

EATING

OUT



YOUR GUIDE TO MAKING "HEALTHY" CHOICES

Tim Gojich Cpt NLC1

The choice is always yours to make...

Eating out can be tricky if you are trying to get lean and healthy. The food places have one mission. It is to get you to frequent their spot often. With that fact in mind, understand that they will try and make the food as tasty as possible. It is rare to find a restaurant or fast food place that puts your health first. The sodium, sugar, and calories are almost always higher than you would ever do at home. This is why your best option for getting lean and healthy will always be eating the food you prepared from home. I realize that we can not eat every meal from home. A good rule to live by is to eat from home 80 percent of the time and eat out just 20 percent of the time. Each week that you can stick to the 80/20 rule, the more likely you will see results.

When eating out, you should try and keep a healthy mindset. There are lots of temptations. The smell can be a big trigger for some of you to want to indulge in fried food if it is offered there. So a strong mindset is important. If you plan to eat healthily, you will. Make it easier on yourself and go to places that have a few healthy choices. There are some places that you should avoid most of the time. I will start by listing those places. These offer nothing healthy. If you understand that fact, you might start looking at some of these spots differently.

Places to avoid most of the time...

1. McDonald's tops the list for sure. They do not offer anything that is considered healthy.
2. Cane's is a close 2nd. Places like this are growing in Bakersfield and they are contributing to waist sizes growing as well.
3. In and Out. This one is tough to put on the list because I love it. But, I might go once per month if that. It is a cheat meal at best. People are willing to get in line for an hour for this fast food, try not to be one of them.
4. Kentucky fried chicken, popeyes, and any other chicken place. 99 percent of all menu items are fried. Even if they offer a grilled sandwich, avoid these places.
5. Taco Bell, Del taco, and any other Mexican food place where you will have a tough time eating healthy. I am not going to list them all because there are too many in Bakersfield to list. You know your willpower better than I do. So be careful. I will list Mexican food in the healthy choices, but you will have to pay attention to what you eat.
6. Gas station food. I feel that I should not have to list this, but I have heard people will eat food served at a gas station from time to time. Please do not be one of those people.
7. Pizza places. Most pizza places only offer food that we should stay away from when trying to get leaner and healthier. CPK can be an exception. They offer some pretty good dishes that are healthy. But, places like Rusty's should be avoided.

Places that you can eat healthy!

1. **Chipotle.** These are not in any order of better to worse. They are simply suggestions that can be options. At Chipotle you can order a **bowl or salad**. Skip the 300-calorie tortilla. Try to stick to the one added "fat" rule. If the options are a dressing with fat, sour cream, cheese, or avocado, you should only choose one of these. Even good fats carry high calories. So a bowl would be rice, beans, lettuce, protein of choice, chicken preferably, salsa. Then you choose one of these options, cheese, or avocado. Ice tea or diet beverage. No sugar sodas or chips, you are not 7 years old.
2. **Victors.** This is a locally-owned place that is similar to chipotle. The same rules apply as they do above listed for chipotle. I have seen the keto options, and No. Stick to the balanced plan I mention like chipotles options.
3. **Cafe Smitten.** This is a locally-owned place that offers lots of healthy salads and dishes that are not overly proportioned. I appreciate the quantity they offer. Most of the places in Bakersfield sell out to a more for less business model. I get why they do it. It is the demand. But, Cafe Smitten sticks to good quality well-portioned meals that leave you satisfied but not stuffed. If you order a **salad or sandwich**, make sure that it has protein like chicken, tuna, beef or chickpeas. A meal without protein is not a meal.
4. **Flame Broilers.** There are quite a few of these in town. A small **bowl or large salad** is good here. If you get a bowl, be careful with the sauce. The proteins are already marinated in the sauce with sugar and salt, so only add one additional sauce, not 10. If you are really hungry you can get a small bowl with double protein and veggies.
5. **Flames and Skewers.** Mediterranean food tends to be healthy in general. They have great salads and really good vegetarian options. Stick to a **salad or plate**. Ask for dressing on the side. If you get a plate, only eat half. Eat the other the next day. It is literally 2 servings.

Places you can eat continued...

