

Choose Well When Eating Out

Supports: Block — Choose Well When Eating Out

Why It Matters

Eating out is part of life — celebrations, busy nights, time with people you love. It does not have to derail your goals, and it should not come with guilt. With a few simple habits, you can enjoy the meal and the company while still feeling good afterward. The aim is not to eat “perfectly” at restaurants; it is to make choices that fit your life and leave you glad you went.

What to Know

Before and during the meal

- Peek at the menu ahead of time so you decide with a clear head, not a growling stomach.
- Anchor the plate with a protein and vegetables, then add what you truly want.
- Watch the quiet add-ons — bread baskets, fried sides, sweet drinks, and free refills.
- Ask for it your way: dressing on the side, grilled instead of fried, a side of veggies.
- Box half at the start if portions are large, and enjoy the rest tomorrow.

Keep it kind: One meal does not define your progress. Enjoy it fully, then return to your usual habits at the next meal — no making up for it, no guilt.

Try This

Plan for your next meal out.

- ? Where do you eat out most, and what is one choice you could make there that you would feel good about?

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- ? Which add-on is easiest for you to skip or scale back?
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