



OPTAVIA™

Dining Out While On Program

HERE ARE SOME TIPS FOR YOUR DINING OUT ADVENTURES!

1. **You** choose the restaurant *(if at all possible!)*
2. Research menus online **NOW** for your favorite restaurants so you'll be prepared in advance.
3. Don't hesitate to make a special request for them to **limit sodium and butter**.
4. Request **grilled** instead of fried.
5. Order salad dressing **on the side**.
6. If your order comes and it is **short of protein or greens**, make up for the lack later along with a fueling!
7. **Call or Text Us** with any questions or if you can't figure out what will work.