

**'CHOOSE IT OR LOSE IT' RESTAURANT GUIDE**

**THE 21 DAY CHALLENGE DIET**  
**CHALLENGE YOURSELF LEAN IN JUST 21 DAYS**



**SHAWNA KAMINSKI CTT, CPT, BKIN, BED**

## ***'The Choose It and Lose It' Guide to Eating Out***

Guess what? Sometimes you just have to eat at a restaurant and you just have to accept that you won't be in full control of your nutrition. You'll never know the *exact* calorie count on particular dishes or the precise breakdown of carbs/protein/fats etc. but IT'S OKAY. You can make great choices and even lose weight while eating out by making smart choices based on the things you *can* control.

This guide is designed to help you make the BEST choices given your circumstances. It will not give you EXACT quantities of what to eat; rather, you'll need to rely on your body's cues more than ever.

LISTEN to what your body has to tell you.

The first rule of thumb is to EAT SLOWLY and stop eating before you're full. Your body takes about 20 minutes to send the 'I'm full' message from your belly to your brain. By the time your brain figures out that the belly is full, it's likely that you've over eaten. So by eating slowly, you'll give your brain time to get the message.

If you travel or eat out a great deal, remember that you need to follow the 80-20 plan. (Actually, the older you get, the more you need to follow the 90-10 plan.) What I mean by this is that 80% (or 90%) of the time, you should be following your nutrition plan while you generally can afford to deviate from it 20% (or 10%) of the time without too much nutrition devastation.

The temptation when traveling is to treat every meal and snack as a 'cheat meal'. This is a slippery slope to an expanding waist and feeling lethargic and slow. In the Challenge Diet phase 1 I advocate ONE cheat meal a week and in the Challenge Diet phase 2 (maintenance) you'll 'cheat' every 5 days. This means that you can go 'hog wild' and eat what you like without much thought towards calories or nutrition. Again, that's ONE meal, not an entire one day of reckless eating. You can totally sabotage a solid week of nutrition by making your 'cheat meal' a 'cheat day' so be mindful to enjoy just ONE guilt free cheat MEAL.

Remember that to stay on track and fitting into your jeans, your nutrition is as important, or more so, than your exercise plan.

This guide will help.

So will this tip...

It's documented that writing down what you eat will help you make healthier choices. A study in the *American Journal of Preventive Medicine* showed that participants who kept a food journal lost *twice as much weight* as those that did not. Realistically, using a pen and paper to write down what you'll eat is difficult. However, most of us have a smart

phone. There are many apps available to document your food online, or you can simply use the 'notes' app to keep track. I like MyFitnessPal.com to food journal.

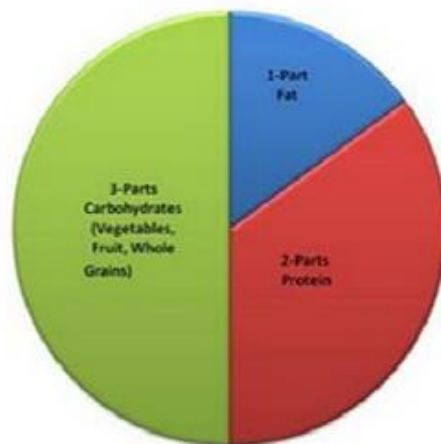
If you 'pre-plan' a meal prior to eating it, you're more likely to make a smart nutritional choice. Get in the habit of documenting what you'll eat on your smart phone BEFORE you eat. This way you mentally prepare and are more likely to make the right choices.

Make this a quick habit; it should take about two minutes once you get started.

Prepare mentally prior to going to any restaurant by reviewing some of your best choices here, and also possibly previewing the menu of the restaurant you're going to. Many restaurants have their menus online. Once you're in the habit of knowing your best choices, it's not always necessary to do this; you'll already know what your best choices are. It just takes a bit of effort, time and practice at first.

A few thoughts on portion sizes. While I'll give you some tips on eating out, I can't specifically prescribe the quantity of food you should be consuming. It depends on what phase of Challenge Diet you're in, but you can be sure that the portions in most restaurants are probably bigger than what you'll need. Consider sharing a meal or having half your meal boxed immediately so you're not tempted to overeat.

A good rule of thumb when looking at your plate is to think of it this way:



Half of your plate (3 parts) should be unprocessed, natural complex carbohydrates, preferably **fresh vegetables**.

