



Smart Socials

Guide



How to enjoy social events
without losing your progress.



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Disclaimer

The information provided in the Smart Socials Guide is for general education and guidance only. It is not intended to replace professional medical, nutritional, or psychological advice, diagnosis, or treatment. Always consult with your coach, doctor, dietitian, or qualified health professional before making changes to your diet, alcohol intake, or exercise routine — especially if you have a medical condition, injury, or are pregnant.

While this guide includes strategies and suggestions for eating, drinking, and lifestyle balance, results will vary based on individual circumstances. The recommendations within are not personalised to your specific health or nutrition needs.

By using this guide, you accept full responsibility for your own health and decisions. The author and distributor of this resource disclaim any liability for injury, loss, or damage sustained from following the information provided.

Always prioritise your wellbeing, listen to your body, and make choices that feel right for you.



Introduction

Social events are a part of life; birthdays, dinners, catch-ups, date nights, weekends away... and they should be!

Your fitness journey shouldn't mean missing out.

The goal of this guide is to help you enjoy those moments while staying aligned with your goals.

You don't have to choose between fun and progress - **you just need a smarter plan.**



CHAPTER ONE

Mindset First

01

Mindset First

Your mindset shapes every choice you make – how you approach food, how you handle slip-ups and how you bounce back afterwards.

If your current mindset around social events is “I have to be perfect” or “I’ve ruined it now,” it’s time to flip the script. Progress doesn’t come from perfection – it comes from consistency and flexibility

Common Mindset Traps



“I’ll start again Monday.”

This keeps you stuck in a cycle of all-or-nothing thinking.



Instead, think:

“I enjoyed myself – now I’m getting back to normal.”



“I can’t eat that.”

Restriction often leads to overeating later.



Reframe to:

“I can have anything – I just choose what’s worth it.”

Mindset First



"I blew it."

You didn't blow anything. One night can't undo weeks of effort.



Reframe to:

"I'm building habits that can handle real life."



Mindset Tips for Social Balance



Check your language: Start noticing words like can't, shouldn't, bad, or cheat.

Replace them with neutral, balanced phrases:

- "I choose..."
- "This fits my goals right now."
- "I'm enjoying this without guilt."



Ditch the guilt: Guilt doesn't burn calories - it just drains motivation. When you enjoy something mindfully, your body digests it better and your mindset stays strong.



Focus on the big picture: If you're consistent 80–90% of the time, the other 10–20% isn't a setback - it's balance. Fitness is meant to fit your life, not take over it.



Prepare your mind before you go: Take a minute before a social event and ask yourself:

"What's my intention for tonight?"

Maybe it's to connect with friends, relax, or celebrate - not to overeat or overthink.

Mindset Tip:

Before an event, take a moment to pause. Breathe deeply and remind yourself: "I can enjoy this and stay on track," and visualise making confident, balanced choices. One night doesn't define your progress.



CHAPTER TWO

Eat Smarter

02

Eat Smarter

Before the event

Don't skip meals as that usually backfires.

- Instead, focus on high-protein, lower-fat, higher-volume foods (think egg whites, chicken breast, Greek yoghurt, veggies, rice cakes, oats).
- Have a balanced meal 1–2 hours before heading out. Arriving hungry = overeating later.
- Drink a big glass of water before leaving.

During the event

- Scan the menu first and choose your main focus, food or drinks. You don't need to go all-in on both.
- Look for protein-based meals (steak, grilled chicken, fish, poke bowls).
- Ask for dressings/sauces on the side and swap fries for salad or veggies if possible.
- Eat slowly. Enjoy the food and the company; your body needs time to register fullness.

After the event

- Drink plenty of water before bed and first thing in the morning.
- Don't restrict or "make up" for it the next day; get straight back to normal meals.
- Move your body (a walk, stretch, or light workout can help digestion and energy).

Navigating Christmas Parties & Events

The festive season brings celebration, socialising and an increase in events, richer foods and more frequent alcohol consumption.

The key: approach with intent.

Maintaining a sense of control doesn't mean saying no to everything. It means knowing where your limits are and making conscious choices within them.

Mindful Eating at Events

Grazing tables & buffets are a holiday staple. Here's how to enjoy them without the guilt:



Prioritise protein and fibre-rich foods both before and after & during your event.



