



HABIT 11 HEALTHY EATING WHEN OUT

HEALTHY EATING WHEN OUT

Eating out has become more and more popular in the last few years. I remember when I was younger, that if we were eating out, it would be a treat or a celebration. Therefore we would go out and order whatever we wanted. Granted at that age I had no idea what healthy eating was, but regardless of that, we would just order whatever looked delicious on the menu.

If you fast forward to now and I ask my clients how often they eat out in a week, it is not unusual for them to admit they eat out 3 or 4 times a week, maybe even more. I train many Chief Execs and sales people and eating out with their customers is all part of the job. **SO, WHAT WAS ONCE CONSIDERED A TREAT OR A CELEBRATION IS NOW CONSIDERED PART OF EVERYDAY LIFE.**

***JUST BECAUSE YOU'RE EATING OUT, DOESN'T MEAN YOU DITCH YOUR HEALTHY EATING HABITS.
FOLLOW THIS GUIDANCE TO HELP YOU STAY ON TRACK.***

If you know where you are eating at, **GO ONLINE AND TAKE A LOOK AT THEIR MENU.** If you go there with no idea what all the different meals they have to offer are, you will more likely be drawn into choosing a unhealthy option. **RESEARCH THE RESTAURANT FIRST, SO YOU CAN SELECT THE HEALTHIER OPTIONS BEFOREHAND.** By doing this you will be far less likely to give into peer pressure at the restaurant and order something less healthy.

When choosing your meal out, the menu may say 'organic', 'superfood', 'natural' or 'sugar and gluten free'; this doesn't necessarily mean that they are healthy options for you. I can assure you the first thing on a restaurants owners mind when it comes to food is taste and cost. **KEEP IN MIND, THEY ARE A BUSINESS AND YOU ARE THEIR CUSTOMER, SO YOUR HEALTH IS NOT THEIR FIRST PRIORITY.**

I think when eating out with friends and family, **YOU HAVE TO BE QUITE STRONG WILLED, AS YOU KNOW THEY ARE GOING TO TEST YOU!**

"fancy some of my left overs?"

"fancy a dessert?"

JUST SAY: *"I'm good, but thanks for the offer"*



HEALTHY EATING WHEN OUT

ACTION PLAN

IF YOU ARE IN CONTROL OF WHERE YOU EAT OUT THEN YOU CAN DECIDE TO GO SOMEWHERE THAT YOU KNOW HAS A HEALTHY MENU OPTIONS.

WHEN CHOOSING YOUR MEAL, TRY AND FOLLOW THIS PROCESS:

FIRST THINK, WHERE CAN I GET MY PROTEIN FROM? THEN LOOK AT HOW IT IS COOKED, PREFERABLY CHOOSE GRILLED OR BAKED OPTIONS.

SECONDLY LOOK FOR THE VEGETABLES, THINK WHERE CAN I GET QUALITY GREENS FROM, OR A NICE COLOURFUL SALAD?

ALWAYS ASK FOR EXTRA VEGETABLES.

SOMETIMES YOU CAN MAKE A REALLY HEALTHY MEAL JUST FROM THE SIDE DISHES ALONE.

ANOTHER GOOD TIP IS TO NEVER GO TO A RESTAURANT WHEN YOU ARE FEELING RAVENOUS. THIS IS A SURE FIRE WAY OF REACHING FOR THE BREAD ROLLS OR SALTED/ ROASTED NUTS AS SOON AS YOU GET THERE AND INDULGING IN UNHEALTHY OPTIONS. HAVE AN APPLE OR A PIECE OF FRUIT BEFOREHAND, THIS REALLY HELPS TO BOOST YOUR BLOOD SUGAR LEVELS AND LOWER YOUR HUNGER LEVELS.