

## DAY 24

Hi All,

By now, if you are being real with yourself, you have recognised some danger zones. For me it is fresh bread from the bakery. Years ago I would buy 2 loaves of fresh bread on a weekend morning and get out the butter and vegemite( obviously I am Australian ☺) and devour it all with my young family getting some as well. I would still enjoy that so I have had to get some solutions for myself.

Another challenge for me is eating out. I grew up in a family where you ate all that was put in front of you. My father would always say “You can order what you like as long as you eat it all”. So what is my solution now? I drink water and snack on half a protein bar about 30 mins before I go to eat out. I order only main course. Sometimes Julie and I will share an entree or share a desert. While on the programme a solution might be to order one protein based main between 2 and 2 side salads.

Enough about me. So what are some general guidelines when eating out.

1. Avoid restaurants that don't have great food choices.
2. Avoid smorgasbord or all you can eat style buffet.
3. The higher the price usually the smaller the serve. So eat at high quality restaurants if in your budget.
4. Don't look at a menu! Just order what you want. Restaurants are in the business of selling food and if they won't do what you want the next place will.
5. Ask for grilled instead of fried, Steam vegetables instead of butter sautéed, etc.
6. No Chips!! Just don't order a dish with them it's too tempting. Quite often the restaurant will add extra salad if you ask.
7. You decide where you want to eat. Most people are indecisive when it comes to a restaurant **and** where to sit so you speak up and put your request in.
8. Don't do dessert. (Carry a piece of fruit in case they don't have a fresh fruit option.)
9. ALWAYS CARRY PROTEIN BARS AND WATER!!

Also remember that when a restaurant puts more on a plate it doesn't equate to better value it equates to fatter patrons!!

Will speak tomorrow about solutions at home.

Jamie