Eating Out Restaurant Guide

Rule 1: Eating out does not mean you can just go out and order from the menu.

- This is not a cheat day
- You will not be having your pick of appetizers, entrees, desserts etc.
- Your job is to stick to the plan and make diet decisions based on protein, carbs, fats, and veggies
- Remember 3 magical words (Steamed, Grilled, or Baked)
- Remember 1 magical phrase "Please no added oil"

Rule 2: Use your hands to estimate portion size

- Once your food arrives use your palm and fist to measure your portions of protein, carbs, and veggies (how to measure is described in your diet plan)
- Any extra food take home with you in a container

Rule 3: Start with protein first

- Protein is the easiest to pick from
- Mention that you would like it grilled or baked if it's an option
- Ask for them to not add any fat and to have all dressings on the side (to throw out lol)

Lean Sources (recommended)	Not So Lean (acceptable)
Chicken Breast	Salmon
White Fish	Pork Tenderloin
Shrimp & Shellfish	Roasted Chicken Thigh No Skin w/ Bone
Egg Whites	Top Round / Bottom Round
Fat Free Cottage Cheese	Scrambled Eggs (No more than 2 yolks)
Fat Free Greek Yogurt	Herring
99% Lean Turkey Breast (turkey burger no bun)	Trout
Steamed Chicken	2%Greek yogurt
	1%cottage cheese
	Canadian Bacon

Rule 4: Pick Your Carb sources next

- Choose the carb sources that are fat free
 - Grilled or Baked sweet potato will have less fat than sweet potato fries
- Make it clear that you do not want your carbs cooked in oil Pasta is usually full of oil

Restaurant Carb Sources	
Buckwheat	Quinoa
Squash or Zucchini	Couscous
Sweet Potato	Oats
Red Potato	Beans/Legumes
White Rice	Barley
Brown Rice	Brown Rice Pasta
Berries	Fruit

Rule 5: Pick your veggies next

- Veggies taste great and are lowest in calories when grilled, baked, or steamed
- Stick with green colored veggies. Makes your life easier
- Tomatoes count as fruit...remember that when getting a salad

Restaurant Veggie Sources		
Broccoli	Asparagus – no oil	
Salad - no oil/dressing at restaurant	Green Beans	
Cucumber	Celery	

Rule 6: Say bye bye to your fat sources

No additional fat when eating out at a restaurant. That is actually why you are allowed to choose between a lean protein source and a fatty protein source. On days that you're eating out subtract one fat from your meal plan if you have one for the day. This is because fat is most likely already included in the food you will be ordering. Regardless of how many times you tell them to not add fat, chances are pretty high they will.

Rule 7: Say no to desserts and alcohol

- There is nothing wrong with not having dessert and not drinking
- If you feel awkward without a drink ask for a club soda with lime
- Having just one bite of dessert will lead to two and then to carbocide I promise you. Don't fall for it

Rule 8: Always prepare in advanced

- If you know you're going to be surrounded by all your favorite goodies then have one of your meals before you go. Or have part of your meal that you know won't be available where you're going and the rest at the event.
- If you have control over where you eat try to pick restaurants that you know will serve the kind of food you can eat. Chinese is always great because they can always steam anything for you.
- If you have the time call a couple restaurants before going out to see what their options are.
- If eating out at a friends house offer to bring some food to help with the cooking. Bring some grilled chicken breasts, and steamed veggies and help everyone eat healthy.

Rule 9: Ignore the crabs

- That's right, when a crab tries to climb out of a bucket the other crabs pull that crab right back down. People will try everything they can to get you to ditch your plan. They do this to make their unhealthy choices feel better. You have to stick to your plan like white on rice.

Rule 10: Eat Slowly

- You do not want to finish all of your portions and sit there as everyone else gorges
- Since you are controlling your portions eat slowly. Chew and taste all of your food.
- Always remember that you do not have to eat at all times when you are out. It's totally up to you if you want to eat or not, and there's nothing wrong with not having a mouthful of food.