



SMARTER, NOT HARDER CHOICES:

- Grilled, Baked, Boiled not fried and breaded
- Add veggies as your side rather than fried foods
- If you really want to treat yourself, reward yourself with the "fries" and veggie side if 2 sides are applicable
- vinaigrettes over creamy dressings
- drink water before you drink sodas, alcohol and/or make sure you are consuming water while having other beverages
- If you like appetizers, eat the lighter choice OR do not eat the fries with your meal
 - lighter choices: brussels, edamame, wings
- **Leaner Proteins:** Grilled or Baked
 - Chicken, Fish, Lean red meat (filet), buffalo, venison

FOODS TO AVOID/KEEP MINIMAL

- **Refined carbohydrates/sugars:**
 - pastries/donuts
 - white bread
 - The heavy dessert Drinks (frappuccinos)
- Fried foods/Fast Food
- Sugary beverages/ Sodas/ Energy Drinks
- **Processed meats:**
 - hot dogs
 - sausages
 - lunch meats
- **Solid fats:**
 - margarine
 - shortening
 - lard.
- **Fattier meats**
 - fattier steaks (ribeye)
 - high fat hamburger
 - pork

FAST FOOD:

- Better Options:
 - Chickfila- grilled nuggets, kale salad, grilled market fruit salad,
- Chipotle:
 - 1/2 Salad/Rice
 - veggies
 - salsa
 - avocado
 - grilled chicken
 - Or make it a salad bowl
- Starbucks
 - Protein box
 - egg bites
- Thinked grilled protien, side item is not fries OR smaller sized

MEAL IDEAS TO THINK ABOUT AT DIFFERENT RESTAURANT STYLES

- Breakfast
 - Eggs/eggwhites
 - Multigrain bread over white or croissants/danish
 - Greek Yogart or oats and berries over sugary options
- **Mexican:**
 - Avoid too many chips before the meal
 - Ceviche is a great app or meal option
 - Fajitas are a great choice (eating more on the grilled meat and veggie side)
- **Japanese**
 - Miso soup over tofu
 - Sashimi over sushi
 - Beef with Broccoli over stir fries with sweet starchy sauces
 - YES to soy sauce and Wasabi
 - yes to green tea
- **Steakhouse:**
 - Filet and sirloin over a ribeye
 - Green veggies (asparagus, green beans, brussels)
 - Sweet potato over Loaded baked potato/fries
- **Italian**
 - Start with a lighter salad and vinaigrette over the Caesar OR skip the croutons and side of bread/oil
 - Caprese salad of tomato and cheese, Italian meats, cheeses and Olives is better than overly indulging pastas
 - check out roasted veggies and meats as well
 - fish is always a great avenue for dinner!
- **Seafood Restaurants**
 - Baked, grilled, boiled and baked over fried
 - Oysters, clams, mussels, crab, lobster, eel, salmon, scallops, etc
 - avoid the bread basket french fries, and hush puppies if you are really trying to be mindful
- **Sports Bar:**
 - Wings, bunless burger, shrimp cocktail, sandwich- remove all the extra if you are "watching"
- **Burger Joint**
 - Bunless Burgers can be FUN
 - avocado, mushrooms, eggs are good!
 - The key is to be mindful about what is fried and the SAUCES!
- **Wings n Things**
 - Wings are good! Get them smoked, baked, rather than fried OR avoid a ton of heavy sauces
 - eat with celery over fries
- **Salad Bars**
 - ALL THE VEGGIES!
 - lean proteins
 - vinaigrettes over the creamy dressing
 - nuts and seeds for crunch over croutons
- Sub Shops
 - Bunless Options and wraps
 - turkey over ham
 - all the veggies
 - mustard over mayo
- Gas Station food
 - Meats, cheeses over chips and honey buns