



**Functional Health Team**

Patient Powered, Personal Health Teams. Better Than Medicine.

# *Tips for* **Eating Out**

Stay strong during your detox by making smart and easy choices during your busy work day. No need to worry if you can't bring your lunch. Ask the waiter to help you with your diet. Most of them will be very happy they can help:

## When you order your food:

- Know what you want before you get there
- Get a pitcher of cold water with lemon
- Get chicken, beef, or fish
- Chose grilled not fried
- No cheese or condiments
- Get a baked potato, sweet potato, or brown rice
- Garden greens instead of iceberg lettuce

## Ask the waiter to:

- Not to bring bread and butter
- Get you olive oil and vinegar for the salad
- Tell the kitchen not to add butter or seasoning
- Bag half of your meal before you get it
- Pass on dessert

This way you can change and combine a variety of lunch menus to your liking without compromising your specific meal plan.