



Eat **WELL**
ANYWHERE

Your Guide to Healthy Dining Out

DISCLAIMER

The information provided in this nutrition guide is intended for general informational purposes only. It is not a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or another qualified health provider with any questions you may have regarding a medical condition or dietary concerns.

The content of this guide is based on the author's knowledge and research up to the knowledge cutoff date of September 2021. Nutritional science and dietary guidelines may evolve over time, and new information may become available that could impact dietary recommendations.

Individual nutritional needs can vary significantly based on factors such as age, gender, activity level, and underlying health conditions. Therefore, it is essential to consult with a healthcare professional or registered dietitian before making significant changes to your diet, especially if you have specific dietary restrictions, allergies, or medical conditions.

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Readers are encouraged to use their judgment and discretion when implementing any dietary changes or following the recommendations provided in this guide. It is advisable to conduct additional research and consult with qualified healthcare professionals to make informed decisions about dietary choices and overall health.



Table of **CONTENTS**

Welcome	3
Why is Healthy dining so important?	4
Challenges of healthy dining out	5
Understanding nutritional basics	6
Calculating calories and macros	8
Accountability & planning ahead	9
Choosing The right restaurant	11
Smart Ordering Strategies	16
Ordering Strategies	19
Eating mindfully	22
Special Dietary Needs	24
Social & Emotional Aspects	27
Special Occasions	29
Handling leftovers and takeout	30
Healthier versions of Restaurant Favorites	32
Maple Turkey Burgers	33
Honey Beef Stir Fry	34
Vegan Meatballs	35
Greek Chicken Wraps	36
Vegan Meatballs	37
Sun Dried Tomato & Salmon Pasta	38
Vegan TVP Tacos	39
Tomato Pesto Pizza	40
Wild Rice & Nori Bowl	41
Greek Style Fries	42
Mushroom & Feta Flatbread	43
Conclusion	44



Hi! **WELCOME**

Hey! Thank you so much for choosing our guide to help you eat healthier when dining out. Let's face it, everybody loves a cheeky dinner out with friends and family, but there always comes that guilt after, right? It's okay, you're not alone. We all love to indulge in foods that may not be so healthy for our body.

In a world that moves at an increasingly rapid pace, dining out has become more than just a convenient option; it's a social, cultural, and often cherished experience. Whether celebrating milestones, catching up with friends, or seeking a break from the everyday hustle, dining out holds a special place in our lives. Yet, as the frequency of restaurant visits rises, so does the importance of making mindful and healthy choices.

This is why we've created this guide. This guide provides you with all the information you need to help you make more informed choices as well as ones that leave you healthy, happy and guilt-free.

Are you ready to learn the smart way of dining out?

Let's Get Started!



Why is

HEALTHY DINING SO IMPORTANT?

Healthy dining out is of paramount importance in our modern lives for a multitude of reasons, transcending the mere act of filling our stomachs. It underscores the vital connection between our culinary choices and our overall well-being, serving as a testament to our commitment to a healthier and happier life.

First and foremost, healthy dining out is essential because it directly impacts our physical health. Our dietary decisions when dining out can influence our weight, cholesterol levels, blood pressure, and the overall balance of nutrients in our bodies. By making informed choices, we not only enjoy delicious meals but also reduce the risk of chronic health conditions, such as obesity, heart disease, and type 2 diabetes. It is a conscious act of self-care that enhances our quality of life.

Furthermore, healthy dining out extends beyond the realm of physical health to encompass our mental and emotional well-being. The act of savoring a nourishing, well-balanced meal can be a source of profound satisfaction, offering comfort and solace in the midst of our busy lives. It fosters a positive relationship with food, promoting mindful eating habits that help us reconnect with our body's signals of hunger and fullness. In doing so, it enables us to savor the dining experience fully and create cherished memories without the burden of guilt.

Equally significant is the social aspect of healthy dining out. It is a bridge that connects us with friends, family, and loved ones, facilitating conversations, laughter, and the strengthening of bonds. By choosing healthier options, we set an example for those around us, inspiring a collective commitment to well-being and a shared appreciation for wholesome, flavorful cuisine.

In essence, healthy dining out is a holistic endeavor that transcends the boundaries of a single meal. It embodies our aspirations for a balanced life—a life where food is not just sustenance but a source of joy and vitality. It reflects our respect for ourselves and our loved ones, and it paves the way for a future where dining out is synonymous with nourishing both body and soul. In the following chapters, we will delve deeper into the strategies and insights that empower us to embrace this transformative approach to dining out.



Challenges of **HEALTHY DINING OUT**

Navigating the world of dining out while maintaining your health can be a formidable challenge. While restaurants offer a delightful array of culinary experiences, they also present a host of temptations and pitfalls that can derail even the most well-intentioned health-conscious diners. Here, we explore the myriad challenges associated with dining out and striving for a healthier lifestyle.

TEMPTING MENUS

Restaurant menus are often designed to entice and indulge. They feature mouthwatering descriptions, tantalizing images, and a wide variety of options, from comfort foods to rich desserts. These menus can make it difficult to resist the allure of dishes that may not align with your health goals.

HIDDEN INGREDIENTS

Many restaurant dishes contain hidden ingredients, such as excessive salt, sugar, and unhealthy fats, which can sabotage your efforts to eat healthily. These ingredients enhance flavor but may contribute to health issues like high blood pressure or weight gain.

SOCIAL PRESSURE

Dining out often occurs in social settings, where peer pressure can play a significant role in your food choices. Balancing your health goals with the desire to enjoy a meal with friends or colleagues can be challenging, as you may feel pressure to conform to the group's choices.

PORTION SIZES

One of the most common challenges of dining out is the often oversized portions. Restaurants often provide more food than is necessary for a single meal, encouraging overeating. This can lead to excessive calorie consumption and potential weight gain if not managed wisely.

LIMITED OPTIONS

While some restaurants are increasingly offering healthier menu choices, not all establishments provide a diverse range of nutritious options. This can be particularly challenging if you have specific dietary preferences or restrictions.

BALANCING INDULGENCE

Dining out often involves treating yourself to indulgent foods, which is perfectly acceptable in moderation. However, striking a balance between enjoying your meal and adhering to your health goals can be tricky.



Understanding the **NUTRITIONAL BASICS**

In our quest for healthy dining out, it's essential to lay a strong foundation by understanding the nutritional basics. This knowledge will empower you to make informed choices when faced with restaurant menus and enable you to enjoy delicious meals while keeping your health goals on track. In this chapter, we'll explore two fundamental aspects of nutrition: macronutrients and micronutrients, and the concept of recommended daily allowances.

MACRONUTRIENTS AND MICRONUTRIENTS

When it comes to nutrition, two categories stand out: macronutrients and micronutrients. These are the building blocks of a balanced diet, each playing a unique role in our health and well-being.

PROTEINS

These are the body's construction materials. Proteins are vital for cell repair, muscle growth, and overall body maintenance. When dining out, look for protein sources like lean meats, fish, poultry, tofu, beans, and legumes to ensure you're getting an adequate intake.

CARBOHYDRATES

Carbohydrates are our primary source of energy. They are found in foods like grains, fruits, vegetables, and legumes. Opt for complex carbohydrates, such as whole grains, which provide sustained energy and fiber to keep you feeling full and satisfied.

FATS

Fats serve as energy reserves and are essential for absorbing fat-soluble vitamins (more on micronutrients later). While it's wise to limit saturated and trans fats, healthy fats like those found in avocados, nuts, and olive oil should be embraced for their cardiovascular benefits.





MICRONUTRIENTS

VITAMINS

These organic compounds are essential for various bodily functions, from maintaining healthy skin to supporting immune function. They come in various forms, including vitamin A, vitamin C, vitamin D, and many others, each with its own unique role.

MINERALS

Minerals are inorganic substances that our bodies require for functions like bone health (calcium), maintaining electrolyte balance (sodium, potassium), and red blood cell production (iron).

WATER

Often overlooked as a nutrient, water is fundamental to life. It helps regulate body temperature, aids in digestion, and supports countless biochemical reactions. Staying adequately hydrated is essential, whether dining out or at home.

RECOMMENDED DAILY ALLOWANCES

To maintain optimal health, it's important to consume the right balance of macronutrients and meet your daily requirements for micronutrients. These recommendations, known as Recommended Daily Allowances (RDAs) or Recommended Dietary Allowances (RDIs), provide guidelines for nutrient intake based on age, sex, and life stage.