Scan before you select. Take a full look at what's available before building your plate.



Pause and check in. Eating slowly allows time for satiety cues to kick in.



Stay hydrated. Thirst is often mistaken for hunger.

Navigating Christmas Parties & Events

You'll see grazing boards at most events. Navigating them well comes down to being selective, staying aware of portions, and focusing on balance.

What to reach for

Protein

- Sliced Ham
- Beef Jerky
- Salami
- Sliced Turkey
- Devilled Eggs
- Prosciutto
- Cottage Cheese
- Cheese
- Hommus
- Pumpkin Kernels
- Prawns

Carbs

- Home Made Chips
- Roasted Chickpeas
- Grapes
- Veggie Sticks
- Sweet Potato Chips
- Popcorn
- Berries
- Crackers
- Dried Fruit

Fat

- Cheese
- Dark Chocolate
- Bliss Balls
- Salami
- Home made guac
- Nuts
- Olives
- Pate
- Avocado
- DIY Trail Mix



Grazing Board

Savoury Options

Calories Per Serving



25g Jatz Crackers
(Approx. 6 biscuits)
117 kcal



10g Woolworths Wafer Crackers
(Approx. 6 Crackers)
41 kcal



30g Maretti Bruschette
Roasted Garlic Chips
136 kcal



25g Sakata Rice Cracker
(Approx. 14 Crackers)
102 kcal



14g Always Fresh Bread Sticks
(Approx. 2 Breadsticks)
63 kcal



25g Celery Sicks
4 kcal



30g Nobby's Salted Peanuts
176 kcal



20g Calbee Original Harvest Snaps
85 kcal



25g Kettle Sweet Potato Chips
132 kcal



100g Mixed Veggies
20 kcal



27g Smith's Original Chips
(Approx. 15 Chips)
147 kcal



20g Cobs Salt Popcorn
99 kcal



28g Sunbites Grain Waves
(Approx. 12 Chips)
135 kcal



23g Macro Spinach Chickpea Chips
(Approx. 11 Chips)
105 kcal



30g Woolworths Salted Mixed Nuts
178 kcal



30g Parker's Pretzels
(Approx. 16 Pretzels)
117 kcal

Grazing Board

Cheese and Dip Options

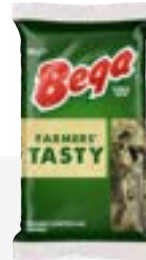
Calories Per Serving



100g Perfect Italiano Ricotta
137 kcal



100g Woolworths Light Ricotta Cheese
101 kcal



25g Bega Tasty Cheese
103 kcal



20g Woolworths Swiss Style Cheese Slices
69 kcal



25g Philadelphia Cream Cheese Spread
56 kcal



25g Philadelphia Light Cream Cheese Spread
43 kcal



25g Mersey Valley Classic Cheese
101 kcal



25g Unicorn Classic Camembert Cheese
81 kcal



20g Chris' French Onion Dip
43 kcal



20g Chris' Tzatziki Dip
19 kcal



20g Red Rock Deli Tomato, Feta, Basil & Cashew Dip
56 kcal



40g Doritos Mild Salsa Dip
15 kcal



20g Nuffin Capsicum & Onion Dip
73 kcal



20g Yumi's Eggplant Dip
29 kcal



20g Obela Hommus Dip with Roasted Pinenut
53 kcal



20g Willow Farm Hommus Dip
33 kcal

Grazing Board

Meat Options

Calories Per 100g



Woolworths Deli Danish Style Salami
414 kcal



D'Orsogna Deli Champagne Leg Ham
98 kcal



Primo Deli Prosciutto
251 kcal



Ingham's Deli Turkey Breast
114 kcal



Primo Deli Cabanossi
220 kcal



Woolworths Fresh Sliced Smoked Salmon
152 kcal



D'Orsogna Deli Tasty Sticks
320 kcal



