



Metabolic Code®

**DIET & NUTRITION**

LOOK GOOD, FEEL BETTER

# General Eating Out **Restaurant Guide**



Metabolic Code®  
unlock your healthiest you



This guide is for use with our Healthy Living Guidelines, where our goals are to help you lower your intake of sweets and other very high carb foods while learning how to eat more vegetables and raising awareness of how many foods contain the major food allergens, wheat and dairy, because they can be a source of inflammation for many people.

Eating out at restaurants can be a challenge to healthy eating, due to the large portions, a lot of fried foods, and limited non-starchy vegetable choices. It can also be a challenge to avoid wheat and cow's milk when eating out, either as the foods themselves like bread and cheese or because of being hidden ingredients in other foods.



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**Preparing foods at home and being able to control the ingredients in your meals will yield greater health and weight loss results.**

Eating out is such a challenge for healthy eating, a good goal is actually to reduce how often you do it. Try to eat out no more than 1 time a week or at the very least reduce how often you eat out by half. And when you do eat out, use the information in this guide to help you make healthier choices.



## Two Important Tips When Eating Out:

For nutrition info like calories and allergens in foods, check the restaurant's website ahead of time to help you decide your best selections.

When trying to avoid allergens, ask questions and don't assume foods are free of them. It's surprising what foods may contain wheat and dairy, like we discuss below.

## How to avoid the most common food allergens when eating out

### Common Food Allergens:



#### Wheat/Gluten (gluten is found in wheat, rye, and barley)

- Found in buns, bread, wraps, breaded meats or fish, breadcrumbs, pizza/flat bread pizzas, flour tortillas, pasta, crackers, pretzels, baked goods, pancakes, waffles, muffins, croutons, meatballs (they contain breadcrumbs, gravies, thickened sauces, thickened/creamy soups, and seasonings).
- Ask your server not bring a chip or bread basket to the table if they are too hard for you to resist. Salsa and tortilla chips are preferred over getting a wheat product. However, they are a starchy high glycemic food and contain a lot of carbs so pay attention to your portions. Typically 10-12 chips is 1 serving, we recommend counting them out to be on the safe side.
- A trick to avoiding bread and wheat is to order sandwiches and burgers “protein-style” which come lettuce wrapped instead of the having the bun.



#### Cow's Milk Dairy

Found in cheesy potato or creamy soups, yogurt/milk-based sauces, alfredo and other cream sauces, mashed potatoes (contain milk and they are a starchy food), Caesar dressing (contains parmesan cheese), ranch or other creamy dressings.

If you experience a lot of symptoms like getting bloated, frequent headaches, or GI discomfort, it could be from food allergen sensitivities. If you are up for the challenge, you could try avoiding these other food allergens to see if it helps reduce any of your symptoms.



#### Corn (also a starch)

Found in corn tortillas, in its whole form like sweet corn or corn on the cob, or added to a salad or soup, etc.



#### Peanuts

Found in anything with peanut butter, and in some Asian dishes, such as peanut chicken.



#### Soy

Found in soy sauce, tofu, tempeh, edamame, soy milk and nuts, certain veggie burgers, etc. You do not need to be concerned about soy lecithin or soy oil, just whole soy or soy sauce.

## Limiting High Glycemic Starches



**Starches :** Starchy foods contain a lot of high glycemic carbs that tend to elevate blood sugar levels, and make it hard to lose weight and maintain healthy blood sugar levels. Eat much smaller portions of rice, pasta, and starchy vegetables like corn and potatoes, even gluten free pastas (they contain corn and rice). Limit to ½ - 1 cup or less than half what is served. If eating French Fries, limit to what would fit into 1 cup. Corn tortilla chips (count out 12 chips for 1 serving).

## Lowest Glycemic Breakfast Choices

This meal is typically easy to find in most restaurants:

Order 1-2 eggs and 1-2 strips of turkey bacon or sausage, chicken sausage, bacon or another breakfast meat, with non-starchy veggies if available (like in an omelet), and a side of fruit.

Many breakfast restaurants also offer sliced tomatoes as a side dish for breakfast. Adding salt and pepper and even sprinkling some balsamic vinaigrette dressing over them.

If you want to eat a starchy food with breakfast, a small portion of potatoes are okay. (1 serving = 1/2 – 1 cup)

Coffee and tea can be consumed. If you can't drink black coffee, use a non-dairy coffee mate-type creamer or an almond or coconut based creamer.



**AVOID:** Toast, pancakes, waffles, regular cow's milk-based creamer in your coffee, cheese on your omelet



## Lowest Glycemic Lunch Ideas

**Look for any combination of a protein source and veggies, or lettuce wrapped sandwiches/burgers.**

You can even ask for deli meat and large pieces of lettuce to create your own lettuce wraps with veggies.

