

**betr**<sup>®</sup>

**GUIDE TO  
DINING OUT**



**DR. WILLIAM FERRO**  
YOU DESERVE BETR

# TOP TIPS

You've prepped your food, planned your week, and are feeling ready to go! Then, life happens and plans change. Not to worry - you can still stay on the Betr track and make good food decisions when dining out. It's all about learning how to order accordingly.

## **Tip #1**

Let your coach know the details/menu of the restaurant you'll be dining at. They can help give you meal recommendations (given a 24-hour notice) *or* message us using the Ask Us button for a faster response.

## **Tip #2**

Bring your own salad dressing and/or Liquid Aminos spray for a quick salad dressing or sauce option with your meal.

In general, we recommend ordering a grilled protein, steamed veggies and a side salad when available (ask for lemon wedges on the side for a dressing).

# DINING OUT

## CUISINES

### ITALIAN

Italian restaurants can be tricky, but you can still find decent options. Most have a house salad option - opt for romaine, tomatoes, cucumbers and hold the cheese, croutons and dressing. Pick lemon slices on the side to dress. For the main entree, choose a steak when possible, asking to be grilled plain with steamed veggies as your side (skip the mashed potatoes and pasta). You may also have a white fish option on the menu, just make sure to ask to have without butter, sauces and seasonings, which just amplify the fat and sodium of the dish.



### MEXICAN

In general, your best bet in a Mexican restaurant is to have steak or chicken fajitas grilled plain without seasonings. Typically, the grilled veggies are peppers and onions, so that is a good choice if they are grilled plain without seasonings. Order a small side salad as well - the enzymes in the raw lettuce help break down the enzymes in the cooked foods. Skip the tortillas, chips and margaritas.



### SUSHI

You don't have to completely avoid sushi restaurants. Do you like sashimi? White fish sashimi is a great option, you can have a little fresh ginger with it and a splash of low-sodium tamari sauce (a gluten-free soy sauce option that most sushi restaurants have as an option)



### PUB / BURGER JOINT

Who says you can't eat pub food and stay healthy? While we wouldn't recommend onion rings, calamari or tater tots, you can still pick a decent option. Try a burger with no bun, wrapped in romaine or over a salad with lettuce, tomato and cucumber (ask to skip the cheese and croutons). Better yet, high end pubs and breweries often have a filet mignon or similar option, so be sure to check out all of the options.



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## CUISINES

### BREAKFAST / BRUNCH

Skip the biscuits and instead go for a 3-egg white omelette with veggies on the side. Ask to cook the omelette without butter or seasonings. When ordering fruit, ask for berries and no melon.



### CHINESE FOOD

We recommend bringing your own liquid aminos as a soy sauce substitution when enjoying Chinese food. Here are some betr choices: steamed vegetables, steamed chicken, shrimp or scallops, seaweed salad, and steamed cabbage to replace any rice portion.



### INDIAN

The best choices are green salad options or a tomato cucumber and onion salad, along with some Tandoori chicken or chicken tikka (meats on a kabob and grilled). A tomato-based veggie curry would also be a good choice (add rice or naan bread when grains are an option in Level 2). Just be cautious as many curries have added coconut cream and can be quite heavy and full of calories so be mindful of portions.



### STEAK HOUSE

Many cuts of beef now meet the USDA's regulations to qualify as extra lean, thus reducing the amount of saturated fat consumed. These cuts make the best choices for eating on plan with the Betr program: Eye of round roast and steak, Sirloin tip side steak, Top round roast and steak, Bottom round roast and steak, Top sirloin steak, or Filet mignon. Most steak houses offer alternative chicken or seafood options as well. Pair with a side salad and steamed vegetables. Your protein can simply be grilled with no added oils/salt. Also ask for no added oil/butter/salt on vegetables.



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### [Applebee's](#)

We recommend **Salad and Grilled Chicken**- you can also order the 6 or 8 oz top **Sirloin steak** and for sides can get broccoli if you've started Level 2. If not, get the **green beans** and ask if they'd be able to cook them separately so you don't get the bacon bits. The **House Salad** is a good side option too. Sub for side soup like **Tomato Basil Soup** if you're not feeling salad. Just make sure to keep up with your water intake today to help flush out any extra sodium that may be in the food eating out.

### [Arby's](#)

A good option at Arby's would be the **Crispy Chicken Farmhouse Salad** with a few modifications - ask if they can grill the chicken instead of fry it, and remove the cheese and bacon.

### [Buffalo Wild Wings](#)

The best choice is the **Garden Chicken Salad** - no cheese or croutons, dressing on the side. Another good choice is the **Lettuce wrapped burger** (toppings: lettuce, tomato, onion, mustard, and pepper). Lastly, you can order the **Chicken wings** - dry rub (no salt if you can) or sauce on the side. They also have the garden salad as a side if you want to have that with a few wings.

### [Burger King or McDonald's](#)

A good option at would be a **Burger** with no bun or cheese and a **side of apples**.

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### California Pizza Kitchen

The **Banh Mi Bowl** is a great option - just ask for no carrots and dressing on the side. Other options include the **Grilled Steak Salad** with no bacon, or the **Hearth-Roasted Halibut** with a side salad instead of the **squash side**.

