

28 DAY FITNESS CHALLENGE



**BONUS
EATING OUT GUIDE**

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Welcome to

YOUR

28

DAY

Bonus Eating Out
Guide



DANIEL



16 HACKS

TO EATING HEALTHY

While Eating Out

Before the Restaurant:

- Look at the menu before you leave home and choose the items you want (check online)
- Drink a big lass of water before you leave home
- Eat something light before you go (apple + almonds). This'll help you ward off the chip/bread bowl.

At the Restaurant:

- Choose a protein with 2 vegetables and a healthy fat (avocado)
- Always order sauce on the side
- Order your burger with no bun or on a salad
- Change it up - if meat over pasta, ask for over salad instead.
- Make sure not to order anything fried
- Add extra vegetables
- Ask for a double order of mixed vegetables instead of pasta or rice
- For breakfast, instead of potatoes, ask for tomatoes or Vegetables.

TIPS

FOR EATING CLEAN

While Dining Out

Going to a restaurant shouldn't be your excuse to eat unhealthy foods. Follow these tips and not only will you enjoy your meal more, you'll feel satisfied and happy when you're done. You will also gain a lot of confidence from knowing how to order healthy food when out so you



don't have to lose friendships by not socializing with your friends.

Eating out is one of the most challenging areas that people struggle with when trying to lose weight and live a healthy lifestyle. So one of the most crucial and helpful parts of this program is right here. I teach you 16 ways to hack your healthiness while eating out.

Most importantly, when improving your healthy lifestyle, it is essential to not deprive yourself of normal lifestyle activities, like going out, eating out, socializing with friends. So

this guide is designed to help you do just that. Continuing going out, socializing with your friends, work colleagues and ultimately to live a normal life, while having the tools to hack your way to health even while eating out.

EATING OUT

Guide

1. Ask for it off the menu

Don't be afraid to ask off the menu. Michael F. Jacobson, Ph.D., executive director of the Center for Science in the Public Interest (CSPI) and coauthor of the book *Restaurant Confidential*. "You need to be an assertive consumer by asking for changes on the menu," he says. For instance, if an item is fried, ask for it grilled. If it comes with French fries, ask for a side of veggies instead. Ask for a smaller portion of the meat and a larger portion of the salad; for salad instead of coleslaw; baked potato instead of fried. "Just assume you can have the food prepared the way you want it," says Dr. Jacobson. "Very often, the restaurant will cooperate."

2. Take half home.

The portion size of most meals, even entrees these is out of control. Half an entrée size meal is normally enough, depending on what it is, so be super aware of portion sizes. A great tip is to ask to box half of your order before it even comes out to the table. Or split the meal with whomever you are having dinner with. Interestingly enough, a CSPI survey found that restaurants often serve 2-3 times more than food labels list as a standard serving.

3. Order fish

Fish is always a good choice, just make sure its grilled or steamed or broiled. Anything fried, deep fried avoid like the plague. And if a healthy preparation method isn't on the menu, ask to speak with the Chef to see if he will grill or steam it for you. I've never had a chef refuse to prepare fish another way when requested. Just need to ask.



4. Don't believe the menu.

For instance, cholesterol-free does not mean fat-free; the dish could still be filled with calorie-dense oil. Neither does "lite" necessarily mean light in calories or fat. Ask how the food is prepared, or cooked, and ask to speak with the head chef if you need to. You will find that many 'cooks' don't even know themselves, and are bombarded with the same propaganda rubbish that is fed to everyone else through the media. So educate yourself, be informed, ask questions and make the right choices.

5. Double appetizers.

If the menu is good, and there are a more than a few good choices in the appetizer section, order two of those instead of an additional main meal. Often that will be more than enough to fill you up and give you enough satisfaction before you are ready for your next meal.

6. Drink water throughout the meal.

Another great hack is always have your water with you, and drink plenty of it when you're out. That goes for before you leave home, at the table before you order and during dinner. You will feel full faster, and eat less food and therefore less calories.

It will slow you down, help you enjoy the food more, and let the message get to your brain that you're full—before your plate is empty.

7. Beware of the low-carb options.

Restaurant chains have jumped on the low-carb bandwagon, offering numerous low-carb options on their menu. Low carb doesn't mean low calories, and you could be consuming just as many if not more calories with the additional fats and sugars they add to improve the flavor of your meal.

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8. Ask to “double the vegetables, please.”



Often a side of vegetables in a restaurant is really like garnish—a carrot and a forkful of squash. When ordering, ask for double the portion of the normal serving of veggies, and offer to pay extra if you need to. More often than not, you won't even be charged for it. Even if you do, it's ok right? Do what you need to do, without exception.

