

# RESTAURANT ORDERING SYSTEM

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- 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.
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**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) | *Egg Whites                |
| *Pork Tenderloin           | *0% Cottage Cheese         |
| *Jerk Chicken              | *Any Shellfish             |
| *0% Plain Greek Yogurt     | *99% Lean Turkey Breast or |
| *Any White Fish            | 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 quinoa                |
| *Cooked white rice | *Pasta                        |
| *Any berries       | *Any beans                    |
| *Cooked brown rice | *Rolled oats                  |
| *Mashed red potato | *1 piece of fruit (fist size) |
| *Ezekiel bread     |                               |

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   | *Steamed broccoli              |
| *Salad (no dressing<br>use lemon juice or<br>light balsamic) | *Mixed greens<br>(no dressing) |
| *Steamed green beans   |                                |

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.



# THEY HONESTLY DON'T CARE.

If you feel uncomfortable drinking water, simply ask for a seltzer & lime. It has no calories.

## FAQ#1

### What if I go over to a friend's house?

(Option #1) Plan ahead by eating before hand and only lightly eating while you are there sticking to grilled meats. Serve yourself.

(Option #2) Let them know ahead of time that you are happy to bring some meat over to cook with and some vegetables. You can cook together, and bringing food makes you a generous, non-demanding friend.