

# 28-Day KickStart

## Tips for Eating Clean While Dining Out

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### Before the Restaurant:

- Look at the menu before you leave home and choose the items you want (check online)
- Look or ask if a 'gluten free' menu is available.
- Drink 8oz of water before you leave home
- Eat something light before you go (apple + almonds). This'll help you ward off the chip/bread bowl.

### At the Restaurant:

- Always order sauce on the side
- Choose a protein with 2 vegetables and a healthy fat (avocado)
- Order your burger with no bun or on a salad
- Change it up – if meat over pasta, ask for the same but over salad instead.
- Make sure not to order anything fried
- Ask for no added salt
- Add extra vegetables
- Ask for a double order of mixed vegetables instead of pasta or rice
- For breakfast, instead of potatoes, ask for sliced tomatoes or a side of fruit

### Items Not on the Menu:

- ✓☑ You can ask for steamed vegetables as a side (add real butter or olive oil)
- ✓☑ You can order a grilled protein (chicken, salmon, etc.) with just salt and pepper
- ✓☑ Ask for a lettuce wrap instead of bread or a bun

### Food Swaps:

- Spaghetti → Spaghetti squash
- Chips → Baked sweet potato chips or beet chips or kale chips
- Fries → Baked sweet potato or carrot fries
- Rice → Cauliflower rice
- Mashed potatoes → Mashed rutabaga
- Pizza Crust → Crust made with cauliflower rice
- Baking with flour → Almond flour or coconut flour
- Salt → lemon juice (salad dressing, fish, chicken, etc.)
- Milk/Dairy → Almond milk or coconut milk
- Potatoes at breakfast → Sliced tomatoes
- Sandwich bread → Lettuce wrap
- Mayonnaise → Honey mustard or Paleo Mayo
- Sugar → Coconut sugar, honey, or stevia
- Sour cream → Greek yogurt, coconut oil, or applesauce
- Toast → Ezekiel bread
- Croutons → Sliced almonds (in salad)
- Bowl of ice cream → Small Bowl of frozen cherries or grapes