

A GUIDE TO DINING OUT

How to order
without over
indulging.

TIPS FOR RESTAURANT & SOCIAL GATHERINGS WHILE ON IDEAL PROTEIN

Be Prepared:

If you plan on eating out, check out the menu online if it's a place you haven't been before. It is important to know what you will order ahead of time will allow you to not look at the menu and be tempted to eat something off protocol when you are hungry. Call ahead and ask what veggies they have available as it can vary daily.

Protein:

"Grilled chicken, no sauce please" - if you do not say no sauce or butter, they may put the sauce of the day on it.

Always be sure to ask about salad proportion sizes for how much protein is on a salad.

Veggies:

Be assertive and address your dietary needs.

Say this, "I have some food sensitivities, so the veggies I can eat are, mushrooms, peppers, broccoli, cauliflower, and asparagus.

Do you have any of those available?" Order veggies steamed and request "no butter." Restaurants like to drizzle melted butter on them to make them taste better. Tell them you have a sensitivity to dairy.

Salad:

Salad with either plain vinegar, apple cider vinegar, white wine vinegar and/or olive oil on the side. This way you can control the amount. You can always ask for extra lemon to squeeze on your salad. You can also purchase the Walden Farms dressing packets and take one with you. Put an IP dressing in a small food storage container works great. You can use the 3-ounce travel size bottles for liquids.

*If you fail to plan,
plan to fail.*



- Ensalada De Casa (No tortilla strips or queso fresco)
- Fajita's (No cheese, sour cream, guacamole, pick-out onions)

- Sashimi (Any fish)
- Filet, Chicken, Shrimp Sirloin, Salmon, Lobster, Scallops (No butter or sauces)
- Grilled Veggies (No sauce or butter)



- Kona Filet, Double asparagus, no mashed potatoes (No butter or sauce)
- Pacific Snapper, Double Broccoli (No sauce or butter)



- Ceviche Starter (No avocado or chips)
- Oven Roasted Chicken, sub mashed potatoes for veggies (No butter)
- Fresh Fish (Blackened with veggies (No butter or sauce)
- Steak, Veggies on the side (No butter)
- Salmon Caesar Salad (No caesar dressing, no croutons, no croissant, no cheese, no aioli, no butter on salmon) Ask for Lemon and Oil for dressing

KOBE

BLUE

Sushi Sake Grill

- Sashimi (Any fish)
- Crispy Brussel Sprouts (No sauce or butter)
- River Rock Tenderloin, side of asparagus (No sauce or butter)
- Sansho Pepper Salmon (No yuzu cream sauce)



- 9 oz House Sirloin, no potatoes, order double veggie (No butter or sauce)



- Steak side salad (No dressing, cheese, carrots or croutons)
- Fresh Fish Special (No butter or sauce)
- Chicken Cobb Salad (No bacon, cheese or breading) Olive oil and vinegar for dressing



- Herb Grilled Salmon (No garlic butter, no parmesan on broccoli)



- Ahi Tuna Salad, no rice (Dressing on the side)
- Grilled Salmon, double veggies (No butter & no rice)
- Peel & Eat Shrimp (Try with Olive Oil)
- Oysters & Muscles (No Butter)

- Classic Shrimp Cocktail (No cocktail sauce)
- Salmon Cobb, olive oil for dressing (No avocado, blue cheese)



- Seafood, Double veggies (No sauce or butter)
- Airline Chicken (No mac and cheese)



- Spinach Salad (No dressing)
- Blacken Shrimp Salad, extra side of veggies instead of black bean cake (No avocado, no dressing/sauce on shrimp)
- Pub Burger, side salad with olive oil dressing or lemon (No ketchup, bun or cheese)



- Steak of choice, side of veggies
(No butter or rolls)

- Asian Zing Chicken (No oranges, tortilla chips, sauce or dressing)
- Grilled Blackened Chicken
(No dressing)
- Grilled Chicken Salad
(No cheese, croutons, dressing)



- Blackened or grilled chicken fingers (No pineapple and no butter on veggies)
*May have with side of buffalo sauce
- Blackened Mahi Mahi (No butter)
- Burger (No bun, cheese or grilled onions-raw onions only)



