

Restaurant Ordering System:

Rule 1: There are a few exceptions, but almost any restaurant now can modify orders as needed for allergies or health related reasons.

Rule 2: You do not HAVE to eat, ever. If you are unable to find an acceptable solution, you can wait until you get home.

Rule 3: Eating a healthy meal before you go can reduce the need and pressure to eat a lot while you're out.

Rule 4: "Can you Grill, Bake or Steam that?" Is an important question to know.

Rule 5: For portions, use your hand (Protein = Palm, Carb = Fist, Fat = Thumb) as a rough estimate.

Rule 6: Understand that people invited you out for your charm, personality, and presence. Any real friends should support you if you simply say "I'm really trying to focus on my health and well-being right now."

Step 0: Do not order off the Menu (unless options are given a la carte). Observe what options are available on the menu and then select from there.

Step 1: Pick a protein:
Most likely Options are:

Chicken Breast Burger Patty	Eggs Egg Whites	Greek Yogurt (0%) Cottage Cheese (0%).	Fish Pulled Pork (no sauce)
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"Can you grill, bake or steam that please?"

Step 2: Skip your fat:

We do this because fats are difficult to measure and often are used to top foods on your meals out. Even when asked to put on the side, measuring is hard - this is an easy trap to get in trouble, so just skip it (most meats have fat in it also).

Step 2.5: Observe the Carbs on the Menu - Pick from that selection anything that could be cooked without oil.

Step 3: Pick your Carb if possible:

Mashed Sweet Potato Rolled Oats	White Rice Fruit Cups	Berries	Quinoa
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Step 4: Pick your Veggies (easiest one!):

Steamed Vegetables	Mixed Greens	Salads
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Ask for no dressing, or substitute Balsamic Vinegar, Lemon Juice or Olive Oil on the side

Step 5: Skip Dessert, Appetizers & Alcohol — After the 6-weeks is over, decide ahead of time how you can appropriately add these back in. We recommend 2x/month, but see if you can prove to yourself you don't need them to have fun!

My go to order is "Can I have a Caesar salad with Dressing on the side, and a chicken breast or burger patty on top please?" Then I will ask my table mates if they would like to share some asparagus, or a vegetable option. If I'm at a nicer restaurant I get an 8oz Filet grilled, with one or two steamed vegetable options and a house salad with lemon juice on the side.