RDAs serve as a valuable reference point when making food choices. They can help you assess whether you're meeting your nutritional needs or if adjustments are necessary. Keep in mind that individual requirements may vary based on factors such as activity level and overall health.

Since the intake of each micronutrient varies, you can use [**the Omni calculator**](#) to find them out!

Calculating Your **CALORIES & MACROS**

Okay, by now you know why it's important to make healthier choices when dining out and you know some information about the basics of nutrition. Before you can start dining out in a healthy way, you need to know your daily calorie and macronutrient allowances. By knowing these allowances, you can choose meal options that fit them. For example, if you know that you need to consume 2,000 calories per day, and you already ate 1,000 calories on that day, then that means you have 1,000 calories left for your dinner out with friends and family.

**FIND OUT YOUR CALORIES AND
MACRONUTRIENT NEEDS**



MY CALORIE & MACRO NEEDS

CALORIES: _____

PROTEIN: _____

FATS: _____

CARBOHYDRATES: _____

If you consume the right balance of calories and macronutrients then it is very likely that you will also be achieving the right intake of micronutrients too!



Accountability PLANNING AHEAD

In the world of healthy dining out, success often begins long before you step into a restaurant. Planning ahead is your secret weapon, enabling you to navigate menus with confidence and make choices that align with your health goals. In this chapter, we'll explore the art of preparation and goal-setting to set the stage for a successful dining experience.

PREPARING FOR DINING OUT

Preparing for dining out involves a series of thoughtful steps that help you approach restaurant visits with intention and purpose. Here are some key considerations:

01

RESEARCH RESTAURANTS:

- ▶ Explore restaurants in your area known for offering healthier menu options.
- ▶ Check online reviews and ratings to get a sense of the dining experience and menu variety.

02

REVIEW MENUS IN ADVANCE

- ▶ Many restaurants now provide menus online, allowing you to peruse your options before you arrive.
- ▶ Look for dishes that feature lean proteins, whole grains, and plenty of vegetables.

03

EAT A BALANCED MEAL BEFOREHAND

- ▶ Having a small, balanced snack or meal before dining out can help curb excessive hunger and reduce the temptation to overindulge.

04

CONSIDER SPECIAL DIETARY NEEDS

- ▶ If you have food allergies, intolerances, or specific dietary restrictions, it's crucial to communicate these to the restaurant staff when making a reservation or upon arrival.



SETTING HEALTH GOALS

Setting clear health goals before dining out provides a sense of purpose and direction. You can call it a small personal challenge! Here's how to go about it:

» **DEFINE YOUR OBJECTIVES:**

- Are you aiming to maintain your current healthy eating habits, make healthier choices, or indulge mindfully on special occasions?
- Determine your primary objectives for the meal.

» **BE SPECIFIC:**

- Set specific goals, such as choosing a salad as your main course, limiting alcohol consumption, or opting for a dessert with shared portions.

» **CONSIDER YOUR DIETARY PLAN**

- If you're following a specific dietary plan (e.g., vegetarian, vegan, low-carb), align your goals with your chosen dietary approach.

» **ESTABLISH REALISTIC EXPECTATIONS**

- Be realistic about what you can achieve while dining out. Striving for perfection can lead to frustration, so aim for balanced choices that bring you closer to your goals.

» **ACCOUNTABILITY:**

- Share your health goals with your dining companions, if comfortable. Having others aware of your objectives can provide support and encouragement.



By preparing for dining out and setting clear health goals, you're laying the groundwork for a successful and enjoyable experience. Remember that dining out should be a pleasure, and with careful planning, it can be a fulfilling part of your journey toward a healthier lifestyle. In the chapters ahead, we'll delve into strategies for making smart choices as you peruse the restaurant menu and enjoy your meal.



Choosing **THE RIGHT RESTAURANT**

Selecting the right restaurant sets the stage for a successful and health-conscious dining out experience. In this chapter, we'll explore the importance of researching restaurant menus, the various types of restaurants that cater to healthy dining, and the delightful world of local and ethnic cuisine options.

RESEARCHING RESTAURANT MENUS

One of the first steps in choosing the right restaurant for healthy dining out is conducting thorough menu research. Here's how to approach it:

Online Menus:

- Many restaurants now feature their menus online. Take advantage of this by perusing their offerings before making a reservation.
- Look for dishes that align with your health goals, such as those rich in lean proteins, vegetables, and whole grains.

Nutritional Information:

- Some restaurants provide nutritional information for their menu items, including calorie counts and macronutrient breakdowns. This data can be invaluable when making informed choices.

Special Dietary Needs:

- If you have specific dietary restrictions or food allergies, check if the restaurant offers allergen information or has options tailored to your needs.

Reviews and Recommendations:

- Online reviews and recommendations from fellow diners can provide insights into the restaurant's overall dining experience and the quality of their healthy menu options.



TYPES OF RESTAURANTS THAT CATER TO HEALTHY DINING

When selecting a restaurant for your healthy dining experience, consider the types of establishments that tend to prioritize health-conscious offerings:

01

FARM-TO-TABLE RESTAURANTS

- These restaurants often source ingredients locally, emphasizing fresh and seasonal produce in their dishes.
- Farm-to-table establishments frequently offer dishes rich in fruits, vegetables, and sustainably raised proteins.

02

SALAD BARS AND HEALTHY CAFES

- Salad bars and health-focused cafes specialize in nutritious fare, with an array of salad options, whole-grain dishes, and lean proteins.
- They are excellent choices for those seeking lighter, vegetable-centric meals.

03

MEDITERRANEAN RESTAURANTS

- Mediterranean cuisine is renowned for its emphasis on heart-healthy olive oil, lean proteins like fish and poultry, and abundant vegetables.
- Restaurants with Mediterranean-inspired menus often offer a delightful array of healthy options.

04

VEGETARIAN AND VEGAN RESTAURANTS

- If you follow a vegetarian or vegan diet, consider dining at dedicated vegetarian or vegan restaurants, which feature plant-based dishes bursting with flavors.

05

SUSHI AND SASHIMI RESTAURANTS

- Sushi and sashimi establishments offer a wealth of options centered on raw fish, rice, and vegetables.
- These dishes can be both delicious and nutritious, provided you make mindful choices.



LOCAL AND ETHNIC CUISINE OPTIONS

Exploring local and ethnic cuisine options can be an exciting way to dine out healthily. Many cuisines around the world feature dishes that are naturally balanced and packed with flavor. Here are a few examples:

01

ASIAN CUISINE:

Asian cuisines like Japanese, Thai, and Vietnamese often include a variety of lean proteins, fresh vegetables, and flavorful herbs and spices.

GREAT ASIAN MEAL OPTIONS:

- **Stir-Fried Vegetables with Tofu:** A medley of fresh vegetables and tofu stir-fried with a light sauce, often served with steamed rice.
- **Steamed Dumplings:** Steamed dumplings filled with vegetables or lean meats, served with a dipping sauce.
- **Sushi Rolls:** Opt for sushi rolls that feature fish, vegetables, and brown rice. Rolls with avocado, cucumber, and sashimi-grade fish are excellent choices.
- **Miso Soup:** A warm and savory soup made from miso paste, seaweed, and tofu, which is low in calories and rich in flavor.
- **Edamame:** Steamed young soybean pods, lightly salted, and served as a protein-packed appetizer.



GREAT THAI MEAL OPTIONS:

- **Tom Yum Soup:** A hot and sour soup made with shrimp, chicken, or tofu, flavored with lemongrass, lime, and chili peppers.
- **Green Papaya Salad:** A refreshing salad made from shredded green papaya, carrots, tomatoes, and lime dressing.
- **Som Tum (Spicy Papaya Salad):** A spicy salad made with shredded papaya, lime juice, chili, and fish sauce.
- **Grilled Fish with Thai Herbs:** Fish marinated in Thai herbs and grilled to perfection, often served with a side of steamed vegetables.



GREAT JAPANESE MEAL OPTIONS:

- **Sashimi:** Thinly sliced, fresh raw fish like salmon, tuna, or yellowtail, which is rich in Omega-3 fatty acids and protein.
- **Sushi Rolls with Brown Rice:** Rolls made with brown rice instead of white rice for added fiber and nutrients.
- **Seaweed Salad:** A light and refreshing salad made with seaweed, sesame seeds, and a tangy dressing.
- **Teriyaki Salmon or Tofu:** Grilled salmon or tofu glazed with a teriyaki sauce, served with steamed vegetables.
- **Soba Noodle Soup:** Buckwheat soba noodles in a flavorful broth with vegetables and your choice of protein.
- **Grilled Miso Eggplant (Nasu Dengaku):** Eggplant halves grilled and topped with sweet miso paste, a delicious and healthy appetizer.