OUTBACK

STEAKHOUSE®

- Choice of Steak, side of asparagus or broccoli. (No toppings on steak & no butter)
- Woodfire Grilled Ahi Tuna (Ask about seasonings/sauces)
- Norwegian Salmon (Ask about seasonings/sauces)

STOKES

- Grilled Steak Salad, olive oil & lemon as dressing (No blue cheese)
- Wood-grilled chicken breast, double veggies (No butter)
- Filet Mignon, double veggies (No butter)
- Fire-grilled burger (No bun, cheese or caramelized onions, seasonal veggies, no butter)
- Grilled Tilapia, double veggies (No black bean and corn salsa rice)

PITCH

- Roasted Brussels sprouts (No butter or parmesan)
- The Classic Burger (No Bun or Cheese)



- Blackened Salmon Salad (No Dressing or cheese)
- Hand-cut steaks, side of veggies (No butter or sauce)
- Brewster Burger (No bun or cheese)



- Any grilled fish of choice, side of asparagus or steamed veggies (No butter or sauce)
- Angler's Steak Special (11oz wood grilled Steak, share 1/3 with a friend for 8oz of protein)

- Philly Steak Salad (No onions or cheese)
- Grilled Chicken Salad (No onions, cheese or croutons)
- Olive oil as dressing on Salad
- Double Burger with Grilled Mushrooms (No bun or butter)



Build Your Own Salad

Grilled Chicken, Steak, Salmon

Red onion, hard boiled egg, cilantro, basil, broccoli, cucumber, tomatoes, peppers.

Please refer to Phase 1 sheet for additional veggies.

Oil and vinegar or try lemon wedges for dressing.

Suggested Restaurants:

Hyvee, GreenBelly, Subway, Jason's Deli, Whole Foods

Breakfast

Traditional breakfast (Extra eggs, turkey sausage)

Omelet (Peppers, tomato, spinach, asparagus, mushroom, zucchini (a limited amount of ham))

Steakhouses

6-8oz steak, double of veggies (No butter or sauce)

House Salad (no croutons or cheese)

Pubs and Bars

Double Burger (No bun or cheese)

Grilled Chicken Sandwich (No bun or cheese)



- Grilled chicken sandwich (No bun or BBQ sauce)
- Grilled chicken tenders



- Chop Salad (Veggies, oil, and steak, oven-roasted, grilled chicken)



- Bowl: (No rice or beans)
Meat, lettuce, pico, veggies
(Pick out onions)



- Deluxe Grilled Chicken Sandwich (No bun or honey mustard)
- Double Burger (No bun)



- Grilled Chicken Sandwich (No bun or sauce)
- Garden Fresco with Grilled Chicken (No croutons)



- Grilled Chicken Salad (No bun or sauce)



- Grilled Chicken Sandwich (No bun or sauce)



- Black Coffee (No sugar, milk or creamer)
Replace creamer with Vanilla Pre-made Drink
- Tea (Herbal)



- Grilled Chicken Sandwich (No bun or sauce) Sub mustard

Social Gathering Tips

Be prepared!

What type of event are you going to?
What type of food do you think will be there?
Will there be veggies or lean protein?

Offer to bring a veggie tray.
Eat an IP meal before you go, so you aren't hungry.
Make it IP friendly by removing the skin or sauce.

No IP approved foods?
Choose fats not sugar and carbs. Such as:

- Cheese
- Meat
- Olives
- Avocado
- Olive oil dressing



Drinks

The best drink is to make an IP mocktail. Ask us for recipes or get creative with your own.

A favorite is mangosteen water enhancers on ice with some sparkling water & a lime.

When you're at a party, have water or sparkling water in a pretty glass. No one will offer you a mixed drink.

Alcohol, pops, and other sugary drinks are **always a BAD idea.**

Instead of saying "I can't have that" when someone offers you a drink, say "I don't drink." You can also say "I am taking a break from drinking" End of story no more questions asked!

Please remember that it can be DANGEROUS to drink while on Ideal Protein. If you have more questions, please ask your coach.

Do the same for food, when someone offers you a piece of cake or something that isn't going to aid in your weight loss, say "I don't eat that," rather than "I can't eat that."



