

**HOW TO GO OUT TO EAT
WHILE LIVING IN
ALIGNMENT WITH YOUR
FAT LOSS GOALS**



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Basic Tips

1. Review the menu first. Before going out, look at the menu and make your choices. This will make it easier to choose healthy options even if you're ravenous. It also helps you pick another location if the menu has no healthy options that you like.
2. Right as you sit down ask the waiter to not bring chips or the bread basket. It makes it easier not to mindlessly munch. Not to mention if we make it past those our willpower batteries could be drained by the time dessert is offered.
3. Skip sugary soda- get seltzer water with lime or iced tea.
4. If you want to order an alcoholic beverage, perhaps you want to choose one sugary cocktail then switch to something with less sugar like tequila/ vodka soda or red wine. But be sure to take one sip cocktail, one sip water, to hydrate.
5. If you're going to treat yourself to cocktails, perhaps decrease the carbs you eat. Stick with low carb options includes things like a bun less burger on a salad, a poke bowl with cauliflower rice or chicken/ fish with vegetables- hold the rice.
6. Ask for dressing on the side so your salad isn't drowning. Non-dairy based dressings are usually still made with oil so be mindful of your amount.
7. Try to avoid anything fried. If you're dying for something, enjoy a few bites and move on.
8. Don't guess or assume. If you want to know what's in something or how it's prepared, just ask. This is your dining experience and you're paying. You should enjoy it.
9. Don't be afraid to ask for substitutions. You can usually get fruit instead of toast or home fries at brunch or a salad instead of fries. These days people have so many allergies and intolerances, places have to have options.
10. Eat all of the vegetables possible. These are micronutrient dense and filling because of the fiber. Eat plenty of protein. This is filling and satiating. Then have mindful amounts of starch. Most things will be cooked in or with fat, so that's almost inherent when dining out.
11. When you do choose the less nutritious options, have mindful bites. When you stop truly enjoying it, stop eating.
12. Don't eat things just because they're there. It's rarely worth it.



American

Oysters prepared raw, grilled, roasted (not Rockefeller)
Steamed/ grilled/ roasted/ baked fish clams, mussels, shrimp, scallops, lobster, etc

Steak, chicken, etc with salad or steamed/ roasted/ sautéed veggies and teamed/ roasted/ baked potatoes

Burger with toppings like lettuce, onion, tomato, mustard and a side salad

DIY bowls with loads of protein and veggies (the less basic/ the more ingredients they add the more likelihood of it being heavy on the oil) and grains

Wraps loaded with deli Turkey/ chicken, spinach, tomato, onion, mustard, light avocado, cheese or mayo

Shake and bake wings, eat the carrots and celery, small portions of blue cheese and wing sauce as it's base is butter

Half BBQ chicken and vinegar based slaw



Brunch/ Cafe

Eggs with bacon and fruit cup

Choose potatoes OR toast

Veggie omelet (light/ no cheese) and toast

Fried egg sandwich on fresh in-house baked bread

Black coffee (hot or iced) or cold brew with splash of milk of choice

Hot or Iced Latte with milk of choice

Americano

Espresso

Bloody Mary

Glass of sparkling wine splash of OJ only if it's fresh squeezed



Latin/ Spanish

Paella

Ceviche - skip the chips

Fajitas (cooked with a lot of oil so be mindful of guac intake) - choose tortillas or beans/ rice, not both

Fish/ chicken/ steak tacos (request no dairy and extra cabbage/ pico) and skip the beans/ rice

Fresh vegetable salad with black beans, tomatoes, onion and grilled shrimp, chicken, etc

Grilled steak (filet and eye round are leanest) with fresh or grilled vegetables

Margarita with real lime juice and agave

Mojito without simple syrup



Italian

Caesar salad, no cheese, dressing on side with chicken, fish or meatballs

Chicken piccata

Bruschetta

Caprese Salad

Mussels / clams in white wine (dip the bread in the sauce but be mindful)

Cioppino

Minestrone soup

Pasta primavera

Red Wine, espresso



Mediterranean

Grilled octopus

Tzatziki with vegetable crudite

Tabbouleh

Fattoush

Souvlaki

Kabobs + Salad

Chicken/ pork/ lamb gyro or shawarma (generally higher in fat so enjoy with greens with a squeeze of lemon and fresh baked pita)

Greek salad (skip the potato salad or feta dressing)



Asian/ Indian

Sushi (be mindful of tempura, spicy mayo, eel sauce, imitation crab and cream cheese)

Sashimi

Poke bowls with rice and/ or cauliflower rice with vegetables add ons like jalapeño, radish, green onion, coconut aminos

Steamed potstickers

Fresh spring rolls with shrimp and fresh vegetables

Chicken/ shrimp/ beef with vegetables (like beef and broccoli) and request sauce on side

Curries in coconut milk

Tandoori chicken

Bring your own coconut aminos