The next largest portion (2 parts) should come from lean protein in the form of chicken, fish, seafood, lean red meat, pork, or other more exotic choices if available. Watch the cooking process here: grilled is your best choice.

Fat should be kept to the 1 part of your total meal. Fats are easily hidden in cooking, ask for your food to be grilled as much as possible and not fried. Even with grilled food, there will be some added fat.

This next section is broken down into various cuisines that you'll likely encounter when dining out. You'll notice common themes and once you read this and practice a little, it won't take long before you can confidently order in any restaurant setting.

The KEY to ordering in a restaurant is to remember that the server and establishment are there to 'serve' you and your tastes. If you're POLITE with your questions and requests it's likely that you can get almost anything prepared to suit your needs.

## *Japanese Food*

### **What to choose:**

- Miso soup
- Side salad with ginger dressing
- Seaweed salad
- Edamame
- Sushi rolls with easy rice: salmon avocado roll, California roll, Spicy tuna roll (my fav), Rainbow roll
- Sashimi (thinly sliced raw fish)
- Low sodium soya sauce
- Try using chopsticks, they'll slow you down

### **What to lose:**

- Regular soya sauce
- Anything fried (tempura or katsu)
- Noodle dishes
- Easy on anything 'teriyaki' which is laden with sodium and sugar

## *Greek Food*

### **What to choose:**

- Grilled, roasted or baked meats (look for ‘fournó’, ‘plaki’ and ‘skara’)
- Salads with side dressing if possible
- Rice and vegetables
- Hummus with veggies to dip (instead of pita bread)
- Tzatziki (check to see it’s made with yogurt and not sour cream)

**What to lose:**

- Fried meats and other fried options
- Phyllo dough based options (spanakopita, tiropita, galaktoboureko, baklava)
- Cheese dishes and desserts

## *Indian Food*

**What to choose:**

- Chicken and seafood tends to be leaner than lamb or beef options
- Curry dishes are fine as long as they aren’t prepared with cream or coconut milk
- Shish kebobs are good choices
- Dishes with tomato/veggie based sauces

**What to lose:**

- Sauces prepared with cream
- Cheese dishes
- Rice dishes made with cream/heavy sauces
- Naan bread and stuffed breads
- Dishes prepared with ghee (clarified butter)

## *Chinese*

**What to choose:**

- Low sodium soya sauce
- Side salad
- Egg drop soup
- Miso soup
- Hot and sour soup
- Dishes such as Mapo Tofu, Chop Suey, Moo Goo Gai Pan (look for STEAMED or stir fried food that have veggies and protein)
- Stick with black bean, hoisin or oyster sauce on the side if possible
- Try using chopsticks, they’ll slow you down

**What to lose:**

- Regular soya sauce
- The buffet (a recipe to overeat!)
- Fried egg rolls, dumplings, or other fried fare
- Noodle dishes, chow mein, chow fun
- Sweet and sour dishes that are typically deep fried and are loaded with sugar
- Avoid or go easy on the rice, especially 'fried' rice (a double whammy – carbs and fat)
- Go easy on dishes that have nuts, like Cashew Chicken, the calories in those nuts really add up
- Order food with NO MSG

## *Mexican*

**What to choose:**

- Shrimp ceviche
- Side salad
- Any protein (chicken, beef, fish, shrimp, pork) that is grilled, not fried (chicken and fish/shrimp is generally leaner than beef or pork)
- Fajitas (ask for corn tortillas and load up on the veggies)
- Chicken, shrimp or fish Veracruz
- Order black beans instead of refried beans

**What to lose:**

- Taco salad
- Watch for sour cream and guacamole that is everywhere. Limit guacamole to 2 tbsp (measure at the start of the meal)
- Avoid the tortilla chips and guacamole/salsa at the start of the meal (ask that it not be served if possible). This can run upwards of 400 calories and 15-20 grams of fat
- Fried fare: flautas, challupas, chile rienollos, chimichangas, empanadas
- Cheese is everywhere and in everything, ask for less or scrape it off
- Avoid blended drinks (Margaritas – all sugar)

## *Thai Food*

### **What to choose:**

- Grilled or steamed meats
- Traditional curries prepared without coconut milk or cream
- Brown rice
- Low sodium soy sauce