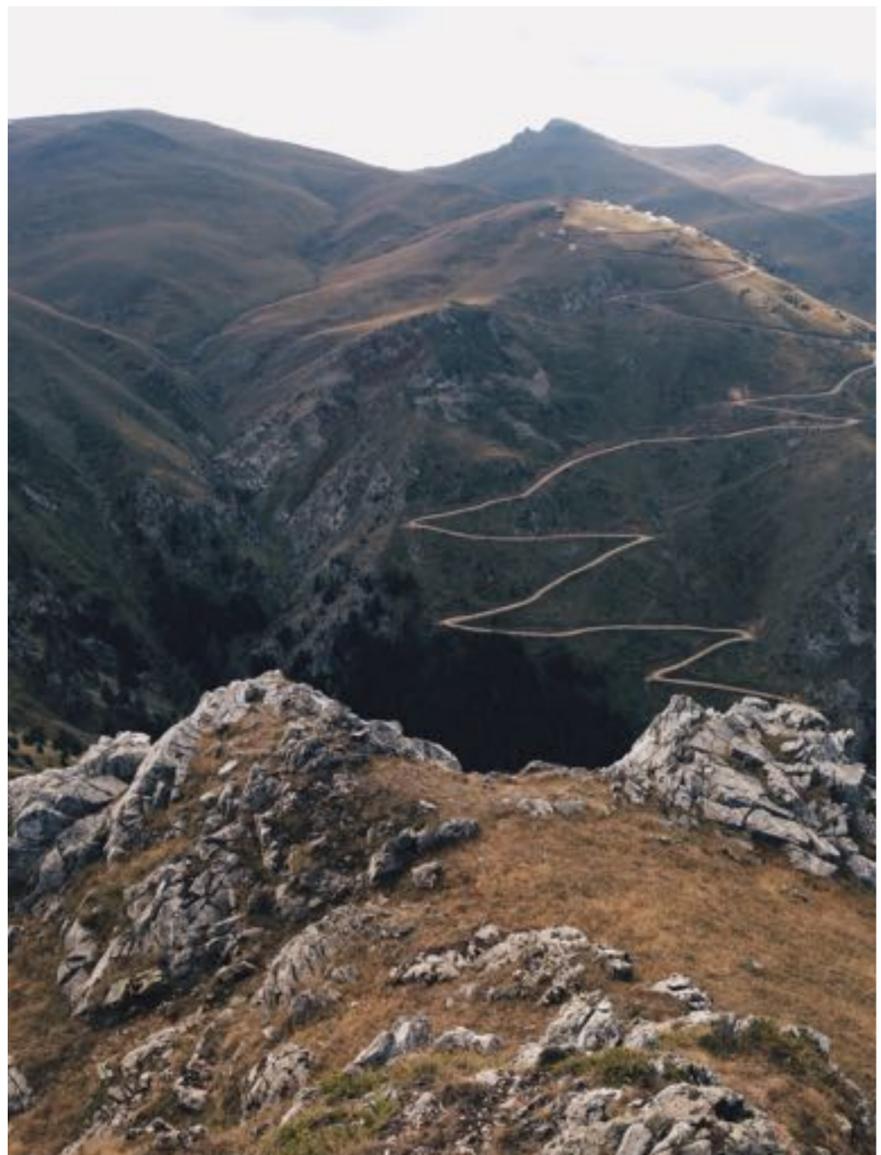
So you cheated...now what?

First thing to do—MOVE ON! Do not continue to binge or splurge because “you already messed up so what’s the point?” Make the next 3 days’ count. No restricted items, no occasional veggies. And LOTS of water! This will ensure you are back in the fat burning mode as soon as possible.

Revisit your original goal and get focused again.

Ideal Protein allows you to maintain your weight loss long term. Metabolic rebalancing is happening behind the scenes. Don’t throw away all that hard work with repeated cheats. If you continue to have cravings let us know, we can address this issue in your weekly meeting. We are here to help you be as successful as possible on your weight loss journey.

*Stay
on
your
path*





*Thank you for using
Losing iT! Restaurant
Guide!*

Use this guide as an example for ordering at ALL restaurants. Please note that restaurants and ingredients change. Be sure to ask your server what each dish is made in and any extra ingredients.

Remember: You Are In Control!