



# YOUR ULTIMATE GUIDE TO EATING OUT

**(Without Blowing Your Progress)**

For the woman who orders the damn cocktail while  
still thriving in her fitness.

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# YOUR ULTIMATE DINING GUIDE

You don't need to give up brunch, cocktails, or date nights to reach your goals. This guide teaches you how to dine out confidently — without guilt, guesswork, or “starting over Monday.”

## ■ Smart Menu Strategies

- Scan the menu before you arrive to plan ahead.
- Focus on protein first, then veggies, then carbs/fats.
- Look for words like grilled, baked, roasted, and avoid fried, crispy, smothered.
- Don't be afraid to customize — ask for dressing on the side, extra veggies, or swap fries for a salad.
- Remember: confidence > perfection.

## ■ Alcohol & Dessert Without Derailing Progress

- Alternate each drink with water or a zero-cal beverage.
- Stick with simple mixers (vodka soda, tequila + lime) vs. sugary cocktails.
- Share dessert or choose fruit-based options.
- Enjoy it mindfully — not mindlessly.

## ■ Portion Control & Mindful Eating Hacks

- Eat slowly — your body needs time to register fullness.
- Use the Half Plate Rule: half veggies/protein before diving into carbs/fats.
- Stop at 80% full — satisfied, not stuffed.
- Remember: one meal doesn't make or break your progress — consistency does.

## ■ Restaurant-Type Breakdown

**Italian:** Choose grilled protein with marinara or tomato-based sauce. Skip the endless bread basket (or limit to one piece).

**Mexican:** Opt for fajitas, burrito bowls, or tacos with lean protein. Skip sour cream, add extra salsa or guac.

**Asian:** Steamed or stir-fried protein + veggies; avoid heavy sauces. Use chopsticks to slow down eating.

**Brunch:** Eggs + avocado toast, omelet with veggies, or Greek yogurt parfait. Balance mimosas with water!

## ✈️ ■ Travel & Social Eating Tips

- Pack protein snacks for travel days.
- Don't save calories before eating out — that usually backfires.
- Eat a balanced meal beforehand to avoid bingeing later.
- Focus on connection, not perfection.

### ■ Smart Swaps & Sample Orders

Craving	Typical Option	Smart Swap
Burger + fries	Classic cheeseburger combo	Grilled burger + side salad + sweet potato fries
Pasta Alfredo	Heavy cream base	Chicken pasta w/ marinara + extra veg
Margarita	Sugary mix	Tequila + fresh lime + soda water
Dessert	Full cake slice	Shared dessert + espresso or tea

Eating out doesn't need to derail your progress. It can actually enhance your lifestyle when you lead with **strategy and confidence.**

You're not avoiding food; you're mastering it.

**This is how you become the woman who can both enjoy her life and crush her goals.**

## ■ SIMPLE DINING CHECKLIST

Print this page and keep it in your planner or phone for easy reference before your next meal out.

- I looked at the menu before arriving.
- I prioritized protein in my meal.
- I added vegetables or a side salad.
- I chose grilled, baked, or roasted over fried or creamy.
- I asked for sauces and dressings on the side.
- I drank at least one glass of water before or during my meal.
- I ate slowly and stopped around 80% full.
- I enjoyed my food without guilt or restriction.
- I reminded myself that consistency matters more than perfection.
- I celebrated that I can dine out and still reach my goals!

**~Strong women don't restrict. They refine.~**