9. Read the details.

Most menus will have an extended description of the meal, and will give you lots of information as to how the food is prepared, what kind of sauce it is prepared in and what the meal comes with. Any menu description that uses the words creamy, breaded, crisp, sauced, or stuffed is likely loaded with hidden fats—much of it saturated or even trans fats. Other “beware of” words include: buttery, sautéed, pan-fried, au gratin, Thermidor, Newburg, Parmesan, cheese sauce, scalloped, and au lait, à la mode, or au fromage (with milk, ice cream, or cheese).

Another short cut, if it sounds French, avoid it 😊

10. Skip the bread.

Easy to do, every time and also becomes a habit. A no brainer here, and something you need to do every time. It just isn't necessary and we know where bread falls in the nasty basket of why you put on weight in the first place.



11. Order a salad first.

No brainer. Many restaurants do make bigger than average sized salads, so order your salad first. Don't order an additional meal until you have eaten your salad and see how you feel in 20 minutes. Even after the salads, you may still feel hungry, so sit back. Scientists at Pennsylvania State University found that volunteers who ate a big veggie salad before the main course ate fewer calories than those who didn't have a first-course salad.

12. Not all salads are healthy.

This is a vegetable course—keep it tasty AND healthy. As you know, many salad dressings are creamy, full of fat and highly processed. Avoiding anything in a creamy sauce (coleslaw, pasta salads, and potato salads), and skipping the bacon bit. Some salads also include fried noodles so avoid those too.

Instead, load up on the raw vegetables, treat yourself with marinated vegetables (artichoke hearts, red peppers, or mushrooms), and for a change, add in some fruit or nuts. Indeed, fruits such as mango, kiwi, cantaloupe, and pear are often the secret ingredient in four-star salads. Another little tip is, bring your own handful of natural almonds to add some crunch to your salads.

13. Dip Your Fork.

ALWAYS ask for your salads on the side. Just in case. It's one of the best habits and routines to get into, and after a few weeks you will find those words automatically coming your mouth whenever you are ordering. It is pretty common these days and waiters and waitresses are more than willing to accommodate.

Then, rather than pouring the salad dressing over your salad, keep it on the side and simply dip your empty fork into the dressing, before plunging your fork into your salad. You'll be surprised at how this tastes just right, and how little dressing you'll use. Plus, your lettuce won't get all soggy either!

14. Go the baked Spud.

Baked potatoes, or baked sweet potato are always a good choice to fill you up. Other alternatives would be a fresh mash, or salsa. Just avoid the butter and sour cream.

15. Skip the fancy drinks.

Overall, we now alcohol is the worst thing for your health, weight loss and fitness goals. Basically every system in the body shuts down, trying to process the toxins and alcohol out of your system. Which means, you are back to becoming an efficient fat storage machine! If you must order an alcoholic drink, skip the drinks and cocktails which are full of even more additives, sugar, cream, colorings and artificial ones such as margaritas, piña colodas, and other exotic mixed drinks. Just more useless calories. Best choices are wine, a light beer, gin and tonic, or vodka soda with a slice of lime.

16. Be Mindful of dessert.

You can always have a small piece of fruit, some dark chocolate with a couple of almonds when you get home. Which is way better and healthier than showing down a triple mid cake or 3 tiered cheesecake with cream and ice cream.

Although here are some additional health hacks when it comes to dessert.

- Split dessert with the table. You will find that even with 4-6 people, choosing just desserts and sharing with the table is enough to satisfy your sugar needs.
- Skip the dessert all together
- Take a taste of someone else's. Make sure you ask first! 😊
- Bring your own chocolate and nut mix
- Go for fruit.

There you go, 16 health hacks to help you when eating out.

FOOD SWAP

Instead of THIS	Ask for THIS
Spaghetti	Spaghetti Squash
Chips	Baked sweet potato chips or beet chips
Fries	Baked sweet potato or carrot fries or
Rice	Cauliflower rice
Mashed potatoes	Mashed rutabaga
Baking with flour Sal	Lemon juice (salad dressing, fish, chicken, etc.)
Milk/Dairy	Almond milk or coconut milk
Potatoes	Sliced tomatoes Lettuce wrap
Mayonnaise	Honey mustard or Paleo Mayo
Sugar	NO SUBSTITUTE - ILLIMINATE COMPLETELY
Sour cream	Greek yogurt, coconut oil, or applesauce
Bread	Rye bread
Toast Croutons	Sliced almonds