

Dining Out Guide

You are doing a fabulous job of eating healthy during the Cleanse-you feel more energy, you are thinking clearer, and want to continue successfully throughout the remainder of the 11 Days. Then, you realize that you've got a business luncheon tomorrow, or an evening social function next week, or perhaps your friends simply want to gather to dine out on Saturday night. What do you do? It can be challenging to eat healthy while traveling or dining out-and sometimes downright tricky! How can you eat outside of your home, while trusting yourself to make the appropriate healthy choices?

Once you integrate a few simple tricks, you will be navigating the outside world with no problems at all-whether you're eating on The Cleanse, or continuing your healthy lifestyle after. With a little mindfulness, preparation, and forward thinking, it is possible to succeed with style and grace!

Tips for eating on the go

GO GENERAL. Keep in mind the same rules apply to eating out as eating at home-always combine vegetables with clean protein and a healthy fat.

GO SIMPLE. Always opt for the grilled, steamed, broiled or baked lean protein and vegetables. Look for wild fish such as salmon, organic chicken, or grass-fed beef. Ask the server to hold any sauces unless the ingredients are very simple. You can ask for lemon, lime, or olive oil on the side as your main flavoring.

General restaurant ideas

Most restaurants post their menus on their websites. Take a minute to review the menu options before heading out so that you arrive with a plan. It may be wise to call ahead and ask the hostess about selections that meet your criteria. Another strategy-be the first to order, therefore, you are not tempted by others' choices. Keep in mind that restaurants are usually more than happy to accommodate your dietary requests. (i.e., gluten-free, dairy-free, sugar-free, ect.)

1. At other times, it may be wise to simply ignore the menu, and ask the server directly what they recommend. Explain your dietary requests, and ask what they may have that fit the criteria.
2. Request that your vegetables be steamed, roasted, or sautéed in garlic and olive oil.
3. Ask for a dairy-free soup and salad. (You may need to be very specific-hold the croutons, hold the cheese.)

4. If you are craving carbohydrates, enjoy a baked sweet potato or brown rice and avoid foods containing gluten (meaning bread and pasta) and foods that are high on the glycemic index (high sugar content).

Breakfast at a restaurant

Enjoy scrambled eggs, an omelet with spinach and salsa, or a soft-boiled egg. Say NO CHEESE please. You may also want to inquire about the ingredients used in the omelet mixture-these often contain dairy or other additives. You can kindly request that they mix only whole, fresh eggs.

Oatmeal is an option as long as it is not instant; ask for rolled oats or steel-cut oats prepared with water rather than milk. Dried fruit or nuts make great toppers. You can always bring your own hemp seeds or pumpkin seeds, etc, if you feel comfortable.

Have a bowl of fruit with your oatmeal or omelet.

Lunch and dinner at a restaurant

Choose the grilled, steamed, broiled or baked salmon, chicken, fish or meat, or you can simply order a plate of assorted vegetables. Imagine your plate as 1/2 veggies, 1/4 good protein, 1/4 gluten-free grains (or more veggies and skip the grains) plus a healthy source of fat (i.e. olive oil or avocado).

Skip the extra sauces and keep your meals as simple and fresh and true to their nature as possible. Sauces often contain sugars and sometimes contain gluten. Your taste buds will eventually adapt to prefer the taste of fresh ingredients rather than heavy sauces.

Guide to Restaurant Navigation

Italian

Skip anything fried.

Skip anything with cheese.

Skip anything with pasta.

Instead opt for foods that will make you feel energized, such as mussels, shrimp, fish or chicken with roasted vegetables. You can still eat delicious foods, just skip the menu items that are going to weigh you down physically or emotionally.

Japanese

Opt for the brown rice with your sushi rolls and skip the tempura.

Choose green or seaweed salad.

For stir fries, choose chicken, fish or lean beef. Just be mindful of the sauces; soy sauce contains gluten. You can always ask for a gluten-free soy sauce, such as tamari or liquid aminos, or bring a little of your own.

Your favorite burger place

Enjoy the burger with all the toppings, but **ditch the bun**. Another option is a grilled portabella mushroom—they are meaty like a steak and satisfying!

Pizzeria

Choose a salad with olive oil and lemon. Some pizzerias may have a selection of grilled vegetables.

Deli

Choose a broth-based soup and a salad with protein when possible. If you are craving sweets, then it's an indication your body needs fuel. Enjoy slices of deli meat or chicken on a small salad with lemon, olive oil and balsamic vinegar or any vinegar of your liking. A small salad with turkey, avocado and vegetables or even a cup of good old-fashioned chicken soup without the noodles is a great choice as well. You can always ask for a salad with chickpeas or avocado.

Other simple suggestions when eating out for dinner

Just say no to the bread basket!

Try not to arrive hungry so that you are not tempted by fattening or fried appetizers. Opt for a salad or another healthy choice as a starter.

AND DON'T FORGET, THE HIGHLIGHT OF THE EVENING IS THE PERSON YOU'RE WITH AND THE CONVERSATION, IT'S NOT ABOUT THE FOOD.

Simple tricks when busy and on the go:

- Grab a piece of fruit—banana, apple or ½ cup grapes. You can usually find some kind of fruit even at your local gas station.
- Hummus and veggie sticks (any supermarket)
- A handful of nuts or seeds (you can usually find nuts and seeds even at convenience stores)

- Coconut water for a quick pick me up
- Kombucha for a great pick me up (get this at any Whole Foods market or natural food store)
- Soup is always great for a quick snack - just make sure it is dairy - and gluten-free.
- A green juice from a juice bar
- A smoothie from a smoothie bar
- A few slices of nitrate-free deli meats such as Applegate Farms
- A hard-boiled egg and some veggie sticks

Traveling

No matter where you are, you can always find clean options. Any hotel, train station or airport has fresh fruit salad or fruit in its natural state. You can opt for a handful of trail mix and coconut water, or a glass of water with lemon. You can grab hummus and veggies, or almond butter and an apple.

Most restaurants have fresh salads, and you can ask them to modify the entrees to fit your dietary needs. Always look for grilled, steamed, broiled or baked proteins. You can opt for a non-animal based protein source like beans, as well.

Prepare for your trip by packing nuts, seeds or trail mix. **Remember the goal is to avoid a sugar crash by balancing your blood sugar.**

When going on a long car ride, you can make a smoothie the night before, and use it in a cooler to keep your fruit cold. It will thaw out in time for a quick lunch or snack while driving.

Remember to eat breakfast. Even if you are not hungry, try to have at least a green juice, a piece of fruit with 10 nuts, seeds, or a small amount of trail mix to stabilize your blood sugar for a successful day.

The best advice when traveling is to plan ahead. You spend at least 20 minutes packing and preparing your luggage for the trip. If you spend only half of that time in front of your refrigerator and pantry, gathering and preparing healthy snacks, and you'll be completely setting the foundation for a fun, healthy, and satisfying trip.

