

# 28-Day Hot Mum Makeover

## Tips for Eating Clean While Dining Out

### Before the Restaurant:

- Look at the menu before you leave home and choose the items you want (check online)
- Look or ask if a 'gluten free' menu is available. Drink 250 ml of water before you leave home
- Eat something light before you go (apple + almonds). This'll help you ward off the chip/bread bowl.

### At the Restaurant:

- Always order sauce on the side
- Choose a protein with 2 vegetables and a healthy fat (avocado)
- Order your burger with no bun or on a salad
- Change it up – if meat over pasta, ask for the same but over salad instead.
- Make sure not to order anything fried
- Add extra vegetables
- Ask for a double order of mixed vegetables instead of pasta or rice
- For breakfast, instead of potatoes, ask for sliced tomatoes or a side of fruit

### Items Not on the Menu:

- You can ask for steamed vegetables as a side (add real butter or olive oil)
- You can order a grilled protein (chicken, salmon, etc.) with just salt and pepper
- Ask for a lettuce wrap instead of bread or a bun

### Food Swaps:

- Spaghetti ⇄ Spaghetti squash
- Chips ⇄ Baked sweet potato chips or beet chips or kale chips
- Fries ⇄ Baked sweet potato or carrot fries
- Rice ⇄ Cauliflower rice
- Mashed potatoes ⇄ Mashed rutabaga
- Pizza Crust ⇄ Crust made with cauliflower rice
- Baking with flour ⇄ Almond flour or coconut flour
- Salt ⇄ lemon juice (salad dressing, fish, chicken, etc.)
- Milk/Dairy ⇄ Almond milk or coconut milk
- Potatoes at breakfast ⇄ Sliced tomatoes
- Sandwich bread ⇄ Lettuce wrap
- Mayonnaise ⇄ Honey mustard or Paleo Mayo
- Sugar ⇄ Coconut sugar, honey, or stevia
- Sour cream ⇄ Greek yogurt, coconut oil, or applesauce
- Toast ⇄ Ezekiel bread
- Croutons ⇄ Sliced almonds (in salad)
- Bowl of ice cream ⇄ Small Bowl of frozen cherries or grapes