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# EATING OUT GUIDE



OTM PERFORMANCE

HOW TO HAVE A SOCIAL  
LIFE WHILE ON A DIET

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## PLANNING AHEAD

### Research Menus:

Many restaurants post their menus online. Look for healthy options or meals that can be customized. Some apps and websites can provide nutritional information. It's a good idea to get familiar with some. This will help you make informed choices before you arrive.



### Call Ahead:

If you have dietary restrictions or preferences, calling the restaurant in advance can help. Ask about their ability to accommodate specific requests. Common ones are gluten-free, dairy-free, or low-sodium meals.

### Make Room for Extra Calories:

If you know that you have dinner coming up, maybe don't eat as much as you normally do for breakfast or lunch. This can go a long way in terms of diet adherence. We don't want to not eat our favorite foods. We just want to make a good plan that has a spot cut out for them.

## Educate Yourself:

Most people get nervous that they won't be able to eat the foods they enjoy. The simplest way to ease some nerves is to learn more about nutrition. With a better understanding of the basics, you won't feel confused when trying to find healthy options while out eating.

If you're seeing this, that means you also have access to "Nutrition 101". I created a guide that teaches you what you need to know to make progress with the kitchen. If you haven't checked it out yet, go take a look!





## ORDERING TIPS

### Start with Water:

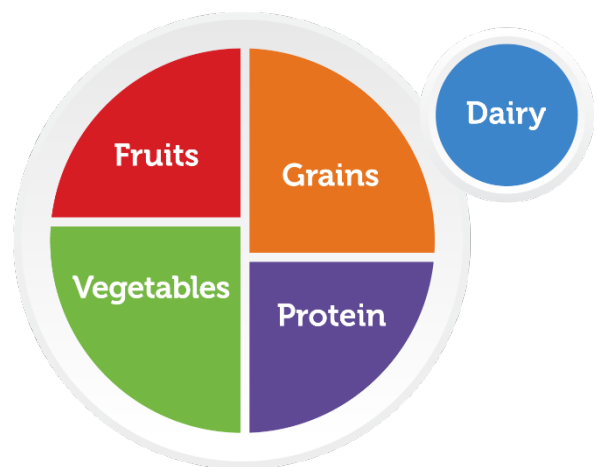
Drinking water before and during your meal can help you stay hydrated and may prevent overeating. If you are going to order a drink, try to stick towards diet versions or unsweetened iced tea.

### Customize Your Meal:

Don't hesitate to ask for modifications. Look for grilled, baked, or steamed proteins instead of fried. Request sauces and dressings on the side to control portions and calorie intake.

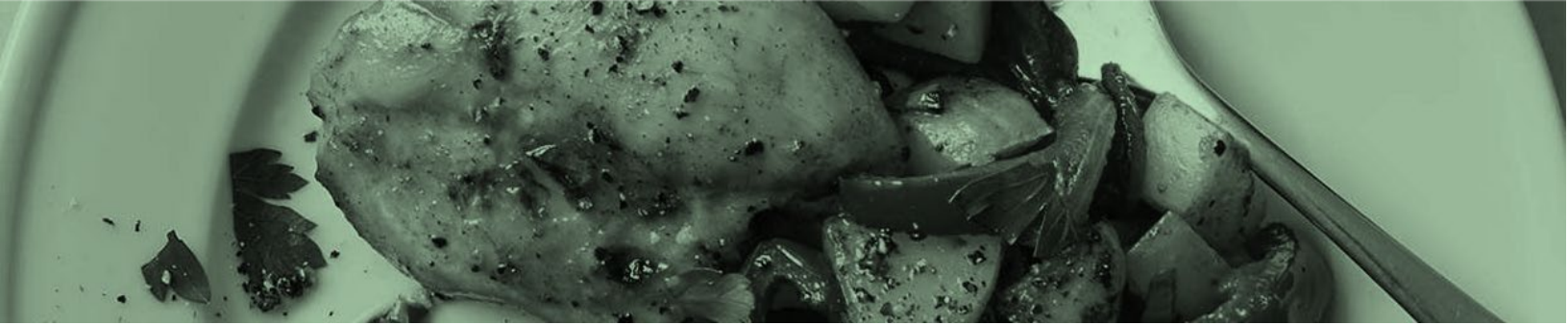
### Watch Portions:

Restaurant portions are often larger than necessary. Consider sharing a meal with a friend or asking for a half portion. Or, you can request a to-go box and save half of your meal for later.