02

MEDITERRANEAN CUISINE:

Mediterranean cuisine, from Greek to Italian, celebrates the use of olive oil, whole grains, and a rainbow of vegetables.

GREAT MEDITERRANEAN MEAL OPTIONS:

- **Greek Salad:** A classic combination of tomatoes, cucumbers, red onions, Kalamata olives, and feta cheese, drizzled with olive oil and seasoned with herbs. You can often add grilled chicken or shrimp for extra protein.
- **Grilled Chicken or Shrimp Souvlaki:** Skewers of marinated and grilled chicken or shrimp served with a side salad or whole grains like couscous or quinoa.
- **Tabbouleh:** A refreshing salad made from bulgur wheat, chopped parsley, tomatoes, onions, and a lemon-olive oil dressing.
- **Baba Ganoush:** A flavorful dip made from roasted eggplant, tahini, garlic, and lemon juice, served with pita bread or vegetables.
- **Mediterranean Grilled Vegetables:** A platter of assorted grilled vegetables, often seasoned with herbs and served with a yogurt-based sauce or tahini.
- **Mediterranean Seafood Stew:** A hearty stew typically made with a variety of seafood like fish, shrimp, and mussels, cooked in a tomato-based broth with herbs and spices.
- **Falafel Plate:** Deep-fried patties made from ground chickpeas or fava beans, served with pita bread, tahini sauce, and a side salad.
- **Mediterranean Grain Bowl:** A customizable bowl featuring your choice of grains like bulgur, quinoa, or farro, topped with grilled vegetables, protein (chicken, lamb, or falafel), and a variety of Mediterranean toppings and sauces.



03

MIDDLE EASTERN CUISINE

Middle Eastern dishes like falafel, hummus, and grilled meats are rich in flavor and offer a balance of proteins, whole grains, and legumes.

GREAT MIDDLE EASTERN MEAL OPTIONS:

- **Falafel Plate:** Deep-fried patties made from ground chickpeas or fava beans, served with pita bread, tahini sauce, and a side salad.
- **Shawarma or Gyro Wrap:** Thinly sliced marinated and grilled chicken, beef, or lamb wrapped in a pita or flatbread, often accompanied by vegetables and tahini sauce.
- **Grilled Kabobs:** Skewers of marinated and grilled meats (chicken, beef, or lamb) served with rice or a salad.
- **Fattoush Salad:** A colorful salad featuring mixed greens, tomatoes, cucumbers, radishes, and toasted pita chips, dressed with a tangy sumac and olive oil dressing.
- **Mujadara:** A comforting dish made from lentils and rice, often topped with caramelized onions and served with a side of yogurt or a salad.
- **Mixed Grill Platter:** A combination of grilled meats (chicken, beef, lamb), served with a variety of sides like rice, hummus, and tabbouleh.
- **Makloubeh:** A layered dish of rice, vegetables, and a choice of protein (chicken, beef, or lamb), often seasoned with aromatic spices.
- **Turkish Delight:** A sweet treat made from sugar, starch, and various flavors like rosewater or pistachio, served in small, colorful squares or cubes.

04

MEXICAN CUISINE

Mexican cuisine can be both vibrant and nutritious when you choose options like grilled fajitas, black bean dishes, and salsa-rich salads.

GREAT MEXICAN MEAL OPTIONS:

- **Grilled Chicken or Shrimp Fajitas:** Strips of grilled chicken or shrimp served with sautéed bell peppers, onions, and a side of whole wheat tortillas. Opt for corn tortillas for a gluten-free option.
- **Taco Salad:** A salad featuring seasoned ground turkey or grilled chicken, lettuce, tomatoes, black beans, corn, and a light dressing. Skip the fried tortilla shell for fewer calories.
- **Ceviche:** A refreshing dish made from fresh seafood (usually shrimp or white fish) marinated in citrus juices, mixed with tomatoes, onions, cilantro, and served with cucumber slices.
- **Enchiladas Verdes:** Corn tortillas filled with shredded chicken or black beans, topped with a zesty green tomatillo sauce and a sprinkle of cheese.
- **Bean Burrito:** A whole wheat or corn tortilla filled with black beans, brown rice, and a variety of vegetables, often served with a side of salsa and guacamole.
- **Chicken or Veggie Quesadilla:** Whole wheat tortillas filled with lean protein and vegetables, lightly grilled and served with salsa.



Smart

ORDERING STRATEGIES

When it comes to healthy dining out, the choices you make while ordering can significantly impact the nutritional quality of your meal. In this chapter, we'll explore smart ordering strategies for appetizers, main courses, and desserts. We'll also discuss the importance of portion control and how to request modifications to suit your health goals.

APPETIZERS, MAIN COURSES, AND DESSERTS

- 1. Begin with a Balanced Appetizer:** Choose appetizers that are rich in vegetables, lean proteins, or whole grains. Opt for options like salads, vegetable-based soups, or dishes with beans and legumes. This not only adds nutrients to your meal but can also help curb your appetite, preventing overindulgence later.
- 2. Select Lean Protein as the Main Course:** When ordering your main course, prioritize lean protein sources like grilled chicken, turkey, fish, or tofu. These options are lower in saturated fats and can provide a satisfying and nutritious foundation for your meal.
- 3. Embrace Vegetarian Choices:** Explore vegetarian or vegan options on the menu. Many restaurants offer creative and delicious plant-based dishes that are rich in nutrients and fiber.
- 4. Opt for Whole Grains:** Choose dishes that include whole grains like brown rice, quinoa, or whole wheat pasta. Whole grains offer more fiber and nutrients than their refined counterparts, helping you stay full and satisfied.
- 5. Mindful Side Dishes:** Pay attention to the side dishes that accompany your main course. Opt for steamed or grilled vegetables, a side salad with a light dressing, or a small portion of a healthy starch like sweet potatoes.
- 6. Smart Dessert Choices:** If you decide to indulge in dessert, share it with your dining companions to control portion size. Look for fruit-based desserts, sorbet, or dishes that incorporate dark chocolate for a satisfying yet healthier sweet treat.



PORTION CONTROL

Portion control is the practice of managing the quantity of food you consume in a single meal or snack to align with your dietary needs and health goals. It revolves around the awareness and moderation of serving sizes to ensure that you are neither overeating nor depriving your body of essential nutrients. Portion control is crucial for maintaining a balanced diet and preventing excessive calorie intake, which can lead to weight gain and various health issues.

When dining out in restaurants, portion control becomes especially significant. Many restaurants tend to serve larger portions than what is nutritionally necessary for a single meal. These oversized servings can easily lead to overconsumption of calories, fat, and other nutrients. Therefore, taking portion control into consideration when ordering is vital for several reasons. Firstly, it allows you to enjoy a delicious meal while still managing your calorie intake, supporting weight maintenance or loss goals. Secondly, it helps prevent wastage by reducing food leftover at the end of the meal. Lastly, it promotes mindful eating, enabling you to savor the flavors and textures of your meal without feeling uncomfortably full, ultimately contributing to a healthier and more enjoyable dining experience.

SO WHAT CAN YOU DO?



- 1. Share or Split:** Consider sharing an entree with a dining companion or requesting a half-portion if available. This can help prevent overeating and allow you to savor the flavors without overindulging.
- 2. Ask for a To-Go Box:** If the portion size is generous, ask your server to bring a to-go box with your meal. This way, you can set aside a portion to enjoy later and avoid the temptation to overeat in one sitting.
- 3. Use Smaller Plates:** Some restaurants offer smaller plate options for certain dishes. Opt for these if available, as it can help you manage portion sizes more effectively.

REQUESTING MODIFICATIONS

Requesting meal modifications in a restaurant can be a highly effective strategy for maintaining a healthy diet while dining out. This practice empowers you to tailor your meal to your specific dietary preferences and health goals, ensuring that your restaurant experience aligns with your nutritional needs.

