Let’s face it, eating out is not the best option when you’re trying to burn fat or feel your best. But the secret lies in learning what to order and the sequence in which to eat certain foods. It’s taken me years to learn the dos and don’ts of going out to eat, but I have finally perfected it into an easy to read checklist.

It’s one thing to go out to eat on your own time, but it’s an entirely different when you’re not in control of where you go to eat! The idea of this checklist is to show you what you can eat WITHOUT making it look like you’re on any kind of diet AT ALL!

SO STUDY IT WELL!

Thomas DeLauer is one of the leading health coaches in the world and specializes in working with busy executives that need to not only optimize their bodies, but need to feel good enough to optimize their businesses as well.
American Food/Steakhouses

If No Carbs/Starch
- Burger with No Bun
- Steak of Any Kind (High Fat Okay)
- Veggie Burger No Bun
- Chicken Sandwich (No Bun)
- Chicken Thigh or Half Chicken
- Salmon
- Oysters
- Cheese Okay if no carbs
- Butter (Preferred Organic)
- Asparagus
- Broccoli
- Carrots (No more than five)
- Salad (NO CROUTONS)
- Ranch Dressing/Caesar
- Blue Cheese Dressing
- Olive Oil/Vinegar

If You Want Carbs – Eat This
- Lean Steak (sirloin, filet)
- Turkey Burger (No Bun)
- Chicken Breast or Sandwich with no Bread
- Baked Potato with NO BUTTER
- Fruit
- Salad with No Croutons
- Italian Dressing
- Honey Mustard Dressing
- Vinaigrette
- Any Potatoes without added fat
- Rice/Quinoa with No Oil

Drinks (Applies to All Categories)
- Iced Tea with Lemon (Stevia or the occasional Splenda Ok)
- IF WITH CARBS – Apple Cider Beer or Ginger Beer
- Sparkling Water
- Alcohol – Small Red Wine or Vodka/Club Soda

Bottom Line
Do NOT mix your carbs and fats. Either have high fat, zero carbohydrate, or moderate carbohydrate and less fat/leaner proteins. The safer choice is always to go for the low carb option.

Asian

Chinese

The following are WITHOUT Rice or Carbs
- Kung Pao Chicken
- Broccoli Beef
- Cashew Chicken
- Almond Chicken
- Hot and Sour Soup
- Egg Flower Soup

Thai/Indian

The Following are WITHOUT Rice or Noodles
- Coconut Curry With NO POTATOES
- Ginger Chicken
- Stir Fried Mixed Vegetables
- Tom Yum Gai

With Carbs – NO FATS
- Tom Yum Noodles with Chicken/Lean Beef
- Steamed Rice
- Rice Noodles with NO MEAT or NUTS

Japanese/Sushi

It is CRITICAL That you Order Your Sushi with STEAMED RICE not SUSHI RICE

SUSHI
- Salmon Nigiri
- Mackerel Nigiri
- Albacore Nigiri
- Unagi with NO SAUCE
- Rainbow Roll with NO AVOCADO
- Spicy Tuna Roll
- Spicy Salmon Roll
- Pickled Ginger Okay
- Opt for Low-Sodium Soy Sauce or Tamari

SOUP
- Miso NO TOFU

LOW CARB
- Salmon Collar
- Salmon Filet
- Ribeye
- Kobe Burger (No Bun)

Mexican

Low Carb Options
Note that Mexican Food is very high carb and is one of the most difficult kinds of restaurants to eat out at. Avoid Mexican food when possible.
- Guacamole
- Ask for Vegetables instead of chips
- Salsa
- Tostada (Don’t Eat the Shell)
- Shredded Chicken
- Taco Salad – NO RICE or BEANS
- Cheese is okay with no rice or beans
- Fajitas with No Tortilla (Perfect for ordering for the table)

Italian

Low Carb Options
Italian Food is predicated upon carbs, so low-carb options are minima – You’re best to keep it low fat and moderate carb (lean meats)
- Antipasti – Salami, Pastrami, Olives, Cheeses
- Minestrone Soup (No Potatoes)
- Caprese Salad
- Caesar Salad (No croutons)
- Salmon and other Fish

High Carb ZERO FAT
If you go the pasta route, be sure to have little to no fat. Only Carbs and lean protein, and ONLY if they have gluten free pasta
- RICE Pasta – NO Gluten rich pasta
- Marinara Sauce
- Mussels
- Lean Fish