### **What to lose:**

- Fried entrees, appetizers and desserts
- Cream and coconut milk based dishes
- Rice noodles
- Sodium full soups
- Custards

## *Italian*

### **What to choose:**

- Side salad or bean soup

- Looked for grilled protein: chicken, fish such as tilapia, salmon, shrimp
- Look for light sauces such as white wine sauce, tomato sauce
- Look for lots of veggies, including broccoli rabe or rapini. Ask for grilled veggies with a side of shrimp, chicken or fish

**What to lose:**

- Avoid the breadbasket, period.
- Avoid the pasta and pasta (sorry – unless it’s your cheat meal, there’s NO way to eat these in a fat friendly fashion)
- Half your dish – save the rest for lunch or split with a friend, usually portions are very large
- Avoid extra cheese that can easily add up to 150 calories or more when the server asks if you want ‘fresh’ parmesan
- Rich sauces – cream, rose, Alfredo
- Avoid family style dishes as it’s easier to overeat this way, similar to a buffet
- Easy on the wine, one glass and chase with water!

## ***Vietnamese Food***

**What to choose:**

- Chicken and seafood dishes over beef or duck
- Grilled options
- Vegetable dishes
- Salad rolls

**What to lose:**

- Fried foods
- Clay pot dishes high in fat



## *American Fare*

### **What to choose:**

- Side salad
- Main salad with: protein (grilled fish, chicken, shrimp, hard boiled eggs), choose other lettuce choices over iceberg if possible, ask for fresh vs grilled veggies, try balsamic vinaigrette vs creamy style dressings on the side
- Sandwiches with: rye, whole *grain* (not just whole wheat), with one slice of bread, swiss or low fat mozzarella, turkey or chicken, fish
- Vegetable or bean based soups

### **What to lose:**

- On salads avoid: bacon, candied nuts, croutons, creamy dressings, cheese
- On sandwiches: mayo-based salads such as tuna, egg, chicken salad, processed meats such as bologna, pepperoni, salami, grilled sandwiches such as a Panini (added fat in the cooking process)
- Cream based soups
- French fries (even sweet potato fries are still fries ;), potato chips
- Avoid mayo based salads such as macaroni salad, potato salad, coleslaw

Next up...what to drink:

## ***Alcohol And Fat Loss – What You Need To Know***

It's realistic to assume that at some point in your dining experience, there'll be a time when you have opportunity to have a drink. What to do? This is information for you to help make the right choices to support your fitness and fat loss goals.

In both Challenge Diet Phase 1 and 2, it's recommended NOT to have ANY alcohol unless it's a cheat meal. My recommendation for cheat meals is to EAT your calories, but I know that many people enjoy wine or other alcoholic beverages, so it's best to make good choices based on knowledge.

### **Alcohol And Calories**

The very first thing that you need to take note of is how many calories are found in alcohol. Alcohol contains seven calories per gram, both proteins and carbs contain just four. Fat comes in at the highest calorie value per gram at nine, which places alcohol right in the middle.

If you were to drink alcohol with no mix, you'd be better off. If you're drinking your alcohol with high calorie or fat mixers such as cream, pop, or sugary mixes you can easily end up with a drink that packs in well over *300 calories per serving*. This can really add up.

### **Alcohol And Fat Metabolism**

The second important thing that you need to note is the impact alcohol consumption will have on your fat metabolism. The minute that you put alcohol into your body, all fat burning is going to come to a halt.

Both alcohol and fat are metabolized in your liver, your body will prioritize alcohol metabolism, shutting down fat metabolism.

Only after the alcohol has cleared your system will you start burning body fat again. So if you consume quite a bit of alcohol one night, you can expect to see your rate of fat loss drop off for a significant period of time.

### **Alcohol and recovery**

Finally, the last important thing to note about alcohol consumption is the impact it will have on workout recovery.

In addition to putting the brakes on fat burning, alcohol is also going to slow protein synthesis.

This means that no further lean muscle tissue will be built up as long as that alcohol is in your body. Lean muscle will not only help reshape your body, it's a main driver of your metabolism, so alcohol consumption can tank your workout goals to gain muscle, lose fat and reshape your body.

