



How to Eat Out & Flourish!

Eating out is a lot of fun. It means no washing up cooking or any effort what so ever and believe it or not you CAN eat out and still Flourish!

Top Tips

- **Order plenty of vegetables** as side to ensure you are full .
- **Be fussy and specific** with the waiters and ask for burgers without buns or a curry with a side of vegetables instead of a massive naan bread.
- **Have a filling starter** like mussels/mozzarella salad/soup instead of dessert.
- **Pick either wine OR dessert** for a treat for you meal.
- **Look at the menu ahead of time** and make your choice before you get there.
- **Drink lots of water and lemon** before your meal to ensure your hydrated.
- **Plan ahead.** Got a work meal or need to take a client out to lunch? Spend 15 minutes **researching places** close by that have healthier options and quality looking food. Keep a note on these in your phone so that is the questions

'where shall we eat' comes up you always have a healthy answer!

- If you going for a late meal then make sure you have some soup or another snack before you leave so that you don't get the '*I am so hungry so I will just eat the entire bread basket*' syndrome (we have all been there....)
- **Plan your teats.** Maybe you LOVE eating bread from the bread basket so plan this into your treats and enjoy every bit. Or maybe eating out is all about dessert for you - so use the 90/10 principle and flipping enjoy one!

The main thing is to **be powerful in you decision making** and communication. Don't feel embarrassed about making up a new dish or making alternations - you are paying for a service and don't allow eating out to sabotage your amazing dreams of being slim and healthy!

“Believe in redefining your impossible.”

Flourishing Meals when Eating Out

Flourishing Choices & Ideas

Things to Avoid

(unless you really really love eating them and want it as a treat of course!)

Starters

- Soup
- Stuffed mushrooms
- Mussels
- King prawn skewers
- Basil, mozzarella and tomato salad
- Olives

- Mindless munching on white bread
- Garlic bread
- Ciabatta
- Dough balls or sticks
- Pastry - so tartlets, samosas, pies, etc

Main Meals

- Steak with roast veg and salad
- Risotto
- Any type of fish with potato and veg
- Bunless burgers with sweet potato chips and lots of veg
- Vegetable curry with rice and poppadoms
- Authentic tandoori chicken with salad and rice
- Beef or veg in black bean sauce with plain rice

- Deep fried chips
- Naan bread, chapatis
- Deep fried dishes like sweet and sour

Dessert

- Go for a decaf coffee or cup of peppermint tea
- Gluten free cakes, sorbets or desserts and of course good old fruit salad (which is not a dessert in my books!)

- If you really want a dessert then just go for it and enjoy every bite. Ideally go for something gluten free but enjoy and count it as one of your treats for the week.

Sides

- Poppadoms
- Sweet potato chips
- Salads
- Cooked/roasted veg
- Plain rice
- Olives
- Salsa
- Guacamole
- Raita or spicy onion chutney
- coleslaw

- Garlic bread
- Bread
- Bahjis samosa's or spring rolls

Lunches & on the go food

- Marks and Spencer, Pret a Manger and Sainsbury Local normally have good and interesting options like salads, boiled eggs, soups, fish etc.
- Cooked chicken/fish with ready made salad.
- Tins of tuna/mackerel with oatcakes/rice cakes.
- Hummus with rice cakes and carrots.
- Quality tins of tasty soup.
- If your really stuck (i.e petrol stations) you can often grab salami sticks, yogurt, fruit, nuts and even boiled eggs.

- White bread sandwiches, pies and sausage rolls.
- Pasta salads, cous cous salads.

It worth noting that everything on this list is not exactly ideal every day Flourish food (for example shop bought coleslaw is not a great daily option) but they are definitely better options that garlic bread and spring rolls. The idea is to give you tasty options when eating out so that you can avoid the guilt and self sabotage.

Enjoy :)

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