One significant benefit of requesting modifications is the ability to control ingredients that may not align with your health objectives. Whether you're aiming to reduce sodium, avoid excessive fats, or accommodate food allergies, asking for adjustments allows you to make informed choices. For example, opting for grilled rather than fried preparation, substituting a side salad for fries, or requesting a sauce on the side gives you greater control over the nutritional content of your meal. This customization not only enhances the health-consciousness of your dining experience but also reinforces your commitment to making choices that benefit your overall well-being.

Moreover, requesting modifications fosters a culture of culinary flexibility, encouraging restaurants to offer healthier alternatives and accommodate diverse dietary needs. By voicing your preferences, you contribute to a broader shift towards healthier dining options in the restaurant industry. In essence, modifying meals in restaurants is a practical and positive approach to maintaining a healthy lifestyle, enabling you to enjoy dining out while prioritizing your health and nutritional goals.

- 1. Ask for Dressing on the Side:** When ordering salads, request dressings and sauces on the side. This allows you to control how much you use and avoid drowning your salad in excess calories.
- 2. Customize Your Order:** Don't hesitate to ask for modifications to suit your dietary preferences. Whether it's requesting grilled instead of fried, choosing a whole wheat bun, or substituting a side salad for fries, most restaurants are accommodating to reasonable requests.
- 3. Choose Healthier Cooking Methods:** Inquire about how dishes are prepared. Opt for grilled, baked, or steamed options over fried or breaded choices.
- 4. Be Specific about Allergies or Dietary Restrictions:** If you have food allergies or specific dietary restrictions, communicate them clearly to your server to ensure your meal is prepared safely.

By employing these smart ordering strategies, practicing portion control, and confidently requesting modifications, you can navigate restaurant menus with ease and enjoy a health-conscious dining experience. The next chapter will delve into the art of mindful eating, helping you savor your meal fully while maintaining your health goals.



You having a drink? **BEVERAGE SELECTION**

Tracking or paying attention to the beverages consumed in restaurants is a habit that often gets overlooked for several reasons. Firstly, many people tend to associate dining out with indulgence and relaxation, viewing it as an opportunity to temporarily set aside their dietary concerns. This mindset shift can lead individuals to focus more on the food they are eating rather than what they are drinking, as the allure of trying new and flavorful dishes takes precedence.

Secondly, beverages in restaurants are often seen as a complement to the meal rather than a substantial part of it. As a result, their nutritional significance may be underestimated. This perception can lead people to underestimate the impact of their beverage choices on their overall calorie and sugar intake. The presence of a waiter or waitress taking orders for food and drinks can also create an environment where diners might feel rushed or pressured, leading them to make beverage choices hastily or based on cravings rather than health considerations.

Moreover, the social aspect of dining out plays a significant role. People often gather in restaurants for socializing, celebrations, or special occasions, and the focus naturally gravitates toward conversation and the enjoyment of the company. This social dynamic can divert attention away from the nutritional aspects of the meal, including the beverages consumed. As a result, individuals may be less inclined to scrutinize or track their beverage choices in the same way they would if they were preparing a meal at home.



Choosing the right beverages in a restaurant is a crucial aspect of maintaining a healthy dining experience. What you drink can significantly impact your overall meal's nutritional content and, ultimately, your health. Opting for the right beverages complements your commitment to a balanced diet and helps you avoid unnecessary calories, excessive sugar, and the potential negative effects of excessive alcohol consumption.

Here's our suggestions:

WATER, NON-ALCOHOLIC OPTIONS

- 1. Embrace the Elixir of Life:** Water is the healthiest beverage you can choose while dining out. It helps with digestion, regulates body temperature, and keeps you hydrated. Make it a habit to start your meal with a glass of water and sip throughout.
- 2. Herbal Teas:** Opt for caffeine-free herbal teas, which can be soothing and provide antioxidants. Many restaurants offer a variety of herbal tea options that complement your meal nicely.
- 3. Sparkling Water:** If you enjoy the effervescence of carbonated beverages, consider ordering sparkling water. It's a refreshing and calorie-free choice that can satisfy your taste buds.
- 4. Freshly Squeezed Juices:** Some restaurants offer freshly squeezed fruit juices that can be a healthy alternative. Be mindful of portion sizes, as fruit juices can be calorie-dense.





ALCOHOL IN MODERATION

- 1. Mindful Consumption:** While it's perfectly acceptable to enjoy alcoholic beverages when dining out, moderation is key. Excessive alcohol consumption can lead to a host of health issues and impair your judgment when making food choices.
- 2. Opt for Wine or Light Beer:** When choosing alcoholic beverages, consider wine or light beer, which typically have lower calorie and alcohol content compared to cocktails or heavy beers.
- 3. Alternate with Water:** To pace yourself and stay hydrated, alternate between alcoholic drinks and glasses of water. This can help prevent overindulgence and minimize the effects of alcohol on your body.

SODA AND SUGARY DRINK ALTERNATIVES

- 1. Avoid Sugary Sodas:** Sugary sodas and beverages are laden with empty calories and can contribute to weight gain and health problems. Avoid these whenever possible.
- 2. Iced Tea (Unsweetened):** Unsweetened iced tea is a flavorful alternative to sugary sodas. You can add a squeeze of lemon or a splash of natural sweetener if needed.
- 3. Infused Water:** Some restaurants offer infused water with fresh fruit or herbs, providing a refreshing and naturally flavored option without added sugars.
- 4. Diet or Sugar-Free Options:** If you prefer carbonated beverages, consider diet or sugar-free versions. While they contain artificial sweeteners, they are generally lower in calories than regular soda.

Making thoughtful beverage choices can complement your healthy dining out experience and support your nutritional goals. By opting for water, non-alcoholic alternatives, consuming alcohol in moderation, and avoiding sugary drinks, you can ensure that your beverages enhance your meal without compromising your health-conscious efforts.

Stay with it **EATING MINDFULLY**

Eating mindfully is a powerful practice that can transform your dining out experiences from mere consumption into moments of nourishment, satisfaction, and awareness. In this chapter, we'll explore mindful eating techniques, the importance of avoiding distractions, and the value of portion awareness when dining out.

MINDFUL EATING TECHNIQUES

- **Engage Your Senses:** Take a moment to appreciate the presentation and aroma of your meal. Notice the colors, textures, and fragrances. Engaging your senses can enhance your overall dining experience.
- **Chew Slowly:** Consciously chew each bite thoroughly. This not only aids in digestion but also allows you to savor the flavors and textures of your food.
- **Savor Each Bite:** Pay attention to the taste of each bite. Notice the intricate blend of flavors and how they evolve as you chew.
- **Put Down Your Utensils:** Between bites, place your utensils down on the plate. This encourages you to eat at a slower pace and engage in conversation or simply savor the moment.



AVOIDING DISTRACTIONS

Distractions like smartphones, television, or work-related tasks can divert your attention away from your meal. This can prevent you from fully experiencing and appreciating the flavors, textures, and aromas of the food. Mindful eating, on the other hand, encourages you to savor each bite and engage your senses, enhancing the overall dining experience.

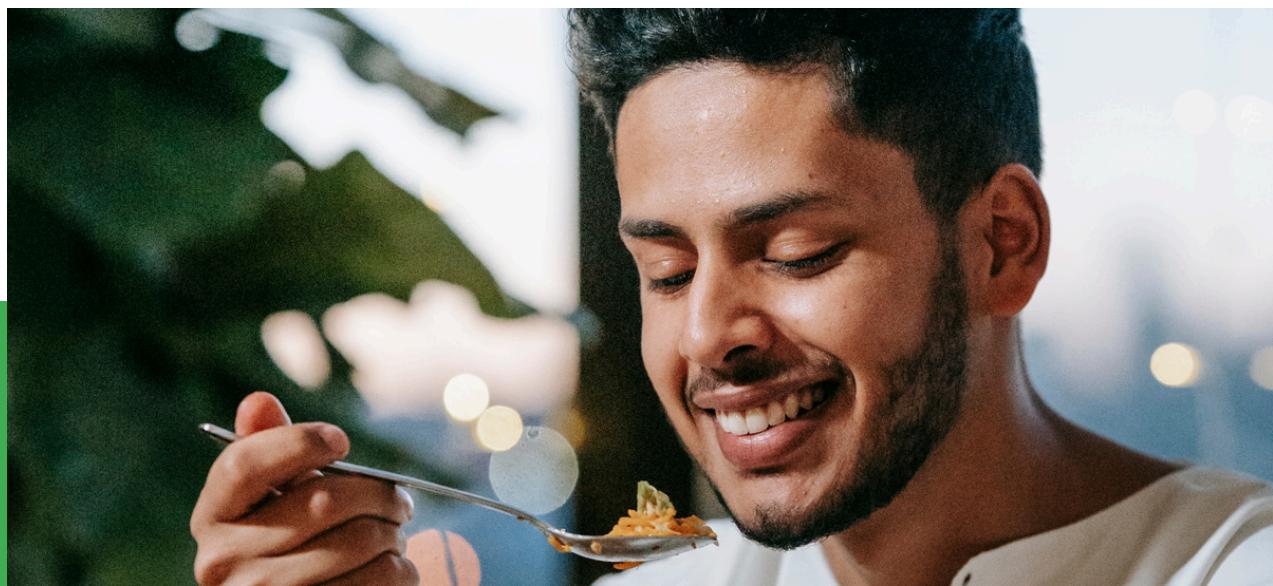
When you're distracted, you're less likely to pay attention to your body's hunger and fullness cues. This can lead to overeating because you may not realize when you're satisfied. Eating without distractions allows you to tune into your body's signals, helping you eat until you're comfortably full and avoid overconsumption.

