

# EATING OUT GUIDE

During your reset, it's ideal if you don't eat out so you can have control over the ingredients you're putting into your body. However, 14 days is a long time! And sometimes we simply don't have a choice, so below are some ideas for how to stick to the reset while you're out.

## ON THE RUN

- Pick up a pre-made veggie sushi roll with brown rice.
- Pack your own lunch and snacks. A big green salad with beans, canned wild salmon or chicken for protein travels well, and it's easy to pack extra fruit and small portions of nuts for snacks.
- Pop into a grocery store and pick up pre-cut veggies and a container of hummus.
- Pre-blend extra smoothies for hectic mornings.

## IN RESTAURANTS

- Order grilled wild-caught fish like salmon or halibut, or chicken with a side of steamed veggies. Top with lemon juice and light drizzle of olive oil, and be sure to ask the server to leave off any sauces.
- Have a salad without croutons or cheese and top with balsamic vinegar and olive oil. Feel free to add protein in the form of grilled chicken or grilled salmon.
- Poached fish.
- If there's nothing on the menu that looks like it will work, ask the server if they could create a plate of just steamed vegetables and poached fish or chicken for you. Worried you'll sound high maintenance? Relax, just let the server know you are on a program that requires you to be really strict about your food. As long as you are polite and kind, they'll be happy to help.
- Ask your dining companions to move the bread and butter/chips and salsa away from you so you aren't tempted.
- Order a sparkling water with a squeeze of lime so you still have a fancy drink in addition to your regular water.
- Visit the restaurant's menu online before you go so you can plan what you'll order and be less likely to 'cheat'.

\*\*\*If you feel deprived when eating out, remind yourself that it's only one meal, and you'll feel amazing after 14 days of eating whole foods. Take a few deep breaths before you start eating to remind yourself of your motivations for sticking with the plan. It can seem like 21 days is a long time but, isn't having clearing skin, deeper sleep, and huge amounts of energy worth it? You can do it!