

Brent Kasper's

RESTAURANT ORDERING CHEATSHEET

5 SIMPLE STEPS TO GET GREAT RESULTS ON YOUR DIET & NOT LET EATING OUT DERAILED YOUR SUCCESS



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Rule 1: There are a few exceptions but virtually every restaurant's menu can be modified in order to fit a healthy lifestyle.

Rule 2: You do not HAVE to eat ever. You can always wait until you get home, or back to a hotel. You will not die. Your metabolism will not slow down.

Rule 3: "Can you GRILL, BAKE, OR STEAM that?" is the question you will ask when ordering food at any restaurant.

Rule 4: For portions, stick with the rough estimate on the top of your plan using your hand.

● **STEP 0: YOU DO NOT ORDER OFF THE MENU. YOU OBSERVE WHAT PROTEINS/CARBS/VEGGIES ARE ON THE MENU THEN SELECT FROM THERE.**

● **STEP 1: PICK YOUR PROTEIN (These will be your most likely sources)**

Chicken Breast (Skinless)	Pork Tenderloin	Jerk Chicken	0% Greek Yogurt
Any White Fish	Egg Whites	Pulled Pork (no sauce)	0% Cottage Cheese
Any Shellfish	99% Lean Turkey Breast		

"Can you GRILL, BAKE, OR STEAM that?"

● **STEP 2: SKIP YOUR FAT**

We do this because fats on their own are difficult to measure and are often used on top of foods at restaurants. Even when asked to put on the side, eyeballing tablespoons in a restaurant kitchen is a surefire way to get in trouble, **so just skip it.**

"Can you GRILL, BAKE, OR STEAM that?" AND be sure to leave out any added oils."

● **STEP 2.5: OBSERVE THE CARBS ON THE MENU — PICK FROM THAT SELECTION ANYTHING THAT CAN BE COOKED WITHOUT OIL. IF YOU DO NOT KNOW, ASK!**

● **STEP 3: PICK YOUR CARB**

1.5 cup Mash Sweet Potato	1Cup Cooked White Rice	1 cup Cooked Brown Rice	1 cup Pasta
1.5 cup Mash Red Potato	3 Slices Ezekiel Bread	1 cup Cooked Quinoa	1 Piece of Fruit (Fist Size)
1 cup Any Beans	2/3 cup (dry) Rolled Oats	1 cup Cooked Couscous	1.5 cup Any Berries

"Can you GRILL, BAKE, OR STEAM that?" AND be sure to leave out any added oils."

● **STEP 4: PICK YOUR VEGGIES (This one is easy)**

Easiest Options:	Salad (no dressing or lemon juice)	
Steamed Green Beans	(dressing can also be balsamic vinegar & a little olive)	
Steamed Broccoli	Steamed Asparagus	Mixed Greens (no dressing)

If not a cold-served veggie: "Can you GRILL, BAKE, OR STEAM that?" AND be sure to leave out any oils."

● **STEP 5: SKIP DESSERT, APPETIZERS, & ALCOHOL. PEOPLE WANT YOU THERE BECAUSE OF WHO YOU ARE... NOT BECAUSE OF WHAT YOU DRINK OR EAT WITH THEM.**



THEY HONESTLY DON'T CARE.
If you feel uncomfortable drinking water, simply ask for a seltzer & lime. It has no calories.

FAQ #1: WHAT IF I GO OVER TO A FRIEND'S HOUSE??



Option #1 Plan ahead by eating beforehand and only lightly eating while you are there sticking to grilled meats. Serve yourself. **Option #2** Let them know ahead of time that you are happy to bring some meat and veggies over for dinner as well.

Get some value?

Sweet!

I try to make sure that I answer each and every question as quickly as possible!

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