Eating mindfully also promotes better digestion. Chewing your food thoroughly and paying attention to your meal can aid in the breakdown of food in your mouth and stomach, making it easier for your body to absorb nutrients. You get to savor and enjoy your meals better and you'll feel less stressed whether you've eaten too much or not enough!

To engage in mindful eating, try to:

- **Focus on Conversation:** If dining with others, immerse yourself in the conversation. Engaging discussions can help you eat more slowly and mindfully.
- **Be Present:** Bring your attention to the present moment. Avoid multitasking or thinking about work or other stressors while dining. Give your meal your full attention.

Mindful eating encourages you to enjoy your meals fully, appreciate the flavors, and be in tune with your body's hunger and satiety cues. By avoiding distractions and practicing portion awareness, you can maintain a healthier relationship with food and make more conscious choices when dining out. In the final chapter, we'll discuss strategies for staying on track with your healthy dining out goals in various social and cultural situations.



Dealing with **SPECIAL DIETARY NEEDS**

In an era of diverse dietary preferences and health considerations, dining out with special dietary needs has become increasingly common. This chapter explores strategies for handling food allergies, dietary restrictions like Keto and Paleo, and managing diabetes when dining out.

FOOD ALLERGIES

Food allergies are adverse immune system reactions triggered by the consumption of specific foods or ingredients. These allergic reactions occur when the immune system mistakenly identifies a particular protein in food as harmful and launches an immune response to defend against it. The body releases chemicals such as histamines, which can lead to various symptoms ranging from mild to severe. Common food allergens include peanuts, tree nuts, dairy products, eggs, soy, wheat, fish, and shellfish.

It's critically important to double-check with restaurants when you have food allergies because consuming even a small amount of an allergen can lead to serious and potentially life-threatening reactions. Restaurants prepare a wide variety of dishes with diverse ingredients, and cross-contamination is a significant risk for individuals with food allergies. Ingredients may be hidden in sauces, seasonings, or dressings, making it challenging to identify potential allergens. By communicating your food allergies to the restaurant staff and verifying the safety of menu items, you reduce the risk of accidental exposure and can enjoy your meal with confidence, knowing that your dietary needs are being taken seriously.

A COUPLE OF TIPS:

- **Communication is Key:** When dining out with a food allergy, it's crucial to communicate your needs clearly to your server. Alert them to your allergy, specify the allergen(s) to avoid, and inquire about menu items that are safe for you to consume.
- **Ask About Ingredient Details:** Don't hesitate to ask about the ingredients in dishes, including sauces, dressings, and hidden sources of allergens. Some allergens may not be immediately obvious.
- **Be Cautious with Cross-Contamination:** Cross-contamination can occur in restaurant kitchens, posing a risk for those with food allergies. Ask about the restaurant's protocols for preventing cross-contact and choose eateries with a strong track record in this regard.



DIETARY RESTRICTIONS

Dietary restrictions refer to specific limitations or guidelines that individuals choose or are required to follow in their diet due to various reasons, often related to health, personal beliefs, or cultural practices. These restrictions can involve avoiding or limiting certain types of foods or food groups, and they are typically tailored to an individual's unique dietary needs or preferences. Common examples of dietary restrictions include:

- **Keto Diet:** The ketogenic diet is a low-carbohydrate, high-fat diet designed to induce a state of ketosis, where the body primarily burns fat for energy. It's often chosen for weight loss or managing conditions like epilepsy.
- **Paleo Diet:** The paleolithic diet, or "Paleo" for short, emphasizes eating foods that our hunter-gatherer ancestors would have consumed, such as lean meats, fish, fruits, vegetables, nuts, and seeds, while avoiding processed foods and grains.
- **Veganism:** Vegans exclude all animal products from their diet, including meat, dairy, eggs, and honey, for ethical, environmental, or health reasons.
- **Vegetarianism:** Vegetarians abstain from meat but may still include dairy, eggs, and other animal-derived products in their diet. Variations exist, such as lacto-vegetarian (dairy but no eggs) and ovo-vegetarian (eggs but no dairy).
- **Gluten-Free Diet:** Individuals with celiac disease or gluten sensitivity eliminate gluten-containing grains like wheat, barley, and rye from their diet to prevent adverse reactions.
- **Halal and Kosher Diets:** These dietary restrictions are observed by certain religious groups. Halal dietary laws in Islam and kosher dietary laws in Judaism dictate specific foods that are permissible and the methods of preparation that are acceptable.
- **Low-Sodium Diet:** Individuals with high blood pressure or other health conditions may limit their sodium intake to help manage their health.

Dietary restrictions can serve various purposes, including improving health, adhering to cultural or religious beliefs, and addressing ethical concerns. Adhering to these restrictions often involves careful food selection, reading labels, and seeking out restaurants or food establishments that can accommodate specific dietary needs.





A COUPLE OF TIPS:

- **Research Ahead:** Before heading to a restaurant, research their menu online to identify options that align with your dietary restrictions. Look for dishes that feature lean proteins, vegetables, and whole foods.
- **Customize Your Order:** Many restaurants are willing to accommodate dietary restrictions. Modify menu items to suit your needs, such as requesting substitutions or omitting certain ingredients.
- **Consider Sides and Appetizers:** Sometimes, combining sides and appetizers can create a satisfying and compliant meal. For example, a salad with grilled chicken and a side of steamed vegetables can often meet Keto or Paleo requirements.

MANAGING DIABETES WHILE DINING OUT

Diabetes is a chronic metabolic disorder characterized by elevated levels of blood glucose (sugar) due to either insufficient insulin production by the pancreas or the body's inability to effectively use the insulin it produces. Insulin is a hormone that regulates blood sugar and allows glucose to enter cells for energy. There are two primary types of diabetes: Type 1 diabetes, which is typically diagnosed in childhood or adolescence and results from the body's immune system attacking and destroying insulin-producing cells; and Type 2 diabetes, which usually develops in adulthood and is often linked to lifestyle factors like obesity, poor diet, and physical inactivity.

For individuals with diabetes, monitoring what they eat in a restaurant is of paramount importance because the foods they choose and their carbohydrate intake directly impact blood sugar levels. Carbohydrates, found in foods like bread, rice, pasta, and sugary desserts, have a significant effect on blood glucose. Therefore, it's essential for individuals with diabetes to be mindful of their carbohydrate intake while dining out to prevent spikes or drops in blood sugar levels. Additionally, the type and quantity of fats and proteins in a meal can also influence how the body processes carbohydrates. Careful food choices, portion control, and awareness of ingredients are crucial for maintaining stable blood sugar levels and managing diabetes effectively. Dining out with diabetes requires thoughtful planning and communication with restaurant staff to ensure that meals align with dietary requirements, support stable blood sugar control, and contribute to overall health.



Social & **EMOTIONAL ASPECTS**

Dining out isn't just about nourishing the body; it's also a social and emotional experience. This chapter addresses the delicate balance between social dining and health goals, coping with peer pressure, and recognizing the influence of emotions on your eating habits.

PEER PRESSURE

Peer pressure is the influence that friends, acquaintances, or social groups can exert on an individual's behavior, decisions, or attitudes. It often arises from a desire to conform to the norms or expectations of a particular group. Peer pressure can manifest in various forms, including subtle suggestions, direct encouragement, or even coercion.

