

RESTAURANT GUIDE



- 1.-Order salad first.
- 2.-Browse the menu online before arriving (plan ahead).
- 3.-Drink water throughout your meal.
- 4.-Look for broth based soups, avoid cream based soups and sauces.
- 5.-Order butter and sauces on the side.
- 6.-Eat a large meal earlier in the day.
- 7.-Say NO to bread and chips & salsa.
- 8.-Forget about dessert.
- 9.-Immediately ask for a to-go box and box ½ of your meal.
- 10.-Ask for fruit and triple the veggies.
- 11.-Eat slowly! It takes your stomach 20 mins to realize it has food in there.
- 12.-Say NO to empty calorie beverages such as alcoholic drinks or juices.
- 13.-Don't be afraid to ask for it "your way," instead of fried, ask for grilled or instead of fries, ask for a salad as a substitute.



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