Here are some tips to minimize the damage to your fitness goals if you choose to consume alcohol:

1. Stick with unflavored clear liquor and a zero calorie mixer. The average mixed drink has about 1.4 oz of liquor in it, so for vodka it would be about 100 calories per drink.
2. If you're drinking it's more important to eat clean. Try to avoid starchy carbs and fat, (which will more easily stored as fat) and eat lean protein and veggies instead.
3. Focus on moderation, enjoy a drink and chase it with an equal amount of water to avoid dehydration.

## ***Travel Tips to Stay Lean***

Travel is often a part of life. If you're not travelling, then workout interruptions are a part of life. You can use this guide to help you when the inevitable happens: your workout routine is interrupted by travel or simply by life's circumstances. Let's assume that your schedule is amuck due to travel to a fun destination for the sake of argument ;)

Here are some tips to guide you...

### ***Tip #1 - Pack Your Attitude***

Before you step out the door, decide what kind of traveller you'll be. There are plenty of excuses, more excuses than normal, to miss a workout and eat poorly when on the road. Will you be one to give into them?

I'm not saying that your travel itinerary needs to revolve around your workouts, but I *am* suggesting prioritizing exercise and healthy eating daily.

Your attitude will make all the difference.

If you accept that you'll be training in less than perfect circumstances and that 'some' exercise is better than none, you're ahead of the game. Having an 'all or none' attitude

can be detrimental when on the road. You're going to find that your circumstance doesn't always live up to your expectation so know ahead of time that you'll make the best of things.

The same can be said for food. Depending on where your travels take you, you'll often need to 'make do' with food that may not be your normal fare. Make the best choices for nutritionally dense foods that you can.

Limit your indulgences to one 'treat' a day if you really need to and make that treat something that you really want. Be thoughtful with your choice versus impulsive. Try to limit the serving size. For example once in New York I decided I needed to try authentic New York cheesecake but I split a piece with a friend. I got to enjoy the cheesecake and felt I didn't blow my nutrition plan too much.

Water is especially important when travelling. Ensure that you drink plenty of fresh water, possibly bottled, depending on where you are. Remember that often you're dehydrated and not hungry so drink first to quench appetite and thirst.

### ***Tip #2 – Pack Your Bags***

Whether you're at home or a million miles from home, you need to be prepared.

It goes without saying that you need to pack clothes to train in. Ensure that you have training shoes, probably the most important item. I consistently travel with a few friends and one always forgets his training clothes, not a big problem when we're in an area with local shops and he's not too picky about what he wears. But if you're a little picky about workout wear, ensure you have your favorites packed. Shoes are more expensive and harder to come by a good fit.

I've come to learn that less is more in terms of packing. Probably the loss of my luggage on a cruise taught me how little I could get by on. The thought that I lost all my best and favorite clothes was a bit disturbing for the weeklong holiday, which was spent on the help line of the airline trying to locate my lost bag. I learned that I didn't need to pack the kitchen sink. As it turned out, my bags were returned to me a few days after the trip was over. Lesson learned: less packing for me. I now pack the essentials, one of which is a few items to train in including good shoes that double for walking shoes.

### ***Tip #3 – Pack Your Lunch***

Food is something else that you need to prepare for. Not everyone plans to pack food for his or her travels. It doesn't matter whether I'm going to another country or around the block I always have food packed. Maybe it's the mother in me, but more likely it's my

desire to eat clean that I'll always have nuts or a protein bar squirreled away in a bag somewhere.

Generally when I'm travelling, I'll have vitamins, protein powder, a shaker cup, my greens, physillium, nuts, protein bars and a few apples packed. (In Canada, I find when I'm traveling to the USA, all I need to ensure is that the sticker of origin is on the fruit and I'm fine.)

Healthy food choices are sometimes limited so I know I can get by with my small stash until better choices appear.

Nutrition is probably 'the' problem for most people when they travel. Refer to the eating out guide to help you make the most of the choices presented to you on the road and know that you have the option of packing a nutritional survival kit as well.

#### ***Tip #4 – Pack Your Kit***

My Gymboss timer and my jump rope are my constant travel companions. If I forget my Gymboss, I can always use an app on my iPhone, but I prefer my Gymboss. To me, my skipping rope is a workout in itself. I've even been known to break it out in the airport (note to self: don't travel with me unless you're willing to endure some strange looks...)

Between your body weight, a jump rope and the space of your hotel entrance, you have a 'full gym' at your fingertips. Is it ideal? No. Will it work? Yes. It's not glamorous but it will do the trick.

