

# A Simple Low Carb Life

*Dining out*

## **MODULE 10-Video 1**

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How do you choose from a menu  
when dining out?

Although this may seem a daunting task, it is really relatively simple to eat *nearly ANYWHERE*, if you know how to choose.

First, if you know where you are going to dine out, **look at the menu ahead of time.** *Most restaurants have their menu listed online.*

# *Spend time reviewing the menu.*

## Basic “Pearls”:

- Baked, steamed, stir fried meats are usually low carb.
- No breading, nothing deep fried, no coatings on meats.
- Avoid sauces or gravies as they contain flour or corn starch (high in carbs).
- No rice, no noodles, no pasta, no bread, no potatoes on your plate. *(Ask for a substitution like veggies or salad. YOU are the boss in any restaurant).*
- Teriyaki sauces and barbeque sauces all contain sugar. Limit them or do not have them at all.
- Remove sauce as much as possible from your food (sugar and starch containing)

# Start with choosing the protein.

- Select meats without breading or coating, no deep frying, no barbeque sauce, no teriyaki sauce.
- Steamed, seared, pan-fried, stir fry, or baked is best.
- Cooked in butter is a great choice.

## **Next, select your veggies.**

- Stick to the approved low carb veggies list.
- Steamed or not swimming in a thick sauce is best with the least amount of carbs.
- Choose a salad if the veggies are not appropriate.
- If choosing a salad, choose a house salad or caesar salad with as few other veggies as possible.

If choosing a salad, carefully select the salad dressing. Most of them contain a LOT of sugar.

*The safest salad dressings when dining out (which contain the least amount of carbs) would be:*

Oil and vinegar(plain vinegar)

Caesar dressing

Bleu cheese dressing

# Portions in restaurants are HUGE!

- Best to select from the appetizer menu as appetizers are smaller in size and usually come without bread, rice, potatoes or pasta.
- If you choose an entree instead, eat HALF and either save the other half to take home with you, or share the entree with your dining partner.
- Skip the alcohol! If you do choose to drink, have only one the entire evening. (No cocktails with high carb mixers).



Have tea or decaf coffee for dessert.

(Skip the sweets. They are not worth it.)

## Have a protein-based snack with you anywhere you go.

- If you want a sweet dessert, have one half of a low carb protein bar.
- If you are going to the movie theater, take a low carb protein treat with you to eat instead of candy. *(Many of them taste like candy).*
- Purchase beforehand or make savory crunchy snacks to take with you to eat in place of popcorn. *(Such as roasted edamame, baked cheese snacks, and others).*
- Have a big glass of water before you dine out and consider a small snack before arriving *(so you do not arrive hungry).*

# What about fast-food restaurants?

- Try a burger or grilled chicken, steak, or turkey without the bun. Some will wrap it in lettuce for you instead of a bun (*Carl's Jr, In and Out Burger, 5 Guys*, and others). Just ask.
- No fries, no desserts, no milkshakes, no syrup filled coffees.
- Side salad with caesar or bleu cheese dressing. (You may use other dressings if they come in a package with a label and are <3-5 grams of carbs per packet).
- Hot dogs or polish dogs can easily be eaten without eating the bun (pushing it forward with your finger to only eat the meat and condiments).

# What about pizza?

- Eat only the toppings and cheese and leave the crust.  
*Usually the amount of pizza cheese and toppings from 2 slices of pizza, is more than enough for a meal. Throw in a side salad or caesar salad and you have a great meal and will not feel deprived of pizza.*

**YEAH!!!!!!**

You have just completed

**MODULE 10-Video 1.**

*Let's move on to the next video.*

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