How To Order at a Restaurant while on Ideal Protein

If you plan on eating out, check out the menu on-line if it's some place your haven't been before. Knowing what you will order ahead of time will allow you to not look at the menu and be tempted to eat something inappropriate when you are hungry. Call ahead and ask what veggies they have available as it can vary day to day.

**Protein-**

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

**Veggies-**

So you don’t appear to be a pain, blame it on allergies. Say this......

“I have some food allergies, so the veggies I can eat are, mushrooms, peppers, broccoli, cauliflower, and asparagus. Do you have any of those available?” Then order them steamed and request “no butter”. They like to drizzle melted butter on them to make them taste better.

**Salad-**

Salad with either plain vinegar, apple cider vinegar or white wine vinegar and olive oil on the side. This way you can control the oil. Tell them you are allergic to balsamic and red wine vinegar. You can also purchase the Walden Farms to go dressings at Sprouts and take one with you. They are little individual packets.

They make small single serving salad dressing travel containers now. Look for them at the store. I found one at Walmart. The other thing you can use are the 3 ounce travel size bottles for liquids. Be prepared and take it with you.

**Remember the saying....**

“If you fail to plan then plan on failing”.

Don’t get caught out without something you can eat that is allowed. Even one cheat or deviation will impact your weight loss.

If you want to go out at lunch then just follow the “dinner” guidelines on the phase 1 sheet and then at dinner you would follow the lunch guidelines.