Navigating peer pressure involves developing the skills and confidence to make independent choices that align with your values and goals, even when facing external influences. It's essential to recognize that not all peer pressure is negative; sometimes, friends and peers can encourage positive behaviors. However, understanding when to assert yourself and resist negative peer pressure is crucial for maintaining your well-being and making decisions that are right for you. Building assertiveness, communication skills, and self-awareness can empower you to navigate peer pressure effectively and make choices that reflect your true self.

COPING WITH PEER PRESSURE

- **Stay Confident:** Peer pressure can be challenging, but remember that your health is your priority. Stay confident in your choices and politely decline offers or suggestions that do not align with your goals.
- **Suggest Healthier Alternatives:** If you're dining with friends who may not share your dietary preferences, suggest restaurants or dishes that can accommodate both their desires and your health goals.
- **Practice Assertiveness:** Learning to assert yourself kindly but firmly is an essential skill when faced with peer pressure. Express your needs and boundaries with respect and clarity.



EMOTIONAL EATING

Emotional eating is a common phenomenon where individuals use food as a means of coping with their emotions, rather than eating for physical hunger or nourishment. It involves turning to food in response to various emotional states, such as stress, sadness, boredom, loneliness, anxiety, or even happiness. Emotional eating can lead to overeating or consuming specific comfort foods that provide temporary solace or distraction from emotional discomfort.

Several factors contribute to emotional eating. Stress, in particular, is a powerful trigger for many individuals, as it can lead to the release of stress hormones that stimulate appetite, especially for high-calorie, sugary, or fatty foods. Emotional eating is often a learned behavior that develops over time, and it may be linked to childhood experiences, cultural influences, or family dynamics.

It's important to differentiate between emotional eating and physical hunger. Emotional eating tends to be sudden, intense, and focused on specific types of foods (often referred to as "comfort foods"), while physical hunger develops gradually and is typically satisfied by a variety of nutritious foods. Recognizing emotional eating patterns and finding alternative ways to cope with emotions, such as through mindfulness, relaxation techniques, or seeking support from friends, family, or a mental health professional, is essential for managing this behavior and maintaining a healthy relationship with food.

COPING WITH EMOTIONAL EATING

- **Recognize Triggers:** Emotional eating often arises from stress, sadness, boredom, or other emotional triggers. Identify these triggers to better understand your emotional eating patterns.
- **Mindful Awareness:** Before reaching for comfort foods, pause and ask yourself if you're truly hungry or if you're eating to soothe emotions. Mindful awareness can help you make conscious choices.
- **Seek Support:** If emotional eating becomes a recurring issue, consider seeking support from a therapist or counselor who can help you explore and address the underlying emotional causes.

Avoid dining out if you are feeling emotionally sensitive. Try to do something for yourself that aligns with you, your values and your goals. You'll feel happier and guilt-free.



Special OCCASIONS

Special occasions hold a unique place in our lives, offering moments of joy, celebration, and connection with loved ones. These events mark milestones, honor traditions, and provide opportunities for creating cherished memories. Whether it's a birthday, holiday gathering, wedding, or other significant milestones, special occasions are indeed amazing to attend and often filled with warmth and happiness.

However, from a health perspective, special occasions can present challenges for those striving to maintain a balanced and healthy lifestyle. Here are a few reasons why these occasions may not always align with health goals:



- 1. Abundance of Tempting Food:** Special occasions often feature a plethora of indulgent and calorie-rich dishes, including decadent desserts, savory appetizers, and rich main courses. The abundance of tempting food can make it difficult to resist overindulgence.
- 2. Social Pressure:** In a social setting, there can be subtle or direct pressure to partake in the festivities, including consuming foods and drinks that may not align with your dietary preferences or health objectives.
- 3. Mindless Eating:** Amidst the excitement and socializing, it's easy to engage in mindless eating, where you may not pay full attention to what or how much you're consuming.
- 4. Emotional Eating:** Special occasions can stir up a range of emotions, and for some individuals, food can become a source of comfort or distraction during emotionally charged moments.

While special occasions provide a wonderful opportunity to connect with others and celebrate, it's important for individuals focused on maintaining their health to strike a balance. Strategies like mindful eating, portion control, and planning ahead can help you navigate these events while still enjoying the festivities and maintaining your commitment to a healthy lifestyle.

Handling LEFTOVERS AND TAKEOUT

Dining out often leaves us with leftovers or the temptation to indulge in takeout meals for the sake of convenience. This chapter delves into the importance of safe storage, reheating tips, and making healthier choices when it comes to leftovers and takeout.

SAFE STORAGE TIPS

- **Timely Refrigeration:** Leftovers and takeout dishes should be refrigerated promptly, ideally within two hours of being served. Bacteria can multiply rapidly at room temperature, leading to foodborne illnesses.
- **Proper Containers:** Store leftovers in airtight containers to prevent moisture loss and maintain freshness. Glass or BPA-free plastic containers are preferable.
- **Label and Date:** To keep track of freshness, label containers with the date of storage and be mindful of recommended storage times for different foods.
- **Separate Raw and Cooked Foods:** When storing leftovers or takeout, keep raw and cooked foods separate to avoid cross-contamination. Store raw meats on lower shelves to prevent juices from dripping onto other foods.



REHEATING TIPS

- **Use the Right Method:** Reheat leftovers using methods like the microwave, stovetop, or oven, depending on the type of food. Microwaves are quick but can result in uneven heating, so stir or rotate dishes as needed.
- **Reheat to Safe Temperatures:** Ensure that leftovers are heated to the appropriate internal temperature (165°F or 74°C) to kill any potential bacteria.
- **Moisture Retention:** To prevent dryness, add a small amount of liquid (e.g., broth or water) when reheating foods like rice or pasta.
- **Cover and Vent:** Cover dishes loosely with a microwave-safe lid or microwave-safe plastic wrap to trap steam, but leave a small vent to release excess pressure.



HEALTHIER CHOICES TIPS



- **Select Healthier Options:** Many restaurants offer lighter or healthier menu choices. Look for items labeled as "low-fat," "grilled," or "steamed," and opt for side dishes like vegetables or salads.
- **Customize Your Order:** Don't hesitate to request modifications when ordering takeout. Ask for dressings or sauces on the side, choose whole-grain options when available, and request lean protein sources.
- **Portion Control:** Be mindful of portion sizes. If the restaurant serves large portions, consider sharing or setting aside part of the meal for later.
- **Limit Sugary and Fried Foods:** Minimize your intake of deep-fried or sugary items, as they tend to be high in calories and unhealthy fats.



Recipes

RESTAURANT FAVORITES



Healthy Alternatives to restaurant
favorites

Healthier Versions of RESTAURANT FAVORITES

Cooking at home is a cornerstone of a healthy lifestyle, offering numerous advantages for individuals striving to stay healthy and make conscious dietary choices. Here are several compelling reasons why cooking at home is the healthier and better choice:

Control Over Ingredients: When you cook at home, you have complete control over the quality and selection of ingredients that go into your meals. This means you can choose fresh, wholesome ingredients, avoid unhealthy additives, and limit excessive salt, sugar, and unhealthy fats.

Portion Control: Cooking at home allows you to portion your meals according to your dietary needs. You can tailor serving sizes to align with your calorie goals, helping you avoid overeating and promoting weight management.

Nutrient-Rich Meals: Homemade meals tend to be richer in essential nutrients like vitamins, minerals, and dietary fiber. You can incorporate a variety of vegetables, lean proteins, whole grains, and healthy fats into your dishes, ensuring a balanced diet that supports overall health.

Reduced Hidden Calories: Dining out often involves hidden calories from large portions, added fats, and sugary sauces. Cooking at home allows you to prepare meals that are free from these hidden calorie traps.

Lower Sodium Intake: Restaurant dishes frequently contain excessive amounts of salt, which can contribute to high blood pressure and other health issues. Cooking at home enables you to control your sodium intake, making it easier to adhere to dietary guidelines.

Cost-Effective: Preparing meals at home can be more cost-effective than dining out regularly. You can buy ingredients in bulk, use leftovers creatively, and reduce food waste, saving money in the long run.

In summary, cooking at home empowers individuals to take charge of their dietary choices, promoting healthier eating habits and better overall health. By emphasizing fresh, nutritious ingredients, portion control, and mindful eating, home-cooked meals can be a key factor in achieving and maintaining a healthy lifestyle. On the next page, you'll find some great recipes!



