

# Happy Hour 1400 Calorie Survival Guide

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YES! You can have happy hour and still stick to your plan. Use this survival guide to pick up a sensible option that you can fit into a 1400 calorie plan. Choose all of the items in any of the boxes below, which total to the calories and protein amounts shown beneath.

	<u>Wine Lover</u>	<u>Beer Lover</u>	<u>Cocktail Lover</u>
Sampan	<ul style="list-style-type: none"> <li>• 2oz Pour Junmai sake</li> <li>• 1 Glass House white wine</li> <li>• 2 Shrimp dumplings, with broth</li> <li>• 1 Korean BBQ Beef Satay Skewer</li> </ul>	<ul style="list-style-type: none"> <li>• 1 Draft Asahi Dry Lager</li> <li>• 1 Can Sapporo Premium Lager</li> <li>• 2 Edamame dumplings, with broth</li> <li>• 1 Pork Potsticker</li> </ul>	<ul style="list-style-type: none"> <li>• Asian Mojito –or-- Sparkling Sake Sangria</li> <li>• 2 Grilled Shrimp Skewers</li> <li>• 1 Dish of White Soy &amp; Garlic</li> <li>• Roasted Broccoli</li> </ul>
Track	500C and 24G	480C and 10G	480C and 23G
Oyster House	<ul style="list-style-type: none"> <li>• 1 Glass Backstory Chardonnay</li> <li>• 1 Glass Jovino Pinot Gris</li> <li>• 6 Cape May Salt Oysters</li> <li>• 6 Cherrystone Clams w/ Lemon Juice or Tabasco Sauce</li> <li>• 2 Oysters Rockefeller</li> </ul>	<ul style="list-style-type: none"> <li>• 1 Draft Dogfish Head Namaste Witbier</li> <li>• 1 Can Yuengling Lager</li> <li>• 5 Colossal Shrimp w/ 1 Tbsp. Cocktail Sauce</li> <li>• 2 Oysters Kimchi</li> </ul>	<ul style="list-style-type: none"> <li>• 1 Glass Kelly's Punch</li> <li>• 1 New Englander Oyster Shooter</li> <li>• 2 BBQ Oysters</li> <li>• 8 Steamed Clams with broth</li> </ul>
Track	460C and 22G	500C and 32G	500C and 22G
Tria	<ul style="list-style-type: none"> <li>• 1 Glass Balbach Estate Riesling</li> <li>• 1 Glass Firespeak Pinot Noir</li> <li>• 4 Mixed Italian Meats w/ 1 slice bread, 1 tsp. mustard</li> <li>• 4 Cornichons</li> <li>• 3 Marinated Olives</li> </ul>	<ul style="list-style-type: none"> <li>• 1 Draft Weihenstephaner 1516 Kellerbier</li> <li>• 1 Can Anderson Valley Blood Orange Gose</li> <li>• 1 Poached Fig with Gorgonzola</li> <li>• 2 Slices Prosciutto with Olive Oil drizzle</li> </ul>	<p><i>(Tria does not offer cocktails, try...)</i></p> <ul style="list-style-type: none"> <li>• 1 Glass Hanssens Oude Kriek --- or-- Plum Brandy Aged Dry Mead</li> <li>• ½ Plate of Roasted Beets w/ ½ Tbsp. Feta and 1 slice Baguette</li> <li>• 1 Piece of Broccoli Rabe Bruschetta</li> </ul>
Track	485C and 13G	500C and 10G	500C and 11G

Let's DO this,  
Emily

This is not intended for use as a daily diet, but to supplement an existing weight-management plan as an example of possible options. If you want this kind of awesomeness in a customized daily plan tailored for you, make an appointment with Emily today at <http://www.drseitzerweightloss.com>