



Medically-Supervised Weight Loss Program

Guide to Eating Out

Tips

1. Plan Ahead, look at the restaurant's website so you know some safe choices
2. Don't go Starving, try to eat something small an hour or two before going out
3. Read through ingredients and if there is something not allowed, i.e. side of rice or potato, ask if you can get double serving of vegetables or a side salad in place
4. Ask for meat to be "dry cooked" – meaning no added oils or flavorings
5. Tell the waiter "no dairy" – this should prevent butter being added to vegetables or meat
6. Ask for condiments or dressings on the side

Meal Options

- Meat Entree (chicken, beef or fish) with Steamed Vegetables
- Salad with Protein (chicken, beef, fish, or tofu) with Allowed Vegetables
- Salad Dressing: Oil and Vinegar, Lemon or Lime to squeeze on
- Burger or Chicken Sandwich with lettuce, tomato, onion – no bun
- Chinese Restaurants you can get any of the meats with steamed vegetables, use soy sauce
- Mexican Restaurants you can get fajitas and ask for a side salad or extra veggies in place of beans and rice or get a taco salad, skip the cheese and shell

Chain Restaurant Suggestions

Olive Garden - Herb Grilled Salmon with Broccoli, Salad with dressing on side

Panera Bread – Romaine and Kale Caesar Salad with Chicken, dressing on side

Greek/Herb Vinaigrette is the best dressing choice with 0 carbs, 0 sugars

Noodles & Co. –Zucchini Pesto with Grilled Chicken- ask for dairy free, add broccoli and spinach- add italian seasoning and squeeze lemon

Subway – Carved Turkey Salad, Chicken Breast Salad with allowed Vegetables, Dressing: Olive Oil Blend

Jimmy Johns – Unwich (wrapped in lettuce) choice of deli meat – no mayo or cheese

