

EAT OUT

Like a Boss

10 no-fail tips to keep your social life from derailing your goals.

1 Look up the menu online beforehand. If there's no nutritional information available, then Google similar foods or use a food calculator like CalorieKing.com

2 Go for either booze or starch (bread, pasta, rice, potato), not both.

3 Eat slowly and stop at 80% fullness to allow your stomach to register satiety.

4 Mexican: Good options include Fajitas minus the tortilla, double the meat or a Taco Salad without the shell, light on cheese or guacamole (hold the sour cream and beans).

5 Asian: Choose a lean, grilled/baked protein with veggies, light on the sauce or steamed with a lighter savory sauce on the side. Have just a few bites of rice (or skip it altogether).

6 Italian: Choose a grilled/baked protein with roasted veggies or a salad. If you're dying for some pasta, split an entrée with a marinara sauce plus protein with your dining companion. Avoid the breadbasket.

7 American: Go for a salad with grilled steak, chicken, or fish. Hold the cheese, nuts, bacon, and croutons (or at least go easy on it). You could also order a burger with extra lettuce (to wrap it in) and tomato and skip the bun.

8 Fast Food: Choose a burger or grilled chicken, nixing the bun and adding extra lettuce and tomato. Or have a salad with light on the cheese and nuts/seeds, no croutons or bacon, and a vinaigrette dressing.

9 Steakhouse: Order lean beef (sirloin or filet), grilled chicken or fish with a side of steam veggies, salad with a vinaigrette, or a few bites of a plain baked potato or sweet potato.

10 Pizza: Choose a thin crust, load up on the veggies, and add a lean protein like chicken. Enjoy just a few small slices or one or two larger slices and add a side salad with a vinaigrette.

*B Kinetic
Fitness*

bkinetic.com