICE

These easy swaps will save you calories without too much notice.

low calorie swaps

that taste similar



200g 20% fat beef mince

504 cal
36g protein

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200g 5% fat beef mince

248 cal
42g protein

*same taste, but half the calories and more protein

LOWER
CALORIE SWAPS
BEEF MINCE

low calorie swaps

that taste similar



200g Chicken thigh

322 cal
36g protein

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200g Chicken breast

212 cal
48g protein

*similar tasting and fewer calories

CHICKEN

LOWER

CALORIE SWAPS

low calorie swaps

that taste similar

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200g Greek yogurt

264 cal
12g protein



200g 0% fat greek yogurt

110 cal
20g protein

*similar taste and significantly fewer calories

FAGE Yogurt is much healthier than greek style yogurts. I prefer the 5% fat :)

LOWER
CALORIE SWAPS
YOGURT

low calorie swaps

that taste similar



45g Dairy milk bar

240 cal

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18g Freddo bar

95 cal

*still the same chocolate, just less

The first two bites are the most satisfying
anyway :)

CHOCOLATE

CALORIE SWAPS

LOWER

low calorie swaps

that taste similar



Large latte

190 cal

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Large black coffee

0 cal

*after all, you did want coffee...

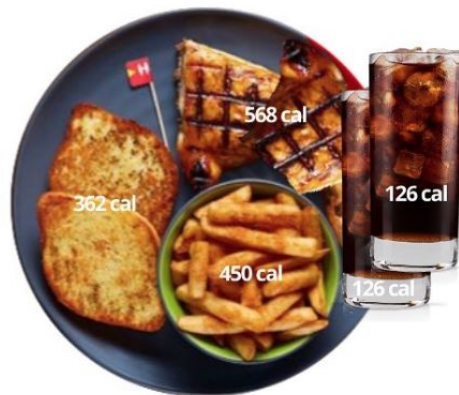
LOWER
CALORIE SWAPS
CHOCOLATE
Drinks have calories too!

EATING OUT

Be mindful of these swaps while you're out for dinner
and you will have little affect to your goals.

ENJOYING DINNER OUT NANDO'S

ENJOYING
DINNER OUT



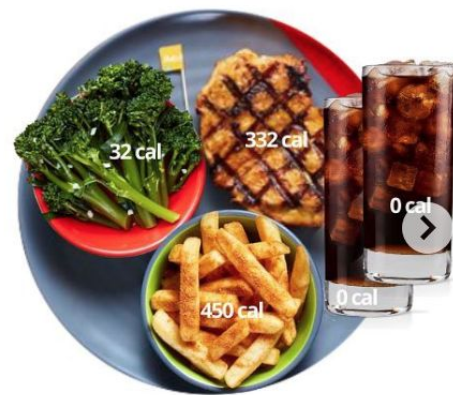
1/2 chicken, regular peri peri chips,
regular garlic bread & 2x 300ml coca-cola

1632 cal

STILL ENJOYING
DINNER OUT

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NANDO'S



chicken butterfly, regular peri peri chips,
regular broccoli & 2x 300ml diet coke

814 cal

SWIPE FOR PIZZA EXPRESS



*If eating out is infrequent, its effect on your goal is insignificant. But if eating out is frequent & you are struggling to achieve your goals (e.g. lose body fat), there are opportunities you can take to support your compositional goals better

ENJOYING DINNER OUT PIZZA EXPRESS

ENJOYING
DINNER OUT



dough balls with garlic butter, American
hot pizza & 3x 125ml white wine

1670 cal

STILL ENJOYING
DINNER OUT

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PIZZA EXPRESS



dough balls, American hot leggera pizza &
1x 125ml white wine & 330ml diet soft drink

980 cal

SWIPE FOR WAGAMAMA →

*If eating out is infrequent, its effect on your goal is insignificant. But if eating out is frequent & you are struggling to achieve your goals (e.g. lose body fat), there are opportunities you can take to support your compositional goals better

ENJOYING DINNER OUT WAGAMAMA

ENJOYING
DINNER OUT



grilled duck donburi, chilli squid & large positive juice

2214 cal

STILL ENJOYING
DINNER OUT
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WAGAMAMA



teriyaki chicken donburi, pulled pork gyoza & still water

969 cal

SWIPE FOR YO SUSHI →

*If eating out is infrequent, its effect on your goal is insignificant. But if eating out is frequent & you are struggling to achieve your goals (e.g. lose body fat), there are opportunities you can take to support your compositional goals better

