# RESTAURANT ORDERING SYSTEM

**RULE 1** There are a few exceptions but virtually every restaurant's menu can be modified in order to fit a healthy lifestyle.

**RULE 2** You do not HAVE to eat out. You can always wait until you get home, or back to a hotel. Your metabolism will not slow down.

**RULE 3** "Can you GRILL, BAKE, OR STEAM that?" is the question you will ask when ordering food at any restaurant.

**RULE 4** For portions, stick with the rough estimate on the top of your plan using your hand.

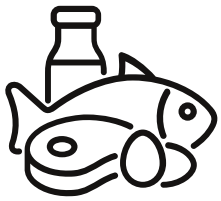
**DO NOT ORDER OFF THE MENU. OBSERVE WHAT PROTEINS/ CARBS/ VEGGIES ARE ON THE MENU, THEN CHOOSE FROM THERE.**

**STEP 1**

## Pick Your Protein

These will be your most likely sources:

*Chicken Breast (skinless)
*Pork Tenderloin
*Jerk Chicken
*0% Plain Greek Yogurt
*Any White Fish
*Egg Whites
*0% Cottage Cheese
*Any Shellfish
*99% Lean Turkey Breast or 99% Lean Ground Turkey



Ask them, “Can you grill, bake or steam that?”

**STEP 2**

## Skip Your Fat

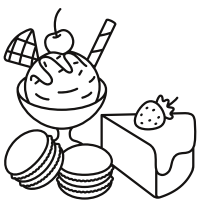
We do this because fats on their own are difficult to measure and often are used on top of foods on your meals out. Even when asked to put on the side, eyeballing table spoons etc is a surefire way to get in trouble, so just skip it.



**STEP 3**

## Skip Desserts, Appetizers, & Alcohol

People want you there because of who you are. Not because of what you drink or eat with them.

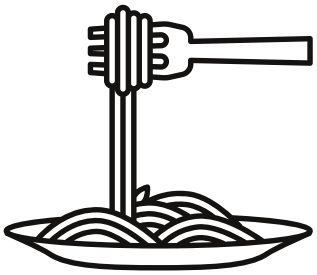


STEP 4

# Pick Your Carb

These will be your most likely sources:

*Mashed potato
*Cooked white rice
*Any berries
*Cooked brown rice
*Mashed red potato
*Ezekiel bread
*Cooked quinoa
*Pasta
*Any beans
*Rolled oats
*1 piece of fruit (fist size)



Ask them, “Can you grill, bake, or steam that?” and be sure to leave out any added oils.

STEP 5

# Pick Your Veggie

These will be your most likely sources:

*Steamed asparagus
*Salad (no dressing use lemon juice or light balsamic)
*Steamed green beans
*Steamed broccoli
*Mixed greens (no dressing)



If it’s not a cold-served veggie, ask them, “Can you grill, bake or steam that?” and be sure to leave out any added oils.

# Additional Tips

- **Intentionally increase your daily steps by walking as much as possible**
  - Taking a 5-10min walk especially after meals, can help improve digestion, improve insulin sensitivity, and help balance out any extra calories you might consume while dining out or traveling.
- **If you're in a situation where you can't fully control the food**, like when a casserole or similar dish is served, remember that portion control is always within your control. Simply serve yourself a smaller portion to stay on track.
- **If you go over to a friend’s house:**
  - *Option #1:* Plan ahead by eating beforehand and then lightly snack while you're there, focusing on grilled meats or other protein options. Serve yourself so you can control portions.
  - *Option #2:* Let your host know ahead of time that you’d love to bring some meat and vegetables to share. Cooking together is a great way to bond, and bringing food shows you're a thoughtful, low-maintenance guest.