



RESTAURANT TIPS

REAL FOOD RESCUE

Eating Out – Restaurant Tips

Going out to eat while following a Real Food Rescue template can prove to be a daunting task! We all want to enjoy dinners out with family and friends. However, it is difficult to find places to eat that offer healthy and real food selections. Here are some tips to help make going out to eat less of a challenge for you! While on The Real Food Rescue program, we recommend limiting eating out, as it can be difficult to find all real food in most restaurants. However, after completing the program, we want you to be able to enjoy going out without sabotaging all of your efforts to change your lifestyle.

1. Let-Go Occasionally: When eating out you may have to “let-go” some because it is very difficult to find 100% “real food friendly” restaurants. When eating out, you will most likely be closer to 80/20, and that is okay. Try to make small changes where you can, but you still want to enjoy yourself! Many restaurants cook with the oils we want to avoid, oils such as soy, corn, canola and other hydrogenated oils. Many restaurants do not use local or pastured meats, or organic produce. Unless it is a “paleo” restaurant, expect that you will have to make some concessions when eating out. However, there are ways to make your experience as close to a real food experience as possible, yet still enjoy your experience.

2. Mind your allergies & intolerances: If you have food sensitivities such as gluten intolerance, there is ALWAYS a risk of cross-contamination when eating out. You may get horrible stomach pains if you consume even the smallest amount gluten. We have ordered “gluten free” pizza when eating out, and still had stomach pains. This is because many gluten free crusts and breads are baked in the same facility as the gluten products! Also, many gluten free products contain soy flour. Many who are sensitive to gluten are also sensitive to soy. This can take away from your experience. If you have food allergies/sensitivities/intolerances, it is best to stay away from all “gluten free”, and try to stick with meats, seafood, vegetables and fruit. You can still find many tasty dishes that do use these gluten free products, and have a pleasurable experience.



3. Make special requests! It is okay to ask to swap things out and to ask for things to be cooked separately. For example, we like to order bun-less burgers. We ask that the cook use lettuce leaves as the bun. If we get a salad, we ask for no dressing on it. We even bring a small container with our own homemade dressing. The salad dressings at restaurants are usually made with rancid vegetable oils, peanut oil and or soy oil. We bring our own lemon or lime juice with olive oil and herbs. You can swap out French fries that are cooked in rancid oils with a vegetable, and ask that the vegetable be cooked in butter or just steamed.

4. Ask questions. As about things like what oils they use when cooking. You might be surprised to find that some restaurants are starting to cook their French fries in tallow or duck fat. You may also find they are willing to accommodate your allergies, intolerances and/or preferences. You can even ask if they use grass-fed/pastured meats. Use your resources and read reviews on various restaurants. "Farm to Table" restaurants are starting to become more prevalent. Even some chain restaurants are starting to use local meats and produce. Finally, you can call ahead to see how accommodating they are. **If you don't ask you won't know!**

Do the best you can when eating out, but remember to enjoy yourself. Going out to dinner is special and should be pleasurable (and not everyday), so do not be hard on yourself if you do let go some!

