

RESTAURANT ORDERING SYSTEM



Rule 1) There are a few exceptions but virtually every restaurant's menu can be modified in order to fit a health lifestyle.

Rule 2) You do not HAVE to eat ever. You can always wait until you get home, or back to a hotel. You will not die. Your metabolism will not slow down.

Rule 3) "Can you GRILL, BAKE, OR STEAM that?" is the question you will ask when ordering food at any restaurant.

Rule 4) For portions, stick with the rough estimate on the top of your plan using your hand.

**DO NOT ORDER OFF THE MENU. OBSERVE WHAT
PROTEINS/CARBS/VEGGIES ARE ON THE MENU,
THEN CHOOSE FROM THERE.**

STEP 1

PICK YOUR PROTEIN

(These will be your most likely sources)

CHICKEN BREAST (SKINLESS)

PORK TENDERLOIN

JERK CHICKEN

0% GREEK YOGURT

ANY WHITE FISH

EGG WHITES

0% COTTAGE CHEESE

ANY SHELLFISH

99% LEAN TURKEY BREAST



STEP 2

SKIP YOUR FAT

(These will be your most likely sources)

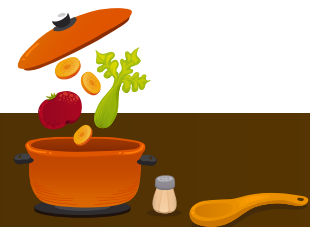
WE DO THIS BECAUSE FATS ON THEIR OWN ARE DIFFICULT TO MEASURE AND OFTEN ARE USED ON TOP OF FOODS ON YOUR MEALS OUT. EVEN WHEN ASKED TO PUT ON THE SIDE, EYEBALLING TABLE SPOONS ETC IS A SUREFIRE WAY TO GET IN TROUBLE, , SO JUST SKIP IT.

CAN YOU GRILL, BAKE, OR STEAM THAT?

**CAN YOU GRILL, BAKE, OR STEAM THAT?"
AND BE SURE TO LEAVE OUT ANY ADDED OILS.**

STEP 2.5

OBSERVE THE CARBS ON THE MENU - PICK ANYTHING THAT CAN BE COOKED WITHOUT OIL. IF YOU DO NOT KNOW, ASK!



STEP 3

PICK YOUR CARB

- 1.5 CUP MASH SWEET POT
- 1 CUP COOKED WHITE RIC
- 1.5 CUP ANY BERRIES
- 1 CUP COOKED BROWN RIC
- 1.5 CUP MASH RED POTAT
- 3 SLICES EZEKIEL BREAD
- 1 CUP COOKED QUINOA
- 1 CUP PASTA
- 1 CUP ANY BEANS
- 2/3 CUP (DRY) ROLLED OAT
- 1 CUP COOKED COUSCOUS
- 1 PIECE OF FRUIT (FIST SIZE)



**CAN YOU GRILL, BAKE, OR STEAM THAT?"
AND BE SURE TO LEAVE OUT ANY ADDED OILS.**

STEP 4

PICK YOUR VEGGIES

(This one is easy)

- STEAMED ASPARAGUS
- SALAD (NO DRESSING, LEMON JUICE,
LIGHT BALSAMIC)
- STEAMED GREEN BEANS
- STEAMED BROCOLI
- MIXED GREENS
(NO DRESSING)



**IF NOT A COLD-SERVED VEGGIE: "CAN YOU GRILL,
BAKE, OR STEAM THAT?" AND BE SURE TO LEAVE
OUT ANY OILS.**

STEP 5

**SKIP DESSERT, APPETIZERS, & ALCOHOL. PEOPLE WANT YOU THERE BECAUSE OF
WHO YOU ARE... NOT BECAUSE OF WHAT YOU DRINK OR EAT WITH THEM.**



THEY HONESTLY DON'T CARE.

IF YOU FEEL UNCOMFORTABLE DRINKING WATER, SIMPLY ASK FOR A SELTZER & LIME. IT HAS NO CALORIES.

FAQ #1)

WHAT IF I GO OVER TO A FRIEND'S HOUSE??

**(OPTION #1) PLAN AHEAD BY EATING BEFORE HAND AND ONLY LIGHTLY EATING WHILE YOU ARE THERE
STICKING TO GRILLED MEATS. SERVE YOURSELF.**

**(OPTION #2) LET THEM KNOW AHEAD OF TIME THAT YOU ARE HAPPY TO BRING SOME MEAT OVER TO COOK
WITH THEM AND SOME VEGETABLES. YOU CAN COOK TOGETHER, AND BRINGING FOOD MAKES YOU A GENER-
OUS, NONDEMANDING FRIEND.**