

HOW TO EAT OUT

● MY BEST TIPS

I know you want to enjoy dining out without wondering if your meal will affect your weight loss. I get it, social events and life in general are centered around FOOD. So here are my top 3 tips that my clients and I love that help us enjoy meals at a restaurant while staying on our health and fat loss goals.

Tip #1 - Offer to Pick the Restaurant

I like to think of what the restaurant offers so I can plan from the basic principles of Protein first, Veggies next and control the fat calories. This would look like a piece of protein (chicken, fish, steak), fibrous veggies like broccoli, cauliflower, asparagus, etc..then always get the sauces on the side. Use it for dipping, not drowning.

Here are my favorite restaurants for putting this plan in action

1. Jason's Deli: (most delis fit here) Get a half sandwich (no chips) and a one trip salad bar. Delicious and hits the basic principles. Protein first, veggies next and limit the starchy carbs and fats.
2. Dion's: My favorite is the crunchy spinach salad (crunchies on the side) and double the chicken. Now you can control the dressing and get your protein.
3. Chili's: There are too many choices to list here but think of a meal like the fajitas where you can have the meat you want, veggies and salsa. You just have to limit the beans, tortillas, and sour cream.
4. Steak house: this is a type of restaurant and it's one of the easiest places to customize your protein, all veggie side and limit the fats.

Choosing the restaurant you and your friends/family will dine out at will help ensure you know there are foods on the menu you enjoy eating, and that will help you stay on track with your goals. Any restaurant will have options for proteins and vegetables, so no matter what you choose, you really can't go wrong!

Tip #2 - Research the Menu and Choose What you Will Order Before you Get There

This is where planning will help you win everytime. Take 10 minutes to look at the menu, plug the numbers into an app like MyFitnessPal and then you can build your day around this meal. Not only will this eliminate a pressured decision, it will allow you to enjoy your meal guilt free! Bonus tip: have a back up plan in case they are out of that food.

Tip #3 Don't Be Afraid to Ask for Accommodations

Asking for accommodations and substitutions is so easy because most restaurants these days have options to suit any customer's eating style. The restaurant wants that positive review and your server wants a good tip, so order what you want and need to suit your tastes and goals. All you need to do is ask, and it shall be yours! If you don't want mashed potatoes, then substitute it for the veggie of the day. Ask to leave off empty carbs like croutons, bread, rolls, fries, etc..Ask how many ounces the protein is, like salmon, chicken breast or burger patty. Now you know and can track more accurately.