Don Deli Cocktail Frankfurts
152 kcal

Antipasto Options



Woolworths Olives Pitted Mediterranean
194 kcal



Cherry Tomatoes
22 kcal



Coles Deli Roasted Capsicum Strips
182 kcal



Fresh Capsicum
27 kcal



Woolworths Cocktail Onions
59 kcal



Blue Banner Pickled Onions No Added Sugar
28 kcal



Woolworths Mediterranean Herbs Semi Dried Tomatoes
186 kcal



Woolworths 97% Fat Free Semi Dried Tomatoes
113 kcal

Classic Christmas Lunch

Calories Per Serving



**162g Woolworths
Potato Bacon Bake**
163 kcal



**100g Woolworths
Creamy Pasta Salad**
251 kcal



**100g Coles Cooked
Tiger Prawns**
95 kcal



**100g Woolworths Leg
Ham**
158 kcal



**150g Woolworths Hot
Roast Chicken**
311 kcal



**100g Woolworths
Roast Pork Loin with
Crackling**
323 kcal



**150g Ingham's Roast
Turkey**
136 kcal



**65g Woolworths
Decorated Pavlova**
174 kcal



**133g Woolworths
Creamy Potato Salad**
158 kcal

Classic Christmas lunches can come with all kinds of calorie loads. Being aware of what's on your plate helps you enjoy the foods you love and make room for the ones that matter most to you.



CHAPTER THREE

Drink Smarter

03

Drink Smarter

Alcohol isn't off-limits, but it's smart to understand how it fits into your goals. It's not just about calories - alcohol also impacts sleep, recovery, hunger, and decision-making.

Smarter Swaps

Drink	Approx. Cals	Smarter Swap
Cocktail (Margarita, Espresso Martini)	300-500	Vodka, soda, fresh lime (~70-100)
Full Strength Beer	150-200	Light beer (~90)
Wine (150mL glass)	120-150	Wine spritzer (half soda water) (~80)
Cider	200+	Vodka + soda + fruit garnish (~80)

Smart drinking tips

- Alternate between alcohol and water.
- Stick to clear spirits with low-calorie mixers (soda, diet tonic, sugar-free lemonade).
- Eat before drinking - protein helps slow alcohol absorption.
- Decide beforehand how many drinks you'll have and pace yourself.
- If you can, avoid the late-night fast food run - prep something light and satisfying at home instead.

Alcohol: What to Know

Alcohol is part of many celebrations, but not all drinks hit the same. Here's what you need to know:



7 calories per gram, with no nutritional benefit.



Processed first by the body, increasing the likelihood of fat storage and slowing fat loss.

Smarter Choices

It's not about eliminating alcohol, but making choices that align with your goals.



Choose lower-calorie drinks: Clear spirits with soda, dry wine, or light beer over cocktails and creamy liqueurs.



Avoid sugary mixers: Skip soft drinks, juices, and syrups that quickly increase calorie load. Use soda water, fresh lime, or low-cal flavourings instead.



Stick to simple drinks: Fewer ingredients means more control. Choose drinks where you know what's in them.



Set limits early: Decide how many drinks you'll have before the event and stick to it.

