

Restaurant Guide

So what happens if you have an event scheduled or end up without your food somewhere?

Ideally I want you to be prepared with your meals to take with you but things happen and you may run into a time where you will be without your meals and you need to make sure you are eating accordingly.

Below is a list of “Go To” choices if you are somewhere without your regular food.

What to get if you go out to eat

Ask for no bread or tortilla chips, when they bring it to the table have them take it back or if that's not possible, then just don't eat it.

Look at the menu closely and ask your server what comes with your meal. If there are tempting items that you don't want to eat, request for the server to leave them off.

Some restaurants are now getting savvy with a health conscious section on the menu; keep a look out when you are looking through a menu.

Drink water or tea (unsweetened)

Stop eating when you're full. Let the server take your plate so you don't keep stuffing yourself.

NO dessert – Unless it's the designated “*TM*”(treat meal) or “*TD*” (treat dessert) Eating something that has boatloads of sugar, fat and calories after you just ate a complete meal is a ridiculous tradition.

Not to mention it will throw you off track if it's not your weekend to enough a treat. Avoid it all together. When the waiter/waitress comes with the dessert menu politely decline anything.

Restaurants

Regardless of any restaurant you choose, there is always an option to grill or bake, just ask your server.

Order grilled or baked chicken breast, fish or steak. Ask for steamed vegetables

SPECIFY – no butter, no oil.

Only order what you intend to eat.

There are a lot of restaurants to choose from, keep these tips in mind when selecting a place:

Mexican

The majority of Mexican restaurants serve chips and salsa when you sit down, don't get out of control with it.

Send it back so you don't stuff yourself with it before your meal arrives.

- Order two to three grilled chicken or fish tacos on corn tortillas. You can add salsa, hot sauce, and guacamole.

- Try ceviche (fish mixed with tomatoes, cilantro, and lemon, recipe may vary according to restaurant) or a tostada salad; leave out the dressing and use salsa instead.

Sushi

Avoid the tempura and anything else that's deep-fried. The majority of rolls come with rice ask your server to leave it out.

- Order Sashimi (no rice)

- Edamame

- Hand rolls with no rice (they're pretty good), I like salmon and tuna, you can also ask for vegetable

- Sashimi Salad

- Ask for low sodium soy sauce

Italian

Beware of the bread; have the waiter take it away. Now-a-days, a lot of Italian restaurants have a healthy or low carb section in their menus.

- Order chicken or fish and marinara or tomato sauce.

- You can also order a grilled chicken salad with Italian or balsamic vinegar dressing.

Fast Food (Not really an option)

This is definitely the least desirable choice when on the "Exclusive Pilates Coaching" There are quite a bit of choices on every corner but these are my top 3 suggestions of places to eat if you really don't have a lot of time, these are local in my area but it will give you an idea.

Baja Fresh – Your choice of chicken, fish (not fried), steak tacos salad. With a side of salsa as your dressing. Do not eat the tortilla chips.

Rubio's – They have great healthy chicken, fish and meat on a green salad. Make sure you don't eat the tortillas chips that usually come with it.

Pollo Loco – Order the chicken breast but remove the skin, steamed veggies and salsa.

Charo Chicken – Order Chicken breast but remove the skin, side of veggies and salsa

Chipotle – Bowl, Chicken, brown rice with veggies

*Keep these 3 Tips in mind as your progress
each week:*

Tip #1 - Mind Set –Keep it clean! It takes the brain an average of 21 days to reset itself and create a new habit. When you want to make a change, don't tell yourself that you are doing it for life; rather, tell yourself that you are going to try it for only 21 days.

Now, when you have completed this for 21 days, your conscious mind has the choice of stopping it or carrying on, or so it thinks.

Your neural pathways have formed already and you will more than likely continue with your new habit. You will have seen the benefits along the way and your subconscious will want to continue if it has been beneficial.

Tip #2 - Be Prepared – Most of the time, this is where we fall off track. Not being prepared with your meals.

Moms - Time is a precious commodity. Between taking the kids to school, dance or baseball practice, you can barely get a meal in here and there and when you do, it's usually leftovers from your kid's plate.

Throw the leftovers away; don't feel obligated to eat it. Make sure when you get something to eat for your child, get something for you, too. Don't say, "I'll just eat what they don't."

Ladies – The one major complaint is, "I had nothing to eat so I grabbed a bag of chips." Be prepared! Carry your meals with you according to the meal plan. And if you're meeting the girls for an evening out, take your food with you or have a homemade meal for them.

Bring some Tupperware containers or a cooler with your meals. Keep it simple. If you don't feel like bringing food, then plan out some healthy restaurants or stores that you can eat at (see eating out section)

Also pre-cook some chicken or fish on your meal prep days. This will help to have your meals ready to go.

Tip # 3 – Warning: artificially sweetened "sugar free" foods

Did you know that most foods labeled as "sugar free" or "low carb" actually contain fattening artificial sweeteners, sugar alcohols and other additives that create a hormonal disaster inside your body, actually causing your body to store more belly fat and increase cravings!

Stick to Stevia as your sweetener.

Be prepared! Tupperware containers will be your best friend.

When you meal prep over the weekend you will have the food necessary to keep you going during the week. This will keep you on track.

Have Fun!

Sylvia =)

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