EATING OUT TIPS and TRICKS

Most restaurants have their menu online. Before you go out take a look at the menu and decide a few things that sound good and think about what you want to order before hand and you can plan on eating a little less carbs and fats during the day. You wont feel overwhelmed when you get to the restaurant.

Most sit down restaurants bring you rolls or bread. Cut one slice or take one roll and enjoy it eat it slow. Maybe opt out on the butter. Mexican restaurants seem to always serve chips and salsa. Ask for a plate and plate your self a portion and slowly eat them if you choose. If you are with people who don’t want the chips you can always ask the waiter not to bring the bread and butter or chips to the table so you are not tempted.

Tips when looking over the menu

Look for grilled and baked (most restaurants will substitute breaded chicken for grilled)

Ordering salads we think it is a lighter, ‘better’ option but the toppings can add up fast. Ask for no cheese and no croutons because you rather have that yummy slice of bread they brought to the table earlier. Ask for the dressing on the side and dip or drizzle it on your salad. Use salt and pepper, vinegar. If you can create your own think colorful. Pile on those veggies.

Side options- steamed veggies ask for no butter (salt and pepper is delicious) if you get two sides ask for a extra side of veggies or order a side salad with dressing on the side. ask for the fat free dressings they have also can use balsamic and red vinegar.

Sandwiches- ask for no mayo or light mayo (you can always ask for it on the side and lightly spread it on yourself)

Use half your bread, ask for a lettuce wrap or what is the lower carb option.

Add as many veggies as you want

Burgers- ask for no sauce or ask for it on the side. Order a lettuce bun ask for extra lettuce

Share your fries

Share a meal.

Drink lots of water before between and after.

Slow down take one bite a time put your fork down chew each bite slowly.

Cut your meal in half and take half home for later.

When you incorporate small changes when you order consistently when you go out it will become easier. Remember all things take time , practice and patients.