Alcohol

Calories Per Serving

Lower Calories



Bloody Mary
123 kcal



Martini
160 kcal



Aperol Spritz
209 kcal



Mango Daiquiri
215 kcal

Higher Calories



Mojito
217 kcal



Frozen Margarita
218 kcal



Espresso Martini
302 kcal



Fruit Tingle
256 kcal



Cosmopolitan
331 kcal



Pina Colada
340 kcal



Midori Spice
370 kcal



Toblerone
504 kcal

Alcohol

Calories Per Serving

Lower Calories



Better Beer
85 kcal



Burleigh Brewing Bighead
88 kcal



Carlton Dry Ultra Low-Carb
86 kcal



Hahn Super Dry
92 kcal



Hahn Ultra Zero Carb
87 kcal



Great Northern Original
102 kcal



Stone & Wood
132 kcal



XXXX Ultra Zero Carb
79 kcal

Higher Calories



Victoria Bitter
151 kcal



Tooheys New
146 kcal



Corona
148 kcal



Cooper Best Extra Stout
190 kcal

Alcohol

Calories Per Serving

Lower Calories



Seltzer
70 kcal



Vodka Soda &
73 kcal



Good Tides Hard Seltzer Lemon Lime
85 kcal



Sugar Free Vodka Cruiser
96 kcal



Archie Rose Vodka and Soda Raspberry
72 kcal



Hard Rated Zero Sugar
101 kcal



CC & Dry (Zero Sugar)
102 kcal



Jack Daniel's No Sugar Cola
99 kcal

Higher Calories



Vodka Cruiser
176 kcal



UDL Vodka
206 kcal



Somersby Apple Cider
208 kcal



Smirnoff Double Black
255 kcal

Alcohol

Calories Per Serving



150mL Champagne
88 kcal



150mL Dry White Wine
108 kcal



150mL Red Wine
119 kcal



150mL Rose
124 kcal



**30mL Vodka & 250mL
Coke No Sugar**
66 kcal



**30mL Vodka & 250mL
Soda with Lime**
67 kcal



30mL Gin & 250mL Tonic
159 kcal



**30mL Rum & 250mL
Coke**
173 kcal



**30mL Vodka & 250mL
Lemonade**
177 kcal



**30mL Vodka & 250mL
Pineapple Juice**
180 kcal



**30mL Tequila & 250mL
Pineapple Juice**
186 kcal



**30mL Tequila & 250mL
Orange Juice & Grenadine**
189 kcal

Non-Alcohol

Calories Per Serving



150mL Giesen 0% Sauvignon Blanc
13 kcal



150mL Edenvale Pinot Gris - Alcohol Removed
14 kcal



150mL Edenvale Shiraz - Alcohol Removed
17 kcal



150mL Brown Brothers Zero Moscato
39 kcal



Kopparberg Non Alcoholic Strawberry & Lime Cider
137 kcal



Asahi Super Dry 0% Beer
84 kcal



Brewdog Alcohol Free Pale Ale
45 kcal



Fever-Tree Premium Dry Ginger Ale
66 kcal



Naked Life Margarita
5 kcal



Naked Life Cosmo
6 kcal



Naked Life Italian Spritz
8 kcal



Vok Peach Daiquiri
88 kcal



CHAPTER FOUR

Calorie Cycling for Social Events

04

Calorie Cycling for Social Events

If you know you've got a big weekend or event coming up, plan for it – not by restriction, but by strategic flexibility.

How to calorie cycle smartly

- Reduce your daily intake slightly (by 100–200 calories) for 2–3 days before your event.
- Keep protein high and training consistent.
- Enjoy your event without guilt.
- The next day, go straight back to your usual meals – don't overcompensate.

Example:



If your goal intake is 1,900 calories, you could eat around 1,700 Wed–Fri, then enjoy a 2,300-calorie day Saturday. Your weekly average stays the same, and you get to enjoy yourself guilt-free.

Bonus Tip!

Log drinks and food if you like, but don't obsess.

Awareness > perfection.

How to maximise your goals using Calorie Cycling

Weekly Plan

= 14 000 calories

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2000 CALORIES	2000 CALORIES	2000 CALORIES	2000 CALORIES	2000 CALORIES	2000 CALORIES	2000 CALORIES

BREAKFAST	LUNCH	DINNER	SNACKS	DESSERT
Yogurt, berries & PB	Chicken & Rice Meal Prep	Chicken parmigiana, chips & broccoli	BBQ Shapes Carrot Sticks Banana	Paddle Pop

Calorie Cycling Plan

= 14 000 calories

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2000 CALORIES	2000 CALORIES	1800 CALORIES	1800 CALORIES	1800 CALORIES	2600 CALORIES	2000 CALORIES

BREAKFAST	LUNCH	DINNER	SNACKS	DESSERT
Yogurt & berries	Chicken & Rice Meal Prep	Chicken Schnitzel, chips & broccoli	BBQ Shapes Carrot Sticks Banana	Paddle Pop
<i>Remove PB</i>	<i>Reduce rice serving</i>	<i>Change parmigiana to schnitzel</i>	<i>No changes needed</i>	<i>No changes needed</i>



Conclusion

You can be social, enjoy food and drinks, and still make incredible progress. The difference between those who succeed long-term and those who don't?

They learn to adapt, not quit.

Smart socials aren't about perfection – they're about confidence, awareness, and balance. Enjoy the event. Have the drink. Eat the meal. Then get back to doing the things that make you feel strong, happy, and proud.

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