

WIN WHILE EATING OUT

Eat Out Often?

Tip #1 – Don't Stress

It's overwhelming but it doesn't have to be. Go with a plan and do your best!

Tip #2 – Pick Your Protein

Choose 3 you think would be the best protein choice then pick the 1 that is the BEST!

Eg: chicken, salmon, lean steak cut, mahi mahi, egg whites, turkey, ham.

Tip #3 – Choose Your Carbs

Most places serve rice or beans as a side dish. Corn tortillas are a good option compared to flour tortillas, at Mexican restaurants.

Tip #4 – Eat Your Veggies First

Again most places serve a side of steamed broccoli, mixed greens, or a salad.

Ask for EXTRA veggies and no butter and you are good to go! OR order the salad with a light balsamic on the SIDE.

Eat these veggies **before** diving into the rest of your meal to control hunger and avoid overeating.

Tip #5 – Fats Are Essential

Typically restaurants cook veggies in fat so you are good to go unless you'd like to specify 'no butter or oil'. I would recommend doing this if you are dairy-sensitive. Having a side of avocado could be an alternative as well.

Tip #6 – Look At The Menu Beforehand

Check out the menu beforehand, and pick 2-3 dishes that are going to be your best choice - nutritionally. If you try to decide after walking into a place that smells like fried foods, those foods become so hard to resist!