

# HOW DO I APPROACH... EATING OUT?



## Consistency is power. That's because almost every life-changing journey requires us to do something regularly.

On average, it takes about 66 days to form a new habit. That may sound like a lot but when you break it down, it's just over 2 months. And to form a new habit, consistency is key.

However, it's important to be realistic: nobody is 100% consistent all the time. A more achievable goal is to be consistent **most** of the time. That means if you meal prep at home 90% of the time, you're still on track, and an occasional meal out for your birthday, for instance, is not going to set you back.

The purpose of this leaflet is to provide you with some tips for eating out while you're on your weight-loss journey. The goal is to help you feel confident in your decision making during special occasions that cause you to deviate from your usual meal planning and preparation.

### Plan ahead



Take advantage of living in the information age. If possible, search the restaurant's menu online in advance to help you decide what to order. Many restaurants these days have nutritional information on them, which can be helpful if you want to find the healthier options.

### Choose lean protein



Opt for lean meats, like chicken or fish. Higher quality cuts of pork or beef may also be lean but consider removing any visible fat.

### Avoid fried foods



Avoid battered or deep-fried dishes, even if the contents are lean. Fried foods are often stripped of much of their nutrition.

### Ask for healthy substitutions



Scan the menu for colorful vegetables that you can add as sides or substitutes for other ingredients in your dish; for example, a side salad instead of fries.

### Portion control



If portions are large, set aside half to take home for another meal. Ask for a to-go box before you start eating so you are less likely to continue eating beyond the feeling of fullness.

### Have it on the side



Request that butter, cheese, toppings, salad dressings, sauces and gravies are served on the side. This lets you be in control of how much you use.



### Drink water

Drinking water with meals can help you feel full and avoid overindulging. It's also calorie-free!



### Be the first to order

When dining out with others, we can be more likely to make decisions based on what the others around us are doing. Be a healthy trend-setter and be the first at the table to order a nutritious, balanced meal.

Arguably, the most important tip to take home from this leaflet is that **tomorrow's a new day**. Okay, so that meal out might not have fit in well with your macros, but it was important for your mental well-being to put away the recipe book for the moment and enjoy a special occasion with your loved ones. **It will not undo your hard work** and it is not a sign of failure, or a reason for you to give up on the journey completely.

The important thing is that tomorrow you get back to meal planning and continue to work towards your goals. The **ZUPREME Trial Team** is by your side, to help keep you accountable and guide you on your journey. If you have any questions, please speak with them at your next trial visit.

