

DINING OUT WITHOUT DERAILING YOUR GOALS

Use these tips to enjoy restaurants while staying on track.



Before you go



Choose your order ahead of time

Put yourself in control by taking a few minutes to make your menu choices before you head to the restaurant.



Have your alcohol plan in place

No need to automatically do what others are doing! Decide if, when, and how much you'll drink. If you do drink, try having non-alcoholic "spacers" between drinks.

At the restaurant



Take a mindful pause before you walk in

Whether in your car or outside the restaurant, take a few deep breaths to check in on your hunger level and recommit to your plan.



Hydrate

Try drinking a full glass of water before your first bite—it's a great way to avoid mistaking thirst for hunger.



Look for nourishing and flavorful menu options

Seek out tasty meal descriptors like broiled, roasted, rotisserie, wood-fired, herbed, seasonal, or fresh. And be sure to ask for what you want. For example, could your dish be prepared with olive oil instead of butter? Could your protein be grilled instead of fried?



Use filling foods to your advantage

Doubling your veggies or adding a broth-based soup or salad to your meal can reduce how much you eat by 20-30%.



Personalize your portions

Practice your Divide and Conquer skill. Other ways you could customize your portion include ordering an appetizer or children's menu item as your main dish.



Finish strong

If you don't have room for a Meal Finisher, consider sipping a warm tea or decaf coffee while others have dessert. If you do have room, look for fruit-centered options. You can also share your finisher or ask for any whipped cream or chocolate sauce to be served on the side.