

Q&A 5/2/26

How to pick the best options for Indian, Italian and Chinese restaurants? (Clare)

In general - try and find a menu before you go / input in tracker before hand / balance the day or days around, earlier if possible, if later meal take it light

Chinese

Go for: high protein, lots of veg, lighter sauces - drink loads of water!

Great choices

- Steamed chicken or prawns with mixed veg
- Stir-fried beef/chicken with broccoli, mushrooms, peppers#
- Szechuan chicken/prawns (ask for less oil if possible)
- Tofu with veg (not battered)
- Steamed rice (half portion)
Plain noodles (half portion)
- Selection of appetizers - chicken skewers, seaweed, salt and pepper chicken, soups, mixed veg with cashews (stir fry veggies)

Limit / share

- Sweet & sour (battered + sugary sauce)
- Hoisins
- Crispy chilli beef, salt & pepper anything
- Chow mein (very oily)
- Spring rolls / prawn toast

Italian

Go for: tomato-based, grilled proteins, not cream bombs

Great choices

- Grilled chicken or sea bass with veg
- Tomato-based pasta (arrabbiata, marinara)
- Seafood linguine (tomato base)
- Bolognese (beef or lentil) with extra protein

Swaps

- Ask for extra veg instead of garlic bread
- Go lighter on cheese (or just enjoy a normal amount and skip starters)

Limit / share

- Carbonara, Alfredo, 4-cheese sauces
- Deep-fried starters (arancini, fried calamari)

Indian

Go for: tandoori, tomato-based curries, lentils, grilled meats

Great choices

- Tandoori chicken / paneer
- Chicken tikka (dry)
- Dal (lentils)
- Chana masala
- Rogan josh, jalfrezi, bhuna (tomato/onion base)
- Saag (spinach-based) with chicken or paneer

Carbs

- Plain naan or chapati (share or half)
- Plain basmati (half portion)

Limit / share

- Korma, pasanda, butter chicken (cream/coconut heavy)
- Peshwari naan (basically dessert naan 😊)
- Deep-fried starters (bhajis, pakoras)

Summery

- Protein-first dish
- Veg-heavy main - watch the sides
Less fried and creamy

Thoughts on Hyrox and best way to train for it alongside LIST. (Donna)

- What is it? Like a mix of CrossFit and running
- E.g. typical race format = 8 x 1 km runs followed by a workout station like Sled push, Sled pull, Burpee broad jumps, Rowing, Farmer's carry, Lunges, Wall balls
- LIST will cover the strength side of things but including some cardio-based activity would be useful

- Would still keep LIST as primary form of training but have 1-2 sessions of low impact/intensity cardio e.g. swimming, cycling, jogging

How to best manage traditional meals (burgers, fish and chips etc.), especially with children (Sheetal)

- Fish (grilled if poss or remove batter) small chips mushy peas (curry sauce and gravy calorie dense) Fish cake less fried
- WATER
- Add veg at home
- Battered stuff, large chips, sausage especially battered - avoid
- Portion - balance the day around
- General take away advice - portion size, deep fried (fish and chips homemade or Pinch of Nom website for fakeaways)
- Pizzas - try avoid the stuffed crust and processed meats - portion control add veg
- Fried chicken - quinoa ones in recipe packs
- <https://pinchofnom.com/>

Chest Press vs Floor Press (Beth)

- Pretty similar, subtle differences
- Not a completely flat back on either, natural curvature of spine
- Also not overexaggerating the arch
- However, chest press you can arch *upper back* a little more so you're more on your shoulder blades
- Other main consideration = elbow angle (chest vs triceps)