EATING OUT GUIDE



Follow these 4 rules so you can enjoy a meal at a restaurant and still lose weight.

4 RULES FOR EATING OUT AT ANY RESTAURANT

Make Sure You Order Protein	#1
Make sure that whatever you order contains a main protein like chicken, fish, pork, steak, or seafood.	

#2	Make Sure You Have Enough Vegetables
	Ideally the dish that you order will have a big portion of vegetables. If it doesn't, ask to substitute a portion of the carbs (usually too big) for a side salad or extra vegetables - you're aiming to have half a plate of green vegetables. .

Have A Smaller Serving Of Carbs	#3
Restaurant dishes often have huge portions of carbs. Ask your server to replace half of your potatoes, sweet potatoes, rice, or whatever carb is in your chosen dish, for salad or extra vegetables.	

#4	Drink Water
	Drink water before you eat; drinking water can help you feel full and prevent over-eating. Also choose plain water or water with lemon or lime instead of a sweetened beverage - water has zero calories.

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