- **Lassen's Deli.** They have really good soups of the day. In addition, you can get wild salmon, organic chicken, turkey, etc. A lot of people do not realize that they offer lunch and dinner. If you sit down to eat, grab a combo that includes **fresh veggies, soup, and a protein like salmon or chicken.** They have sandwiches that are offered on sprouted bread. This is rare. Most places only offer processed white bread.
- **Panera** is a pretty healthy place to eat. You do need to be careful with all of the pastries and bread they offer. Stick to the **salads, and soups,** or do the pick 2 where you get both. The turkey chili paired with a turkey sandwich can add up to a good amount of protein and fiber. 2 key nutrients to keep you building muscle and feeling full for a few hours. They have some good chicken salads and bowls. **The Mediterranean and teriyaki chicken bowls** are good choices as well. Just do one dressing.
- **Baja Fresh** is a good choice. They have bowls and salads. I like a place that only offers whole beans. Refried beans taste great but are not good for you at all. **Fajitas** are always a good choice. Go with corn tortillas and remember to only add one fat. Ideally, avocado, not sour cream or cheese. **2 whitefish tacos with black beans on the side** are good. A **chicken salad or chicken, beef, and shrimp bowl** can be a choice.
- Last on this list, for now, is **sushi or poke bowls.** Once again, there are too many to single out. Try not to eat fried sushi rolls covered in sauce. **Spicy tuna rolls** are a better choice. Eat **small poke bowls,** not large ones. Watch the added fats. Do one added fat.

Drive throughs..

If you are in a hurry or you are traveling, you will more than likely find yourself in a drive-through. This option of course is your 3rd. Eat from home is first. Eat at a food place that offers a few healthy choices is 2nd. If you find yourself adding up how many times you choose the 3rd option, you might realize why losing body fat has been such a challenge. Drive-through food is likely 3 times higher in fat, calories, and sugar than eating at home.

1. **Taco Bell.** They offer a power bowl with chicken or beef. Opt for no sour cream. Also, a couple of soft steak or chicken tacos fresco style can be another option.
2. **Chick fil - A.** They have a lot of healthy options. You can get grilled chicken served in a few options. Grilled nuggets, with a fruit salad on the side, is good. A grilled chicken sandwich. The egg white grill or yogurt parfait would be a great breakfast option. My personal favorite is the Market salad with grilled chicken.
3. **Carls Jr.,** They offer a couple of good choices. The charbroiled grilled chicken sandwich is a good choice. I really like the 1/3 pound lettuce wrap burger, but opt for mayo or cheese, not both.
4. **In-n out.** As you know they have a simple menu. Here you will order a protein-style burger and skip the fries. Protein style comes in a lettuce wrap. Go with a double if you are really hungry, but try and avoid the cheese.
5. **Jack in the box.** The chicken fajita pita is a good choice as well as the chicken teriyaki bowl.
6. **Mcdonalds.** If you have to eat there, eat a double hamburger with no cheese and no fries. For breakfast, they do have oatmeal with fruit which is healthy if you are on the go.

Drive Through continued..

- **Starbucks.** The hummus protein box is a good choice. It offers 22 grams of protein alongside fresh veggies. This is hard to get in a drive-through typically. The breakfast items are decent as well. Oatmeal, turkey bacon egg white sandwich or spinach, feta, and egg white wraps are good choices. Teas and coffees with little or no sugar can go with your meal. Try and avoid the high-calorie, high-sugar drinks.

Keep in mind that while you may need to order drive-through from time to time, you do not need to eat it fast. Take your time chewing and enjoying all meals. Eating fast is one of the reasons people will feel hungry right after eating a meal. Drink water or sparkling water in between meals. If you are traveling, use the rest stop to walk a bit. Sitting and eating out do not go well together.

Use this E-Book as a guide to grabbing from on the go. I also want you to see the pattern when it comes to eating away from your house. The choices shrink. When you prepare your own food it does not have to be that way. With that said, all of us eat out now. You just need a little willpower and a strategy to stay healthy while doing so.

I believe that when you eat can be very powerful.

Make sure to read the free E-Book that I wrote called Time-Restricted Feeding. You can download it and save it to your phone. Find it on our website home page.

www.fitforlifegym.com

By Tim Gojich CPT, NLC1, HLC1