## Load Up on Veggies:

Prioritize dishes that include a variety of vegetables. They are high in fiber and nutrients while being low in calories. Substitute fries or mashed potatoes with steamed or roasted vegetables.



## HEALTHIER CHOICES

### Appetizers:

Choose lighter options like broth-based soups, salads with light dressing, or fresh vegetable plates.

### Main Courses:

Select dishes that feature lean proteins, such as chicken, fish, or tofu. Avoid creamy or heavy sauces; instead, ask for lemon, herbs, or vinegar-based dressings.

### Sides:

Replace calorie-dense sides with healthier options. Instead of fries, choose a side salad, steamed vegetables, or a baked potato without high-calorie toppings.



### Desserts:

If you're craving something sweet, consider fruit-based desserts, sorbets, or share a dessert with your dining companions.







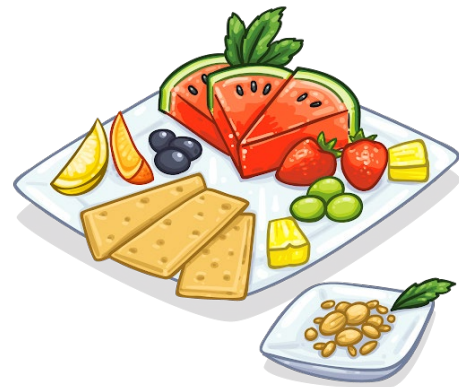
## ON-THE-GO EATING

### Healthy Fast Food:

Many fast-food chains now offer healthier menu items. Look for salads, grilled chicken sandwiches, or meals with whole grains. Some examples include Chipotle's burrito bowls, Panera Bread's salads, or Subway's veggie subs.

### Pack Snacks:

Keep healthy snacks with you to avoid unhealthy choices when you're out and about. Carry fruits like apples and bananas, nuts, whole grain crackers, or yogurt.



### Meal Prepping:

Meal prepping is a common strategy to eat on the go. It takes a little time to cook everything up front, but very little after that. It's also great if you want to customize your meal plan. I created a meal prepping guide that makes it super easy to follow along.

I walkthrough in more depth how to meal prep in this bonus. Go check it out!





## MINDFUL EATING

### Slow Down:

Eating slowly helps you enjoy your food and recognize when you're full. Take breaks between bites and savor each mouthful.



### Listen to Your Body:

Pay attention to your hunger and fullness cues. Stop eating when you feel satisfied, not stuffed. This can prevent overeating and discomfort.



## ADDITIONAL TIPS

### Frequent Health-Conscious Establishments:

Choose to dine at restaurants known for their healthy options and sustainable practices. Supporting these places encourages the availability of healthier choices.

### Be Polite and Appreciative:

Remember that restaurant staff work hard, often under stressful conditions. A smile, a thank you, and a generous tip can make a big difference. Writing positive reviews and recommending the restaurant to others can also help.

### Avoid Buffets:

Buffets can encourage overeating. If you find yourself at a buffet, use a small plate and fill it with healthier options first, like salads and vegetables.

### Mind the Sodium:

Restaurant food can be high in sodium. Ask if your meal can be prepared with less salt or order items naturally lower in sodium.





## RESTAURANT RECOMMENDATIONS

### National Chains:

**Panera Bread:** Known for its variety of salads, soups, and whole grain options.

**Chipotle/Qdoba:** Customizable burrito bowls with options for lean proteins and vegetables.

**Subway:** Variety of veggie-loaded sandwiches and salads

**Starbucks:** They have oatmeal, protein snack boxed, and sometimes salads. Make sure to customize your drink to get the low sugar option.

**Noodles & Company:** Try the “Zoodles” for a low-calorie option. You could probably ask for light sauce too!