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Bonus:

DINE OUT CHEATSHEET

#RECLAIMINGWELLNESS

- ☐ Look up the restaurant menu online. Most restaurants have their menus (and sometimes nutrition information) right on their websites. Check out your options beforehand so you're not blindsided by unhealthy choices when you sit down.
- ☐ Have a small snack beforehand to keep hunger at bay. A handful of walnuts or ½ a coconut milk yogurt will keep you from walking into a restaurant starving and will prevent overeating.
- ☐ Make reservations. Waiting for a table will increase your chance of sitting at a bar and having alcoholic beverages (i.e. sugary- empty calories) or an appetizer.
- ☐ Skip the bread basket. Alternatively, ask the server to bring individual pieces for the rest of the guests at the table.
- ☐ Dress the part. Keep your clothing tight but comfortable. If you wear loose-fitting clothing with elastic waistbands, your stomach can expand further, allowing you to eat lots more!
- ☐ Set your intentions. Let your companions know your intention to eat healthy. They will be encouraging and understanding and will keep you from ordering dessert or a mac 'n cheese side dish.

- ☐ Be the first to order. You're more likely to stick to the healthy option you preplanned if you order first rather than being influenced by the cheeseburger or fettuccini Alfredo that your friend is ordering.
- ☐ Decrease portions before the meal even arrives. Restaurant portions tend to be huge, so think about splitting a meal with a companion, ordering a la carte, ordering an appetizer for dinner or asking your server to bring half your meal already packaged in a doggie bag.
- ☐ Don't skip the appetizers. Instead, have a small side salad or some soup to start. They are lighter and have fewer calories, and will help you feel fuller faster.
- ☐ But do skip the drinks. Alcohol and other beverages have added sugars and are considered empty calories. Plus, drinking while eating dilutes your digestive juices, making your food harder to digest.
- ☐ Make substitutions. If your meal comes with white rice, mashed potatoes or white pasta, ask for the vegetable of the day instead.
- ☐ Beware of the salad. Ask for romaine or other leafy greens instead of iceberg lettuce. Order dressings on the side so you can control the amount or better yet, ask for some olive oil and vinegar or lemon juice to dress your salad. Don't buy into the idea that a fat-free dressing (too often loaded with sugar) is better than plain old oil and vinegar. Avoid cheese, bacon bits, eggs, Chinese noodles or tortilla strips.

- ☐ Don't be afraid to ask. Asking how something is prepared or making special requests related to cooking methods is perfectly acceptable nowadays. If you feel embarrassed or uncomfortable, just tell the waiter that you have allergies and need to be careful. They don't have to know).
- ☐ Check for a "healthy eating" section of the menu Many restaurants now offer this option.
- ☐ Think like the French. Or the Italians, or the Greeks. These people know how to enjoy their meals. Enjoy the company and conversation. Between each bite, laugh, talk and enjoy your night out. Chances are, you will feel fuller quicker.
- ☐ Eat for color. The brightest and most colorful foods on your plate should be eaten first. You're more likely to get healthy vegetables to fill you up
- ☐ Have a bit of water after your last bite This is just to rinse your mouth, not to fill you up with water that will dilute your digestive juices (which you need).
- ☐ Skip dessert. If for whatever reason you must have some, share it amongst a group of individuals. A little bite of sweetness goes a long way.
- ☐ Remember that this is only temporary. Right now, you're focused on reaching your goals and it is important to be disciplined about your regime. Once in maintenance mode, you can allow yourself to indulge in a night out on the town.

EAT/SKIP LIST FROM THE MOST POPULAR CUISINES

CUISINE	EAT	SKIP
Chinese	Brown rice Steamed vegetables Stir-fried vegetable dishes Bean curd	Egg rolls, spareribs, fried dumplings, pork lo mein, fried rice, moo shu, General Tso's chicken, sweet-and-sour pork, wonton soup
French	Salad with vinaigrette dressing Ratatouille Steamed or grilled vegetables. Bouillabaisse	Quiche, pommes frites (French fries), cordon bleu, croissant, pate, foie gras, sausage, escargot, any dish (including soups) made with cream or cheese
Indian	Vegetable curries Masala Aaloo Mattar Vegetarian dishes cooked with spices but without clarified butter (ghee) Naan bread (half a small one).	Any dish with paneer (Indian cheese), korma sauce (made with cream) or coconut, any dish with malai (cream) or makhani (with butter)
Italian	Dishes with marsala sauce Light Pesto sauce Whole wheat pasta Vegetable antipasto Salads without cheese	Garlic bread, meat sauces (like Bolognese), cheesy sauces (like alfredo), fried calamari, pastas stuffed with cheese, veal/chicken or eggplant Parmesan

Japanese	Seaweed salad Miso soup Steamed gyoza Sashimi Edamame Ohitashi (steamed spinach).	Any kind of tempura, fried gyoza (the Japanese version of Chinese pot stickers) or fried wonton, agedashi tofu (deep-fried tofu), nikuitame (stir-fried pork), specialty rolls (may have more ingredients than basic rolls)
Mediterranean/Middle East	Greek salad Hummus or baba ganoush Pita bread (one small) Tabouleh.	Moussaka, gyros, falafel, baklava (a Greek pastry)
Mexican	Black beans Black-bean soup Vegetable fajitas	Chips, fried tacos, refried beans, quesadillas, chimichangas, enchiladas, beef burritos.
Thai	Steamed spring rolls Hot-and-sour soup Pad Thai (stir-fried noodles), Vegetable stir-fries	Fried spring rolls, tom ka gai (coconut chicken soup), duck

SOLANA WELLNESS



ABOUT JOVANKA

Jovanka Ciales is a Registered Herbalist, Executive Wellness Coach & nutrition educator.

The author of 3 books, Jovanka works with individuals and groups teaching how to use botanicals as safe treatments for many conditions. She offers workshops and speaking engagements in both English and Spanish.

ABOUT SOLANA WELLNESS

Solana Wellness is a company focusing on bringing knowledge about healthy living, nutrition and disease prevention to communities that need it the most.

In 2021 Solana will launch their first product, a supplement line for digestive health, sugar control and stress management.

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media@jovankaciales.com
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