



## Eating out/drinking tips:

1. Tell restaurants you have food allergies/sensitivities and need things cooked simple. Steam veggies, grill fish and meats and put all dressing and sauces on the side.
2. No sauces, no “blend oils” and ask them to only use EVOO to sauté. I always grill my steak and fish, cook in butter, I ask how things are made...soy sauces, balsamic vinegars are sugar so I tend to choose EVOO. Balsamic and oil is a better choice than house dressing and anything else out there... it’s only 2 ingredients.
3. Decide BEFORE you go out how many drinks you plan to have. Once you start drinking your judgment gets clouded.
4. For salads I always ask for EVOO.
5. I drink water with lemon to start to crank up my digestive juices.
6. And if I’m going to have a cocktail or two I order it without sugar - patron silver, club soda, fresh lime! Or titos (rice based) vodka and water with limes. Remember red wine has less sugar than white wine.
7. And I HYDRATE big time all night or when I get home so I wake up feeling good and give my body what it needs to flush out toxins.
8. And for dessert? Make it a 3 -4 bite rule. ENJOY it only if you want it!!! And for sure I rarely have dessert because the meal was so delish along with the company!!
9. BONUS TIP! I only go out with people who I ENJOY spending time with more than the food otherwise I won’t be able to say no to dessert! Make sense?

## RECAP:

- Set yourself up to win! Know you won't necessarily fit in and that's ok. This is how you take care of yourself.
- Bring foods you enjoy to parties
- Set boundaries with family and give a heads up about what you're bringing to eat to avoid hurting feelings on the spot and making a scene
- Pick the places you want to eat
- Office parties- I eat fruit only. I don't like have sweets while "working"
- Restaurants- be your own best advocate.

AND BE AWARE OF THE COMPANY YOU