

Dining Out!

Lose weight while enjoying your favorite restaurants!

One of the biggest advantages of the Zone Fast program is that the rules are simple and easy to apply when dining out. Even if you deviate from a 1-2-3 meal, your hormones are placed back into balance as soon as you consume your next Zone Fast meal.

Divide your plate into three equal parts. On one-third of your plate, put some low-fat protein that is no bigger or thicker than the palm of your hand. That's about 3 ounces of low-fat protein for women and 4 ounces of low-fat protein for men.

Fill the remaining two-thirds of the plate with colorful, non-starchy vegetables, especially those from the Mediterranean region (e.g. tomato, eggplant, artichokes).

Add a dash of heart healthy monounsaturated fat, such as olive oil, slivered almonds, walnuts or guacamole.

You have just created a 1-2-3 meal. Enjoy!

In ethnic restaurants, it's easy to apply the above rules. Here are some suggestions on how to navigate these places successfully!



800-404-8171 or www.zonediet.com

American

Many restaurants overdo it on the amount of protein they serve, especially when it comes to steak. When you order an entrée, ask for a to-go bag and immediately cut the protein in half and take it with you for another meal to enjoy. Avoid the starchy sides like mashed potatoes, rice, and French fries, and ask for double vegetables instead. Here is an example on how to navigate Outback Steakhouse:

Outback Steakhouse

Seared Ahi Tuna appetizer
with sides of vegetables
Chicken or Shrimp Caesar Salad
(dressing on the side)
Grilled Chicken on the Barbie
Atlantic Salmon
Lobster Tails with vegetables on the side
Steak- Consume in moderation, go for leaner
cuts and try to avoid cream sauces on top.

Chinese

The important thing to remember when dining out at a Chinese restaurant is to hold the rice and noodles. No matter how healthful the rest of your meal looks, the starchy carbohydrates have a tendency to leave you feeling hungry shortly after you finish your meal. Instead aim for foods that have a mix of lean protein and favorable carbohydrates like those found in fruits and vegetables. Many times the entrees served here are more than one portion so consider splitting an entrée with someone else or taking the other half to go. Another suggestion is to use chopsticks. This helps you to eat more slowly since you can't get as much food in each bite, and you'll be more likely to get fuller quicker. Try to avoid the sweet-and-sour and coconut sauces and go for the ponzu, rice-wine vinegar, wasabi, ginger or low-sodium

soy sauces instead. The following are standard items on many Chinese restaurant menus to consider:

Wonton Soup
Hot-and-Sour Soup
Edamame
Cucumber Salad
Chicken or Vegetarian Lettuce Wraps
Boiled, broiled, steamed or lightly stir-fried
entrees with lots of vegetables.

Fast Food/Sandwich Shops

One benefit of many sandwich shops, such as Panera, Au Bon Pain and even Subway, is that they have extended their menu selections to include soups and salads. Many combinations of soups and salads fit perfectly together as a 1-2-3 meal. When it comes to soups, stick with broth-based soups that contain lots of vegetables, such as minestrone. Consider garden salads with grilled chicken and low-fat dressings or vinaigrette on the side. At McDonalds, Burger King or Wendy's consider having a plain hamburger or grilled chicken sandwich without the bun and add a side salad. Wendy's also serves chili, which is a good alternative too! Here are some suggestions:

Panera

Vegetarian Black Bean Soup
Vegetarian Garden Vegetable Soup
Asian Sesame Chicken Salad
(without the crispy wonton strips)
Fuji Apple Salad with Chicken
Greek Salad
Sandwiches- If you must have a sandwich, make it open faced and load it up with vegetables. Use mustard in place of mayonnaise as a condiment or opt for a little olive oil and vinegar instead.

French

One benefit of French cuisine is that you have to pay a lot for small portions. When dining out here, try to pass on the rich entrees, desserts and sauces and choose simple dishes with the sauces on the side. Pass on the bread and potatoes and ask for extra vegetables.

Indian

Although many traditional Indian entrees are prepared with clarified butter, fried or sautéed, it doesn't mean you have to rule out this cuisine completely. The good news is that many entrees include legumes and vegetables with meat being used as a condiment. Try to avoid if possible things prepared with coconut oil. For appetizers start with salads or yogurt dishes containing chopped vegetables. Choose chicken and seafood over beef and lamb and try to keep it to one protein option if possible. Here are some standard menu items to consider when dining out.

- Dal Soup
- Chicken and Cilantro Soup
- Vegetable Soup Garden
- Tandoori Tikka Salad
- Tandoori Grilled Vegetable Salad
- Three Bean Salad (avoid potatoes if included)
- Chicken Tikka
- Chicken Tandoori

Italian

When dining Italian, eat like the Italians. It is a misconception that the bulk of the diet in Italy is large portions of pasta and pizza. In actuality, pasta and pizza make

up a small portion of their meals. The rest is lean protein and vegetables. When dining out at an Italian restaurant, try to order dishes that contain lean meats, chicken or fish and ask for extra grilled vegetables on the side. Avoid pastas and breads if possible or use them as condiments rather than the focus of a meal. When ordering entrees containing sauces, stick with marinara and tomato-based sauces rather than cheese and cream sauces. Here is a sample on how to pick healthfully at Macaroni Grill:

- Macaroni Grill**
- Mozzarella Alla Caprese
- Warm Spinach Salad
- Chicken Caesar Salad (avoid croutons)
- Insalata Blu
- Scallops and Spinach Salad
- Grilled Chicken Spiedini
- Jumbo Shrimp Spiedini
- Simple Salmon
- Grilled Salmon
- Grilled Halibut

Mexican

You can still enjoy the spices and heat of Mexican cuisine while limiting your intake of the starchy carbohydrates found in flour tortillas and rice. Many restaurants offer great choices for salads. Just avoid the fried tortilla shell they come in and ask for a vinaigrette dressing on the side. Use lean meats, black beans, salsa and avocado for fillings and go easy on the mixed cheeses and sour cream. Grilled chicken and fish are usually easy to come by, but instead of rice have the black beans with extra vegetables. Here are some suggestions from Chili's Bar and Grill:

- Chili's Bar and Grill**
- Chicken Caesar Salad
- (avoid croutons and ask for dressing on side)

- Shrimp Caesar Salad
- (avoid croutons and ask for dressing on side)
- Chicken Fajita Salad
- (go easy on tortilla strips and bacon)
- Spicy Garlic and Lime Grilled Shrimp Salad
- Margarita Grilled Chicken
- Chicken fajitas- try to avoid the flour tortillas
- and taco shells if possible or just keep it to one
- Guiltless Cedar Plank Tilapia
- Guiltless Grilled Salmon (take half to go)
- Guiltless Chicken Platter
- Create Your Own - double the seasonal
- vegetables and hold the rice
- Grilled Salmon
- Margarita Chicken
- Spicy Garlic and Lime Grilled Shrimp