MAPLE TURKEY BURGERS



Calories: 258

Protein: 21g

Carbs: 7g

Fats: 16g



Cooking Time:
30 Mins



Serves:
4

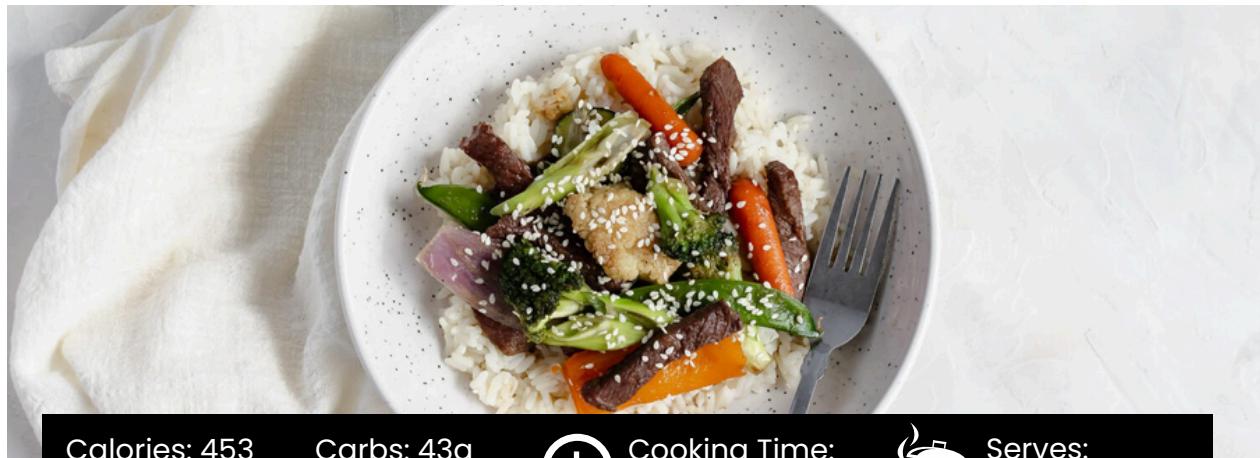
INGREDIENTS

- 1lb Extra Lean Ground Turkey
- 2 tbsps. Maple Syrup
- 1 tsp. Dried Thyme
- 2 tsps. Ground Sage
- 1 tsp. Sea Salt
- 2 tbsps. Coconut Oil

DIRECTIONS:

1. In a mixing bowl, combine the ground turkey, maple syrup, thyme, sage and salt.
2. Divide and form the mixture into half-inch thick patties. Place on a parchment-lined tray and chill in the freezer for approximately 15 minutes.
3. Heat the coconut oil in a large pan over medium heat. Fry each burger patty until cooked through, about 4 to 6 minutes per side.
4. Set aside to cool slightly. Enjoy!

HONEY BEEF STIR FRY



Calories: 453

Protein: 17g

Carbs: 43g

Fats: 24g



Cooking Time:

18 Mins



Serves:

6

INGREDIENTS

- 1 cup Jasmine Rice (dry)
- 2 tbsps. Sesame Oil
- 2 tbsps. Coconut Aminos
- 3 tbsps. Raw Honey
- 3 Garlic (cloves, minced)
- ½ tsp Sea Salt (divided)
- 1 lb Beef Tenderloin (cut into strips)
- 1 tbsp. Avocado Oil
- 4 cups Stir Fry Vegetable Mix
- 1 tsp. Sesame Seeds (for garnish)

DIRECTIONS:

1. Cook the rice according to package directions.
2. In a small bowl, mix the sesame oil, coconut aminos, honey, garlic, and half of the sea salt. Pour on top of the beef and let it marinate while the vegetables cook.
3. Heat the avocado oil in a large frying pan over medium heat. Add the vegetables and the remaining salt. Sauté for three to four minutes. Move the vegetables to one side of the pan and then add the beef with the sauce.
4. Stir fry the beef for two to three minutes or until browned. Combine the vegetables with the beef and cook for another two to three minutes.
5. Divide the rice evenly between bowls and top with the beef and veggie mixture. Sprinkle with sesame seeds and enjoy!

VEGAN MEATBALLS



Calories: 264

Protein: 20g

Carbs: 24g

Fats: 10g



Cooking Time:

30 Mins



Serves:

2

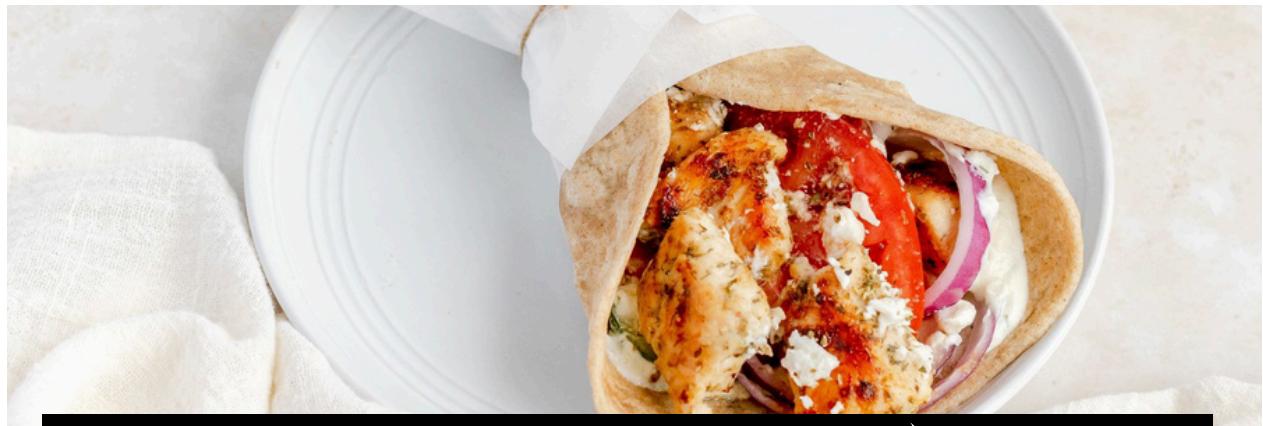
INGREDIENTS

- 1 cup Textured Vegetable Protein (crumbs)
- 1 cup Vegetable Broth
- 2 tbsps. Bread Crumbs
- 1 tsp Italian Seasoning
- $\frac{1}{4}$ tsp Sea Salt
- 2 tbsps. Parsley (chopped, 1 divided)
- 1 $\frac{1}{2}$ tsps. Extra Virgin Olive Oil
- 1 $\frac{1}{2}$ cup Marinara Sauce (homemade or store bought)

DIRECTIONS:

1. Place the textured vegetable protein in a bowl. Bring the vegetable broth to boil and pour over the textured vegetable protein. Cover and let it sit for 10 minutes.
2. In a food processor, process the rehydrated textured vegetable protein, bread crumbs, Italian seasoning, salt, and 1/2 of the parsley until mixed through.
3. Using a cookie scoop or a spoon, scoop the mixture and roll it into one inch balls.
4. In a medium pan, heat up the olive oil over medium heat. Fry the meatballs for 10-15 minutes or until golden brown. Remove the meatballs and set them aside. Heat the marinara sauce in the same pan.
5. Once the sauce starts to simmer, put the meatballs back in. Let it cook for another two to three minutes. Transfer to the serving plate and garnish with the remaining parsley. Enjoy!

GREEK CHICKEN WRAPS



Calories: 376

Protein: 16g

Carbs: 68g

Fats: 6g



Cooking Time:

30 Mins



Serves:

2

INGREDIENTS

- 8 oz Chicken Breast (boneless, skinless, cubed)
- 1 tbsp. Extra Virgin Olive Oil
- 2 tbsps. Greek Seasoning
- 2 Whole Wheat Pita
- ¼ cup Tzatziki
- 1 cup Baby Spinach
- ¼ Cucumber (medium, sliced)
- ½ Tomato (medium, sliced)
- ½ cup Red Onion (small, sliced)
- ¼ cup Feta Cheese (crumbled)

DIRECTIONS:

1. Add the cubed chicken to a bowl. Add the olive oil and Greek seasoning. Mix to combine.
2. Heat a frying pan over medium heat and add the chicken, including the liquid from the bowl. Spread out the chicken so it's not crowded.
3. Cook the chicken for seven to eight minutes per side or until cooked through and browned.
4. To assemble, place the pitas on plates and top evenly with tzatziki, spinach, cucumber, tomato, chicken, onion, and feta. Enjoy!

