

FITBODIES LIFE



10 TIPS 4 EATING WELL AT RESTAURANTS AND ON THE ROAD

A plan no matter where life takes you.





HEALTHY DINING OUT TIPS

When you go out to eat does your healthy nutrition plan go out the window? It doesn't have to.

With a little information and thought you can make the best choices for your body and health while enjoying a wide variety of cuisines and food types.

This guide will assist you in establishing Fit 4 Life strategies that will help you navigate any dining venue or take-out situation, from restaurants to airports you will have a plan, the FitBodies4Life™ approach that guarantees success!

TIPS FOR LIFE



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Dining tip

7

CORE DINING TIPS

- Invest in an insulated cooler so you can always have your foods with you if faced with a lack of choices when dining out.
- Chose natural foods, vegetables, grains, and lean proteins.
- Order foods cooked without oil, margarine or butter. Most restaurants will honor your request to have your food cooked dry.
- Ask for it on the side. Most restaurants will put the dressings and sauces on the side or eliminate them all together. When you have sauce or dressing on the side dip your fork in first then add your bite of food. This will give you loads of flavor with out the caloric impact.
- Have bread baskets, crackers and chips removed from table. A single roll with a pat of butter can contain over 150 calories.
- Skip the cocktails, beer and wine. They add empty calories and also can increase your appetite.
- Substitute. Ask for a side salad with dressing on the side or steamed veggies to replace unhealthy sides in your meal. Many restaurants honor requests, so don't be afraid to be assertive, ask menu questions and make special requests to meet your nutritional needs.
- Control portions. Many restaurants serve huge portions, sometimes enough for two or three people. Eat a smaller portion or share with a friend and bring leftovers home for another meal, don't clear your plate. Consider a healthy appetizer in place of an entrée and add a small soup or salad.
- Take your time. It takes about 20 minutes for your brain to get the message from your stomach that you are no longer hungry. Fast eaters often are overeaters, while slow eaters tend to eat less and are still satisfied.

Dining tip

2

ASIAN RESTAURANTS

- Avoid fried entrees and appetizers.
- Select dishes with lean proteins, (chicken or fish.)
- Avoid entrees with nuts.
- Order sauce on the side.
- Ask for steamed rice not fried.



HEALTHY DINING OUT TIPS

Dining tip

3

MEXICAN RESTAURANTS

- Choose corn. Instead of tortilla chips ask for soft corn tortillas – Order corn tortillas over flour.
- Grilled chicken, fish or shrimp are good protein choices.
- If you want fajitas request that they be grilled dry.
- A dinner salad with non or low-fat dressing makes a great side, be certain to get the dressing on the side.
- Avoid fried entrees like chimichangas and flautas.

Dining tip

4

STEAKHOUSES

- Order grilled chicken or fish without oil or butter.
- The leanest cut of beef are tenderloin, sirloin and flank.
- For sides order a baked potato steamed rice or veggie, no butter or oil.
- At salad bar select fresh veggies and non-fat dressings.

Dining tip

5

HOMESTYLE DINING

- Grilled chicken or roasted turkey are good protein choices.
- A baked potato, steamed rice or corn are great complex carb choices. Be sure to ask for no butter or margarine in your corn and rice and make sure your spud is baked dry and not rolled in salt and butter. Avoid all fattening style toppings from butter to sour cream and cheese on our potato.
- Order vegetables steamed without butter or margarine.

Dining tip

6

DELICATESSENS

- Select a lean protein such as turkey breast or chicken breast. Avoid smoked meats as the smoking process can add oil, salt, and carcinogenic nitrates.
- Choose mustard over mayonnaise and dressings.
- For a side dish select a side salad with non-fat dressing or a steamed vegetable if available.



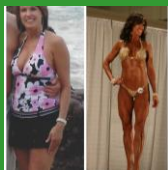
HEALTHY DINING OUT TIPS

ABOUT US

FIT BODIES4 LIFE founder Kim Lipe and her amazing team are on a mission to help you find your best self, not just in the short term, but for life.

If you are like 90% of women you have tried programs, been on diets, bought expensive equipment but did not stick with it and ended up back where you started! Out of shape. Well don't be discouraged I have been there too! I will be 55 in May 2017 and I am in the best shape of my life. I feel better now about my body than I have in years! I have even competed in Figure and Bikini Competitions and was featured in March 2011 Oxygen women's fitness magazine. None of this would ever have happened if I didn't have the mindset to change.

Are you ready to be FIT4LIFE?



Kim Lipe

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Dining tip

7

FAST FOOD

- Limit fast food meals to no more than once a week.
- A grilled chicken or baked fish sandwich can be an safe choice. Order without any sauce or cheese and remove the top bun. A grilled chicken salad with a non-fat dressing is a great choice too.
- A baked potato is a great side choice.

Dining tip

8

MOVIES & SPORTING

- Grab a meal replacement bar instead of candy.
- Have air popped popcorn – watch portions.
- Non-fat sugar free frozen yogurt is fine – have no more than one cup.
- For a full meal opt for a grilled chicken sandwich no dressings or spreads and remove the top bun.

Dining tip

9

ATTENDING PARTIES

- Eat a meal or small snack before attending to ward off hunger.
- Snack on fresh veggies, (skip the dip,) air popped popcorn with no butter, fresh fruit or baked tortilla chips. Never stand near the food table.
- Skip the booze. Instead have sparkling water with a twist of lemon or lime.

Dining tip

10

TRAVEL

- In airports air popped popcorn & non-fat frozen yogurt are usually available for snacks long with whole fresh fruit.
- Pack meal replacement shakes and bars as well as bags of fresh cut veggies and tuna packets for eating in the air and on the road. Invest in an insulated bag. You can take them on planes if the gel packs are frozen and all food is solid.
- For breakfast at hotels order an egg white omelet cooked dry and try adding chicken and spinach for flavor.
- Order whole grain cereals, oatmeal, grits and oat bran. Use skim milk.
- Have low-fat whole fruits – berries and grapefruit are great choices. Avoid juices and compotes.



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Fit Bodies 4 Life LLC. Nutrition Plan

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