



Top Picks in the Lower East Side

Macros, Muscles & Mindset



Wanting to stay on track in the East Village?
I gotchu fam.

Social tracking! One of the trickiest parts about macro tracking is working out how to pre-track a meal, deconstruct it, or know what generic input to be putting in to your tracking app.

We believe, the best way to stay consistent and continue to get results, whilst being social, is to pre-track your social meal as the first meal in your day. The reason this is, is because it allows you to a) mentally know how much you will need to control yourself for that meal time and b) allows you to plan your other meals for the day around your social outing, so you aren't over or undereating the rest of the day.

Lets first look at how to deconstruct a meal.

When eating out, we highly recommend having a quick preview of the restaurants menu, or Instagram feed. This will give you an idea of what kind of foods are available to you, and what options you may need to take to stay on track. The most simple meal to deconstruct is breakfast. Let's take a "big breakfast" plate for example. You have an omelette, bread and a sausage. The first point of call, would be asking your waiter how many eggs are used in the omelette, and if there is cheese or milk or cream used to create it. Your option here would be to track the omelette deconstructed . But how?



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In your app - you would add in for example, 3 eggs, 2 egg whites, an estimated $\frac{1}{2}$ cup cream, and $\frac{1}{4}$ cup mixed vegetables. Alternatively, you could opt for a generic “omelette” choice in your tracking app. The next step would be adding in the slice of bread. A generic choice is fine here, unless you know the bakery the bread is from and it is in your app. Next, add any additional oils or butters on the plate that you may use or think have potentially been used (e.g jam, honey, olive oil). We always recommend asking to have no extra olive oil or butter or anything, and to keep it on the side. Next you would add in a sausage, generic.

When looking at snacks on the go, or socially catching up at coffee shops – tracking things like croissants, cookies, coffee and muffins are very easy to implement. A lot of coffee shops will know the bakery their goods are from – and these bakeries may already be in your tracking app. If not, we recommend using a generic snack option from a place like starbucks, wholefoods or supermarket options (like Coles, Keyfoods or Woolworths).

If you are going through a “cutting” or “Weight loss” phase, to be on the safe side, choose whichever option has a higher carb intake. If you are in maintenance or bulking, you can be a bit more lenient and choose an option with a lower carb content. When drinking coffee, always account for the milk that you are pouring in too.





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WHERE TO EAT!

Right. Most of you guys are from big cities – and I know exactly how hard it is to track food out, but I also know good places to go that make adjustments for people and are easily trackable. This week, we'll look at the East Village/ABC/Lower East Side in NYC, and next week, we'll take a little tour around Sydney's Surry Hills and CBD.

Breakfast, Coffee and Snack spots:

1. Dudleys – LES – easy to track meals, and changes/removal of items like butters and oils are no issues
2. Good Thanks – LES - easy to track meals, and changes/removal of items like butters and oils are no issues
3. Ludlow Coffee Supply – LES – generic muffins, cookies and milks can be tracked here. Toasts are also an easy option to track – they will remove oil if you ask!
4. Ninth St Espresso – ABC Village generic muffins, cookies and milks can be tracked here. Toasts are also an easy option to track Tompkins Bagels - EV
5. Black Seed Bagels – EV – Track a bagel from “wholefoods” and then be specific about your toppings and the amounts that they use. Alternatively, get a plain bagel, take it home, and load it with the goods yourself!
6. Tompkins Bagels – EV – As above, but account for a 1.5 sized bagel – these are much larger than a normal bagel
7. Westville – EV – The most accommodating place in the EV! Ask for things without oil, butter or without egg yolks, and it is not a big deal – at all
8. Flinders Lane – EV - easy to track meals, an changes/removal of items like butters and oils are no issues
9. Mud Coffee – EV - easy to track meals, an changes/removal of items like butters and oils are no issues
10. Van Leeuwen – EV – hello and welcome to all items being in MFP!
11. Café Mogador – EV - easy to track meals, an changes/removal of items like butters and oils are no issues
12. Bluestone Lane - Astor Place – easy to track coffee options snacks, baked goods and bread from Balthazar bakery (these are already in MFP). Any toasts can be asked to have no extra oil or butters.
13. Cornerstone – ABC - easy to track meals, an changes/removal of items like butters and oils are no issues
14. Three Seat Espresso – EV - easy to track meals, and generic baked goods. Changes/removal of items like butters and oils are no issues



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Lunch and Dinner:

These places have meals that are wither easily trackable, or are willing to change, and alter menu items for you. Craving a late night pizza snack? Search “NYC pizza slice” for accurate macros on pizza.

- 1) Westville – EV
- 2) Flinders Lane – EV
- 3) Fonda – ABC Village
- 4) MR Purple Rooftop – LES
- 5) Café Mogador - EV
- 6) Bar Virage - EV
- 7) Local 92 - Bowery
- 8) Rosie’s – Bowery

