



SPRING 5-DAY
detox
FOR BEGINNERS

EATING OUT GUIDE



TOTAL
BALANCED
HEALTH

Denise Coombes
www.totalbalancedhealth.com

EATING OUT GUIDE

During your detox, it's ideal if you don't eat out so you can have control over the ingredients you're putting into your body. However, sometimes we simply don't have a choice, so below are some ideas for how to stick to the detox while you're out.

ON THE RUN

- ▶ Pack your own lunch and snacks. A big green salad with veggies, canned wild salmon or chicken for protein travels well, and it's easy to pack extra fruit and small portions of nuts for snacks.
- ▶ Pop into a grocery store and pick up rotisserie chicken, pre-cut veggies, apple with peanut butter, or even hard boiled eggs. There are a lot of options in the deli.

IN RESTAURANTS

- ▶ Order grilled wild-caught fish like salmon or halibut, or chicken with a side of steamed veggies. Top with lemon juice and light drizzle of olive oil, and be sure to ask the server to leave off any sauces.
- ▶ Have a salad without croutons or cheese and top with balsamic vinegar and olive oil. Feel free to add protein in the form of grilled chicken or grilled salmon. Poached fish would also work.
- ▶ If there's nothing on the menu that looks like it will work, ask the server if they could create a plate of just steamed vegetables and poached fish or chicken for you. Worried you'll sound high maintenance? Relax, just let the server know you are on a program that requires you to be really strict about your food. As long as you are polite and kind, they'll be happy to help.
- ▶ Ask your dining companions to move the bread and butter away from you so you aren't tempted.
- ▶ Order a sparkling water with a squeeze of lime so you still have a fancy drink in addition to your regular water.
- ▶ Visit the restaurant's menu online before you go so you can plan what you'll order and be less likely to 'cheat'.

If you feel deprived when eating out, remind yourself that it's only one meal, and you'll feel amazing after 5 days of eating whole foods. Take a few deep breaths before you start eating to remind yourself of your motivations for sticking with the plan. The detox is just 5 days, and isn't having clearing skin, deeper sleep, and huge amounts of energy worth it?