Another small worthwhile piece of kit is a TRX suspension trainer. If you've never tried a TRX suspension trainer, I'm not sold on many things, but this is one piece of kit that's totally worthwhile.

#### ***Tip #5 – Pack Accountability***

Whether travel is a normal part of your routine or if it's just a once or twice a year occurrence, your fitness and fat loss success depends on your accountability to your fitness and nutritional program. I've had the most educated clients fail miserably with their fitness goals because they don't hold themselves accountable. It's the CONSISTENT application of fitness and fat loss principles that will allow you to look, feel and be your healthiest self. This goes for when you're travelling or at home.

Is this easy? No.

Is this worthwhile? Absolutely.

If being accountable to yourself isn't enough, get a 'training partner' or someone with whom you can share your goals. Reporting to them, especially when you're traveling or off your regular routine is helpful. The cool thing about our world is that it's getting smaller so even if you're in some remote area,

it's likely that you can still send a text message, screenshot your food journal or email your accountability partner for support.

I have several clients that I work with remotely this way. It's surprising how reporting to others helps people stay focused on their goals more. If you feel this is your personality, then definitely explore this avenue to keep you on track.

### *A Few More Tips for the Road*

It's no secret that you have the added challenge of eating out when you're traveling. You aren't in the same control of your nutrition as when you're buying and preparing your own food.

Having said this, there are some strategies that you can employ to prevent nutritional sabotage. These tips are useful on the road or not:

- Especially when traveling, you can replace one meal a day with a shake. If possible, add fiber and healthy fats along with your protein (whey, hemp).
- Maintain your eating schedule as much as possible. Try to eat every 2-3 hours before you get famished. Your body tends to rely on food being ingested at regular intervals. It's more likely to burn calories for energy (versus store them as fat) when it knows when the next feeding is coming.
- Eat breakfast – Make sure you have something with high fiber and protein to slow down stomach emptying. This also suppresses appetite as you get a slow steady release of energy. Eat within an hour of waking up if possible to 'break the fast' and get your metabolism fired up.
- Drink more water - More often it's not hunger, its thirst that you feel when you reach for food. When you drink water and eat more fiber you'll feel more satisfied. It's a good idea to track water intake to ensure that you've had enough before bed. Often times, late night water drinking, while necessary for hydration if you didn't drink enough in the day will disturb sleep. Try to drink more water in between meals rather than with meals to improve digestion and nutrient absorption. Of course, drink water when training.
- Fiber – Ensuring that you choose fibrous foods works with water to help you stay full. Travel can wreck havoc with your bowels (sorry, it had to be said), so fiber keeps you regular. The aforementioned 'take along' snacks will help: nuts, apples, physillium or other fiber supplement. Aim for 50 g of fiber daily. Another benefit

of fiber is that it keeps gherlin (the appetite increasing hormone) suppressed so you don't feel hunger.

- Don't snack on junk food. There, I said it. Just stop. There's no easy fix here other than to say no. If you're body is nourished with healthy foods, your cravings are minimized. If you really want a treat, plan it, keep the portion small and really enjoy it.
- Eat protein – Protein will help stabilize blood sugar so you stay full for longer. You won't be starving an hour after eating. Look for lean protein, organic when possible and include a protein source at every meal and snack. Even adding 10 g of protein per snack adds up during the day to help with your overall protein intake. Typically, I recommend 1g of protein per lean pound of body weight. If your intake is sufficient, you'll manage your insulin levels better and you'll maintain and even add to your lean muscle (metabolically active tissue) which helps burn more calories even at rest.
- Just say no to artificial sweeteners. If you eat sweet you crave sweet. Studies show that people tend to eat more when they eat artificial sweeteners because the body can't distinguish sweetness with the amount of calories ingested. Artificial sweeteners can be 600x more sweet than regular sugar.
- Get enough sleep – You'll feel hungrier when you're tired, in addition, you can't burn fat as efficiently. Gherlin (a hormone that increases appetite) is higher when you're sleep deprived and you'll crave carbs. Ingesting carbohydrates will increase serotonin levels when a healthy amount of sleep would do the same.
- Try to stick to your normal wake/sleep schedule as much as possible and make time for quality sleep. Long naps can kill the quality of your regular sleep; keep them to under 20 minutes. Use an alarm to set an hour before your regular sleep time and when it goes off, power down technology, do relaxing things and try to get your rest.