



Your Guide to Dining Out

<p>Appetizers</p>	<p>This is usually a minefield of fried goodness. Here are a few reasonable options:</p> <ul style="list-style-type: none"> • Steam clams, shrimp, etc. Great protein, never fried, and filling! • Lettuce wraps. These usually have good protein as well. The accompanying sauces can be heavy, so go light on them. • Chips and salsa. Believe it or not, these aren't a bad options. The place we usually get ourselves in trouble is the portion. You'll laugh, but count out 10 chips and call it good. • Hummus and Pita. Ask them to ditch the pita in favor of cherry tomatoes, cucumber slices, and carrots. These platters usually come with olives and small veggies. This is a great option. <p>If you do opt for something carb heavy like pretzel bites (some of my personal favorites!), keep it to one small handful. I'd also suggest opting for mustard to dip with instead of dressings, cheese, etc.</p>
<p>Dips</p>	<p>Heavy: salad dressings (including vinaigrettes), oils, cheese, hummus, BBQ sauce, jams/jellies, guacamole, regular ketchup, mayo, sour cream, tartar sauce, aioli's,</p> <p>Freebies: Salsa, mustard, vinegars, sugar-free ketchup, soy sauce, hot sauce</p>
	<p>Man, I'll never forget bellying up to a thick friend chicken sandwich with mayo and the fixin's. I'm no dummy; that thing was delicious, but unfortunately way more than I needed. It's tough to go wrong getting a simple plate when you eat out; combining a simple protein, carb, and veggie plate is one of the</p>



Meals	<p>easiest ways to navigate a menu while dining out. Keep proteins at 6oz or less, cut the starches in half, include a vegetable and avoid the free rolls.</p> <p>Here's some good go-to's at pubs to replace the fried stuff most restaurants are so well known for:</p> <ul style="list-style-type: none">• Fajita's. Fajitas are generally one of the best options on the menu. You could opt for plain salmon with broccoli, but most people like to be a little more adventurous. Ask for either sour cream or guac, but not both. Ask them to hold the tortillas and double up on the veggies.• Burger. Believe it or not, these are a great source of iron and protein and I don't hate them as an option. Ask them to hold the cheese and heavy sauces. You can opt for a bun as your "carb choice", but ditch the fries in favor of a salad with salsa and lemon juice (no dressings).• Chicken Sandwich. I've found the example above to be <i>just</i> as tasty as it's friend cousin, but much healthier. Go with grilled. Ditch the fries if you opt to eat it with a bun.• Cobb Salad: a GREAT option. They usually skimp on protein, so request a side of chicken breast be included. I usually opt for two of the three toppings that generally come with the salad: blue cheese crumbles, avocado, or bacon. This gives me flavor, but controls my intake to meet my goals.
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McDonalds	<p>Some people feel like it's impossible to eat at McDonalds while trying to lose weight. This simply isn't true. You've probably noticed a trend in the menu and following that trend at good ol Micky D's is possible. Here's some ideas:</p> <ul style="list-style-type: none"> • 1 quarter pounder with a side salad. This actually fits well into your personal plan. The trick here is not to overdo it by adding dressing to the salad. I'd suggest a few squirts of lemon. • Side salad with grilled chicken breast and a small fry. The chicken has great protein. A small fry will meet both fat and carb needs while the salad adds much needed fiber. • Aim: reduce what you already do. Buy a smaller fry. Get 1 burger instead of 2, etc.
	<p>Thick breading and copious amounts of a mystery sauce usually highlight the entrée's at most Asian restaurants. They will also</p>



Asian	<p>generally pair them up with enough rice to feed a small family of 4; however, there are a few tricks to navigating these places:</p> <ul style="list-style-type: none"> • You can't go wrong with non-starchy veggies in "light sauce". It's key to specify the "light" part of that. • Get proteins that are not deep fried. • Keep portions of rice and noodles to the size of one fist...no more. • Usually the best option is beef and broccoli. If this doesn't fill you up entirely, get a side bowl of egg drop soup.
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Mexican

Who doesn't love a good Mexican restaurant?! It's delicious, but also easy to blow past your goals. Here's a few tips: • Limit your **portion size of chips and salsa** to 10. Yes, 10. I know it's not much, but basket after basket of those golden brown crunchy chips of goodness can really do some damage.

- Skimp on the cheese.
- Guacamole OR sour cream instead of both.
- Look for dishes that are heavy on the vegetables and do not contain a ton of carbs.
- **Safe bets:** Fajita's without tortillas. I'll usually throw this on a huge bed of lettuce with heaping spoons of salsa and 1 spoon of guacamole.