ENJOYING DINNER OUT WAGAMAMA

ENJOYING
DINNER OUT

STILL ENJOYING
DINNER OUT

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YO SUSHI



popcorn shrimp, crunchy california roll, Japanese fried chicken, yo fries & strawberry cheesecake mochi

1567 cal



prawn katsu, crunchy california roll, spicy chicken katsu roll, spicy pepper squid & fresh fruit plate

861 cal

SWIPE FOR FIVE GUYS →

*If eating out is infrequent, its effect on your goal is insignificant. But if eating out is frequent & you are struggling to achieve your goals (e.g. lose body fat), there are opportunities you can take to support your compositional goals better

ENJOYING DINNER OUT WAGAMAMA

ENJOYING
DINNER OUT



2 patty bacon burger topped with mayo, ketchup, tomato, pickles & 2 slices of cheese, large fries & large oreo creme milkshake

3581 cal

STILL ENJOYING
DINNER OUT

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1 patty 'little' bacon burger with ketchup, tomato, lettuce, pickles & 1 slice of cheese, little fries & freestyle coke zero

1260 cal

SWIPE TO SEE OVERALL →

*If eating out is infrequent, its effect on your goal is insignificant. But if eating out is frequent & you are struggling to achieve your goals (e.g. lose body fat), there are opportunities you can take to support your compositional goals better

DRINKS HAVE CALORIES TOO

Some drinks can contain as many calories as a meal!

DRINK



five guys peanut butter milkshake

1032 cal

26g protein

*more likely to still be hungry soon after

MEAL

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lasagna

GET THE RECIPE AT FITNESSCHEF.UK

596 cal

60g protein

SWIPE FOR MORE

*more likely to be satiated for hours

DRINK VS EAT?
FIVE GUYS
MILKSHAKE VS
LASAGNA

DRINK



venti starbucks white
mocha with whole milk

551 cal
16g protein

*more likely to still be hungry soon after

MEAL

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chunky red pepper cheeseburger
GET THE RECIPE AT FITNESSCHEF.UK

478 cal
48g protein

*more likely to be satiated for hours

DRINK VS EAT?
STARBUCKS
MOCHA VS
CHEESEBURGER

DRINK



medium costa coffee
strawberry cream frostino

421 cal
6g protein

*more likely to still be hungry soon after

MEAL

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tex-mex chicken salad
GET THE RECIPE AT [FITNESSCHEF.UK](https://www.fitnesschef.uk)

403 cal
43g protein

*more likely to be satiated for hours

DRINK VS EAT?
COSTA FROSTINO
VS TEX-MEX
CHICKEN SALAD

DRINK



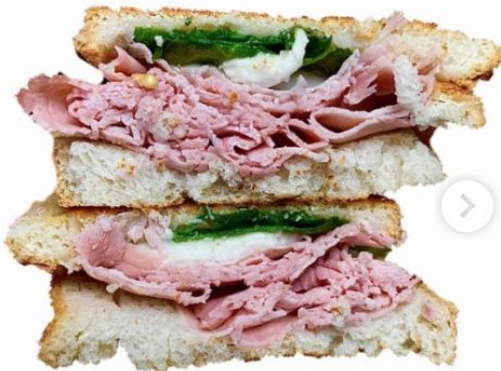
starbucks venti double
chocolate chip cream frappuccino

475 cal
7g protein

*more likely to still be hungry soon after

MEAL

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ham & mozzarella toasted sandwich
GET THE RECIPE AT FITNESSCHEF.UK

432 cal
40g protein

*more likely to be satiated for hours

DRINK VS EAT?
STARBUCKS
FRAPPUCCINO VS
TOASTED
SANDWICH

DRINK



caffè nero caramel latte with
extra whipped cream

591 cal
12g protein

*more likely to still be hungry soon after

MEAL

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chicken arrabbiata
GET THE RECIPE AT [FITNESSCHEF.UK](https://www.fitnesschef.uk)

498 cal
46g protein

*more likely to be satiated for hours

DRINK VS EAT?
NERO LATTE
VS CHICKEN
ARRABBIATA

DRINK



large mcdonalds banana milkshake

459 cal
13g protein

*more likely to still be hungry soon after

MEAL

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coconut chocolate oats
GET THE RECIPE AT FITNESSCHEF.UK

408 cal
21g protein

*more likely to be satiated for hours

DRINK VS EAT?
MCD'S
MILKSHAKE VS
CHOCOLATE
OATS