

# ***This Is Your Guide For How To Mindfully Dine Out!***



## ***YOU CAN STILL DINE OUT WHILE ON YOUR DIET***

When on a diet, you have goals and you want to stick to them. That doesn't mean you need to *sacrifice* a quality of life here!

This guide was made to give you a foundation to work off of, allowing you to go out to eat with loved ones, or even for a date, while on a diet!

The key concept is to be MINDFUL of all choices consumed. When in doubt, think LOWEST calorie options, as this will help you from straying to far from your daily caloric allowance. You may want certain food items on the menu, and I'm not saying you CAN'T have them, but keep in mind that each good decision is an investment that your future self will thank you for!

## **3 Things to Say to Your Server**

Ask that the bread or chips be held or served with your entrees

This will help you avoid adding in unnecessary calories just because food is in front of you.

Tell the server that you plan on being mindful & you appreciate their patience in advance

This gives the server an idea of what to expect when you order and can also give them the idea that you are up for healthy suggestions

Ask the server for a to-go box right away  
This already sets up the idea that you do not have to finish all of your food, which can help you avoid over eating



## **How To Plan The Dining Into Your Day:**

**Your Quality of Life matters!**

Remember this is a lifestyle not a fad, so if you really enjoy having alcohol in your life, you have to know how to incorporate while staying true to your goals. Just keep in mind, all results you are seeking will not be as optimal as they would be without it!

So how can we plan this MEAL *into your day*.

If you know you are going out for the evening you can create some WIGGLE ROOM

By “*Wiggle Room*” I mean leave some room for extra calories at night by accommodating during the day.

If you love structure & organization, you can go as extreme as planning out the meal you will have, & plan to take those calories out during the day.

The easiest way I found to leave *Wiggle Room* is by doing a **Protein Modified Fast**. This is where you only eat protein & vegetables for you meals during the day. This not only ensures you will have some extra calorie allowance to play with in the evening, but it helps you stay consistent with your protein requirements.

## **What To Order For An Appetizer**

We LOVE appetizers. and the "picking" aspect they bring to the table (literally).

So when planning to "starve off" your hunger until the main course, here are our 4 favorite appetizer options to order to keep on the safe side.

**Salad:** This is an easy and very obvious answer for a mindful appetizer. When ordering, just ask for dressing on the side so those hidden calories don't sneak up on you

**Shrimp Cocktail:** High in protein and lower in calories, this option is great for your mindful approach

**Vegetable Crudite:** This is MY go to for an appetizer! Even if the restaurant does not make vegetable crudites, they def have raw vegetables you can ask for to put them on a plate. Mention to the server you will pay the cost of it but you are looking for raw, celery, carrots, cucumber, bell peppers thing like that.

**Hummus w/ Veggies:** Hummus is a great option for a mindful appetizer. To make hummus even more mindful, ask for raw veggies instead of the pita bread.





## **How To Order Your Main Course**

The best thing to keep in mind with your main course is to keep it simple, but enjoy!

Always make sure you have a source of **PROTEIN!** Yes, vegans & vegetarians, this means you too (just make sure you use **complementary proteins** to try to get a decent amount in you)!

All proteins (poultry, pork, beef, fish) should be **BROILED, BAKED, or GRILLED.**

- Ask the server to not cook it in oil or butter
- Any sauces that come with it, ask for it on the side. If the meat is marinated, you may want to choose a different option

Order **SMART** Carbs like a plain baked potato, sweet potato, rice, or an plethora of veggies

When it comes to fats, you don't really need to emphasize the consumption of it for this meal.

If your meal comes with nuts, avocado, cheese, or oils, just ask for it on the side.

## **What Should You Drink?**

When wanting to eat off plan you should be mindful of all liquid calories! Yes this includes **ALCOHOL.** If you must indulge in alcohol, please refer to our **Balanced Bodies Guide to Alcohol** to assist you here.

Now, with the elephant addressed above, lets dive into my top 3 options to choose for drinks while out to eat:

**Water:** This is always the best choice here and I would drink a lot of it to help fill you up and increase satiety.

**Seltzer/Club Soda:** This is my favorite option by far. The carbonation helps with the idea of having to drink boring, plain water... again.

**Diet Soda:** A lot of debate here, and I won't get into the artificial sweetener aspect besides stating that they are **FINE,** relax! This can be a great mindful way to make you feel like your veering off plan but at least in a mindful direction.