STEAK BITES



Calories: 445

Protein: 36g

Carbs: 6g

Fats: 20g



Cooking Time:

20 Mins



Serves:

2

INGREDIENTS

- 12 oz Top Sirloin Steak (cut into cubes)
- Sea Salt & Black Pepper (to taste)
- 1 tsp Extra Virgin Olive Oil
- ¼ cup Red Onion (diced)
- 3 Garlic (clove, minced)
- 1 tsp Whole Grain Mustard
- ¼ cup Water
- ¼ cup Cream, Half & Half
- 2 tbsps. Tarragon (chopped, plus extra for garnish)

DIRECTIONS:

1. Season the steak cubes well with salt and pepper. Heat up the oil in a large pan or skillet over high heat. Once the oil is hot, add the steak cubes and cook for four to five minutes, flipping a couple of times until the steak is seared and cooked to your liking.
2. Transfer the steak bites to a plate. In the same skillet add the red onion, turn the heat down to medium and cook for three to four minutes until the onions are soft and brown. Stir occasionally as they cook.
3. Add the garlic and mustard to the skillet and cook for another minute.
4. Deglaze the pan with water, and add cream and tarragon. Let the sauce simmer for about two minutes.
5. Transfer the steak bites back to the skillet and mix until steaks are well coated with sauce. Adjust the seasoning to your taste. Top with chopped tarragon and enjoy.

SUN DRIED TOMATO & SALMON PASTA



Calories: 512
Protein: 44g

Carbs: 48g
Fats: 19g



Cooking Time:
15 Mins



Serves:
4

INGREDIENTS

- 10 oz Chickpea Pasta (dry)
- 2 tbsps. Extra Virgin Olive Oil (divided)
- 1 lb Salmon Fillet
- 3 Garlic (clove, minced)
- ½ Yellow Onion (medium, diced)
- ¾ cup Sun Dried Tomatoes (drained, chopped)
- ½ tsp Italian Seasoning
- ½ cup Chicken Broth
- ½ cup Plain Greek Yogurt
- Sea Salt & Black Pepper (to taste)
- 1 tbsp. Basil Leaves (chopped)

DIRECTIONS:

1. Cook the pasta according to the package directions. Drain and set aside.
2. Heat half of the oil in a pan over medium-high heat. Cook the salmon for three minutes per side. Remove from the pan.
3. Add the remaining oil to the pan. Add the garlic, onions, sun dried tomatoes, and Italian seasoning and cook for three to five minutes, or until the onions become translucent.
4. Add the chicken broth and stir, cooking over medium-low heat for three to five minutes. Remove from heat.
5. Whisk in the yogurt until combined. Add the pasta, sea salt, and pepper. Stir to combine. Break the salmon into larger pieces and add it back to the pan.
6. Stir again until everything is combined. Top with basil, divide evenly between plates, and enjoy!

VEGAN TVP TACOS



Calories: 374

Protein: 15g

Carbs: 41g

Fats: 17g



Cooking Time:

25 Mins



Serves:

2

INGREDIENTS

- ⅔ cup Textured Vegetable Protein (crumbs)
- 1 tsp. Extra Virgin Olive Oil
- 1 ½ tsp. Taco Seasoning
- 3 tbsps. Guacamole
- 4 Corn Tortilla
- ⅔ cup Green Cabbage (finely sliced)
- 2 tbsps. Cilantro
- 2 tbsps. Cilantro Lime Dressing

DIRECTIONS:

1. Rehydrate the textured vegetable protein by placing it in a bowl and covering it with boiling water. Cover the bowl and let sit for 10 minutes.
2. In a pan over medium heat add the oil. Add the textured vegetable protein and taco seasoning and cook for 12 to 15 minutes.
3. Spread the guacamole over the tortillas. Top with texture vegetable protein, cabbage, and cilantro. Top with the dressing and enjoy!

TOMATO PESTO PIZZA



Calories: 441
Protein: 19g

Carbs: 51g
Fats: 16g

Cooking Time:
20 Mins

Serves:
1

INGREDIENTS

- 1 piece Naan
- 1 tbsp. Sun Dried Tomato Pesto
- Mozzarella Cheese (shredded, divided)
- 1 ½ oz Artichoke Hearts (from the can, drained, sliced)
- 2 tbsps. Black Olives (pitted, sliced)
- 1 tbsp. Parsley (chopped)

DIRECTIONS:

1. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper. Once preheated, put the naan on the baking sheet and bake for five minutes.
2. Spread the pesto evenly over the naan. Top with half the mozzarella, artichokes, and olives. Then add the remaining mozzarella.
3. Return to the oven and bake for six to eight minutes, or until the cheese has melted and the crust is crispy.
4. Cut into slices, sprinkle with parsley, and enjoy!

WILD RICE & NORI BOWL



Calories: 415

Protein: 21g

Carbs: 51g

Fats: 15g



Cooking Time:

30 Mins



Serves:

4

INGREDIENTS

- 1 cup Wild Rice (dry)
- ⅓ cup Tahini
- ¼ cup Water
- 2 tbsps. Rice Vinegar
- 1 tbsps. Honey
- 1 tsp. Miso Paste
- 1 Cucumber (chopped)
- 2 cups Matchstick Carrots
- 2 cups Frozen Edamame (thawed)
- 4 Nori Sheets (small, thinly sliced)

DIRECTIONS:

- 1.Cook the rice according to package directions.
- 2.Add the tahini, water, vinegar, honey, and miso to a jar or bowl. Whisk, blend, or shake until smooth. Adjust any flavors to your preference as needed.
- 3.Divide the rice, cucumbers, carrots, and edamame into bowls. Top with the miso dressing and nori. Enjoy!

GREEK STYLE FRIES



Calories: 349

Protein: 12g

Carbs: 38g

Fats: 12g



Cooking Time:

20 Mins



Serves:

1

INGREDIENTS

- 4 oz Frozen French Fries
- $\frac{1}{3}$ Cucumber (medium, chopped)
- $\frac{1}{2}$ Tomato (medium, diced)
- 2 tbsps. Black Olives (pitted, sliced)
- $\frac{1}{4}$ cup Feta Cheese (crumbled)
- 2 tbsps. Plain Greek Yogurt
- 1 tbsp. Water

DIRECTIONS:

- 1.Cook the fries according to package directions.
- 2.Top the fries with cucumbers, tomatoes, black olives, and feta cheese.
- 3.Whisk the Greek yogurt and water in a bowl. Drizzle over the fries and enjoy!

MUSHROOM & FETA FLATBREAD



Calories: 335

Protein: 17g

Carbs: 36g

Fats: 18g



Cooking Time:

20 Mins



Serves:

1

INGREDIENTS

- 1 tsp Avocado Oil
- 1 ½ cup Portobello Mushroom (sliced)
- Sea Salt & Black Pepper (to taste)
- 1 tbsp. Shallot (sliced)
- 1 ¾ oz Whole Wheat Flatbread
- 1 cup Arugula
- ¼ cup Feta Cheese (crumbled)

DIRECTIONS:

1. Preheat the oven to 350°F (175°C) and line a baking sheet with parchment paper.
2. Heat the oil in a skillet over medium-high heat. Cook the portobello with the salt and pepper for about five to eight minutes. Push the portobello to the side and add the shallots. Cook for one to two minutes or until browned and soft.
3. Top the flatbread with the arugula, portobello-shallot mix, and feta cheese.
4. Transfer to the baking sheet and bake for eight to 10 minutes or until the flatbread is crispy. Cut into slices and enjoy!

Thank You **CONCLUSION**

As we conclude this journey through the world of healthy dining out, it's evident that striking a balance between savoring delicious meals and prioritizing your health is not only possible but also empowering. Dining out need not be synonymous with relinquishing control over your dietary choices. Instead, it can be a harmonious blend of enjoyment and well-being, a symphony where culinary delight meets health-conscious decision-making.

Throughout this book, we've explored a myriad of strategies and insights to guide you in making informed choices while dining out. From understanding nutritional basics and planning ahead to selecting the right restaurant and practicing portion control, you've acquired a wealth of knowledge to help you navigate menus with confidence. We've discussed the importance of mindful eating, the significance of beverage selection, and so much more.

We hope that you've enjoyed this guide and you're ready to get dining! Thank you again for checking out our guide.