**Salads** are a good choice. Top with a protein such as a grilled chicken breast or tuna steak, salmon, beans, seeds, avocado. Oil and vinegar dressings are the best option. Order dressings on the side and dip your lettuce bites into it.



**AVOID:** Croutons, cheese or dressings with food allergens.

**Soups** can work too, but ask questions. Broth based chicken and rice (hold the rice until Phase 2) soups and beef chili (like from Wendy's) work. Beef vegetable soups are usually OK, but often contain potatoes. Eat the beef vegetables and broth and as few potatoes as possible.



**AVOID:** Soups prepared with cream, sour cream, cheese, noodles, pasta (minestrone), and avoid thickened soups (they are usually thickened with wheat flour.)

**Lunch Pointers: other ways you can reduce high glycemic carbs without totally eliminating them are**

1. Get a lettuce wrapped sandwich with a small order of fries
2. Eat salads with protein and broth-based soups.
3. Eat 2 fish or chicken tacos with guacamole and salsa, and a side salad.
4. Eat protein and vegetable entree with a side salad. If the entree comes with rice or potato, eat only half of it.
5. Beans make a great side dish or salad topper.
6. Avoid: Have your server hold the cheese on sandwiches, salads and tacos if trying to avoid dairy.



## Lowest glycemic Dinner Ideas

- **Salads** with vinaigrette dressings can be added. Best to ask them to hold the croutons and cheese when possible.
- **Meal Examples:** beef and broccoli, fish or chicken with sautéed mixed vegetables.
- **Veggie ideas:** zucchini, asparagus, brussels sprouts, cauliflower broccoli and carrot blends, or green beans.
- **Beans** make a great side dish. Bean soups and chili can be eaten.
- When eating high glycemic carbs like potatoes, rice, or tortilla chips **eat small portions**, like half or less of what is served. (10 or 12 chips = 1 serving, 15 g carb)



**AVOID:** Avoid all the food allergens/starches mentioned above. Ask the chef about gravy or sauces. Most gravies are thickened with wheat flour, and many sauces have cream or milk.

## Other Pointers

- Another example of an OK meal is chicken wings (non-breaded) with a side salad. Celery and carrots can be eaten too, but order an Italian or vinaigrette dressing to dip them in (not bleu cheese or ranch).
- Many restaurants now have vegetables either as appetizers or side dishes, such as roasted asparagus, buffalo wing-style cauliflower, cauliflower steaks, and roasted Brussels Sprouts drizzled with balsamic reduction and topped with things like sun dried tomato or bacon bits. In addition, some restaurants now offer zucchini noodles as a pasta replacement.
- Eat several non-starchy vegetables at dinner to help you get full. For example, eat a vegetable-based appetizer, a protein paired with a vegetable mix as an entrée, in addition to ordering a side salad with the meal.
- Look for protein appetizers. Deviled egg appetizers - just make sure they aren't breaded and deep fried. Shrimp cocktail and chicken skewers are other examples. (Meatballs are typically made with bread crumbs, so avoid them for now.)
- Try allergen cycling. This is where you build up to being able to go 3 consecutive days without consuming any of the common allergens listed above, especially wheat and dairy. Start with one day and build from there. This can help reduce inflammation, support weight loss and more!

## Navigating Desserts & Beverages

### Desserts:

We recommend that for day-to-day you opt for a side of fruit instead of dessert.

Save dessert for special occasions, and split one dessert between two or three friends.

If you choose to have dessert it's best to have it when you haven't already loaded up on other carbs and starchy foods throughout the day. It creates less burden on your body that way.

### Beverages:

Drink water, sparkling water, coffee and tea (with stevia, no sugar).

If you want an occasional soft drink, make it a diet soft drink.



**AVOID:** Most desserts contain both wheat and/or dairy. Puddings, ice cream, and cheesecake contain dairy. Cakes, cookies and pies all contain wheat, unless they are gluten free.

## You can do it!

Changing eating habits can be challenging, but learning to eat healthier, even at restaurants, can make a huge difference in your health, weight and vitality.

Once you feel comfortable with the eating guidelines outlined in this guide we recommend that you go to the full Metabolic Code Diet which will take you another step into your health journey. The full Metabolic Code Diet program consists of three phases. These programs focus on normalizing blood sugar, lowering systemic inflammation, managing weight, and healing the gut. Each has been developed by our team of Metabolic Code Dietitians and used in practice with thousands of patients.

Go to [metaboliccode.com](http://metaboliccode.com) for more details and testimonials.



**Metabolic Code® Diet Disclaimer:**

Any diet or nutrition program can affect your health and may carry risks. Always consult a qualified healthcare professional before changing your diet or beginning any exercise routine. Anyone with an existing disease, medical condition and/or on medication should consult with a qualified physician or health practitioner to make sure a change in diet or lifestyle can be safely undertaken. Use of a Metabolic Code program or information implies that you take responsibility for all risks inherent to nutrition and lifestyle programs.

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