## **Obviously No Dessert, Right? ... WRONG!**

Enjoying a decadent dessert is a luxury of life and should be enjoyed... mindfully that is!

Yes they taste amazing, and can set the mood for the rest of the night, but those calories could add up very quickly, especially on top of what was already eaten.

So here are my 2 favorite ways to be able to enjoy myself at dessert time!

Our **NUMBER 1 TIP** for having dessert while on a diet plan is to **SHARE** the dessert! Yup, sharing is caring, caring about your progress that is =)! When it comes out, be polite and allow the other to have first dibs and then have your **FEW** bites. This allows yourself to enjoy the taste, and give you your fix!

Our 2nd favorite thing to do is to order a decaf coffee with a side of whipped cream. This allows me to put just a spoonful of whipped cream in my coffee for a little low calorie flavor. If your feeling frisky, ask for cinnamon, and add that on top of the whipped cream.

## ***A Few Dining More Tips***

**Fiber-up!** - Fiber will slow all insulin spikes given off by carbohydrates- so load up on them!

**Always On the side please!** - As stated earlier one way to keep away from extra calories is to keep all sauces and dressings on the side. This will allow you to still taste it, but not be subjected to a meal drenched in calories.

**The 10 minute rule!** - Wait 10 minutes after your entree to see if you are still hungry. Many experience a delayed response and will keep snacking on left over bread or order dessert right away. It takes 20 minutes from when you start eating for your body to realize it has eaten.

**Looks can be deceiving!** - Don't pull up your shirt and look at your tummy in the bathroom mirror right after your meal... fat doesn't store **THAT** fast! Plus you will probably be distended from all the food, water, and fiber you took in prior!

**Promise thy self!** - Make one promise to yourself, and that one promise is to get back on track **THE NEXT MEAL**. Stay true to this promise and you won't deal with any "guilt" that may be experienced.



# Common Foods Made Mindful



Here are a few of our FAVORITE tricks to make the common foe a bit more mindful!

**Burger:** take off one side of the bun or go bun-less and use lettuce as the bun; skip the cheese; Make your own with very lean ground beef or try ground turkey/chicken

**Sandwich:** choose whole grain bread instead of white bread; take off the top portion of bread; use mustard as condiment; Best to stick with either grilled chicken, sliced turkey/chicken breast, or roast beef

**Fries:** ask for BAKED sweet potato fries (some places will do this for you); make homemade air fried fries (sweet or regular);

**Pizza:** always go with thin crust; stick with the Margarita (less cheese); opt for vegetable toppings instead of meat or extra cheese (i would add protein like grilled chicken to it); You can also ask for half the amount of cheese or go cheese-less altogether; if making your own opt for a cauliflower crust or make small Portobello Pizza (Portobello mushroom cap as the crust)

**Rice:** opt for brown due to fiber content; use 1/2 the portion of rice and use RICED CAULIFLOWER for the other 1/2

**Stir-fry:** use cooking spray instead of oil; load up on veggies like broccoli, bell peppers, and snap peas; use lean protein like chicken or shrimp, and opt for brown rice instead of white rice.

**Pasta:** choose a whole grain pasta instead of traditional pasta; add in veggies instead of high-fat meats and cheeses; skip the cream-based sauces and opt for tomato-based sauces or olive oil and garlic.

**Omelettes:** load up on veggies like spinach, peppers, onions, and mushrooms instead of high-fat meats and cheeses; ask for egg whites only with one whole egg; go cheese-less

**Baked Potatoes:** instead of using butter, sour cream, and cheese, try using salsa or a small amount of low-fat Greek yogurt

**Sushi:** choose rolls with fish like salmon or tuna; opt for brown rice instead of white rice or go nori; avoid rolls with cream cheese, tempura, or mayonnaise-based sauces.

**Mayo or Sour Cream:** use smashed avocado or homemade hummus instead; use Greek yogurt instead

**Coffee(s):** Get it black, use a zero calorie sweetener, and ask for a side of whipped cream

**Soups:** choose broth-based soups instead of cream-based soups; load up on veggies like carrots, celery, and onions; opt for lean protein like chicken or turkey

**Salads:** load up on veggies and use a low-fat or vinegar-based dressing instead of high-fat dressings like ranch or Caesar; skip the croutons and cheese