### Chic-fil-A

We recommend ordering the **Cobb salad with grilled chicken** and removing any non Level 1 items like the cheese and croutons. Can also order the **fruit cup** too! If you go for the **Grilled Chicken Sandwich** ask for no sauce to sub the bread with lettuce. **Grilled Nuggets** are also a great and easy option!

### Chili's

Order the **Steak with NO OIL OR SALT**. Same for salad or veggies. You can even order the steak with **asparagus on the side**. Bring your own Himalayan Sea Salt.

### Chipotle

Your best bet will be a **chicken or steak salad bowl** with **veggie fajitas** and **fresh tomato salsa**. Don't forget you can always double up on the veggies! For a protein booster or during Level 2, add a dollop of guacamole!

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### Cracker Barrel

Try the **Country Vegetable Plate** with no mashed potatoes. You can also order the **Lemon Pepper Trout** or **Sirloin Steak** with no mashed potatoes. When in doubt, order any salad with grilled chicken, no cheese, no dressing - simply ask them for a slice of lemon or lemon juice to substitute the dressing.

### Denny's

Try the **2 eggs and a side of fresh fruit**. The **Fit Fare** choices are best with either **Salmon** or **Steak** (no salt added) and extra veggies (no butter/oil) to replace the rice or potatoes as a side. This also goes for the **Grilled Chicken** or **Haddock**. Try the **Garden or House Salad** with a grilled protein, no cheese, croutons or dressing and instead use some olive oil and fresh squeezed lemon for dressing.

### Jersey Mike's

We recommend ordering a sub and ask for no bread - they usually offer to put the toppings in a tub with lettuce, like a salad or even as their "**Unwich**". The cold subs do not have chicken as an option so it might be better to get a grilled chicken option such as the **California Chicken Cheesesteak** (no cheese). Then, add level 1 toppings such as tomatoes, onions, peppers, oil/vinegar, spices, pickles. The best next option may be to get deli turkey as your protein source. Turkey usually comes in during level 2 so if you can hold off, great, if not - just be sure to monitor how you feel after the turkey and keep an eye on progress. You can always get back to level 1 foods at your next meal.

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### Longhorn Steakhouse

Order the **Longhorn Salmon**, the **Grilled Chicken & Strawberry Salad** with no dressing, or the **Farm Fresh Field Greens** with **Grilled Salmon**.

### McAlister's Deli

They have a great **Grilled Chicken Salad**- just be sure to ask for it without croutons or cheese and dressing on the side! We also really like the **Tomato and Cucumber Salad** as a side as well

### Moe's Southwest Grill

Order a **Close Talker Southwest Salad** (Steak, Chicken Or Fish). Substitute beans and cheese for **extra veggies, tomatoes, onions, and cucumbers**. For dressing, ask for **light oil**.

### Noodles & Company

Choose the **Zucchini Pesto with Grilled Chicken** or the **Mediterranean Salad** with no pasta, no cheese, no dressing (ask for lemon juice or a slice of lemon to replace the dressing).

### Olive Garden

Go with either the **Chicken Margherita** and ask for no cheese, and ask for the **zucchini side** not to have the parmesan-crust, or the **6 oz Sirloin** without the Fettuccine Alfredo, ask if you could sub it for a **side salad** or **roasted veggies!**



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### [Outback Steakhouse](#)

Try the **Grilled Chicken** with side salad, **Filet Mignon**, or **Steamed Lobster**.

### [Panda Express](#)

This is a tricky place to eat with the high levels of sodium used in their prepared foods. Your best choices would be **Grilled Chicken** (no sauce/seasonings) and some **steamed veggies** custom made (then you control the sodium level of seasonings added). If they are not willing to offer this option, then the following entrees would be your best choices with extra veggies and no rice (Note: there is still substantial sodium used): **Broccoli Chicken**, **String Bean Chicken**, or **Broccoli Beef**.

### [Panera Bread](#)

Try the **Green Goddess Greek Salad** with no bacon and dressing on the side. The **Modern Greek Salad with Quinoa** with no olives or cheese and dressing on the side is also a good option. There is also the **Fuji Apple Salad with Chicken** with no cheese or pecans and dressing on the side.

### [Papa John's](#)

Your best would be an order of the un-sauced roasted **Chicken Wings!** You can enjoy these with some homemade sauce made from level 1 ingredients or on their own.

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### PDQ

Order the **Grilled Chicken Tenders**, **Side Garden Salad** with no cheese, lemon-chile vinaigrette on the side, or the **PDQ Salad** with no cheese, grilled chicken, and bring your own dressing or the lemon-chile vinaigrette on the side.

### Red Lobster

Try the **Blackened Catfish** or the **Sirloin** with no mashed potatoes.

### Smoothie King

Try the **Veggie Lemon Ginger and Spinach** or **Blueberry Heaven**.

### Starbucks

Order any plain **Coffee** with a tbsp. of low fat or skim milk and some liquid stevia as a sweetener or any black, green or herbal tea is also an option. You can also have: **Egg bites** (cheese-free, if possible), **Gala Apple Snack Box** with almonds and a hard boiled egg (omit the cheddar cheese), **Chicken & Quinoa Protein Bowl** with no black beans, corn, or cojita cheese, or **Avocado spread**. They often have **fresh fruit** or pack of **almonds** in their snack section.

### Subway

Subway offers great **Salads** that you can pack in all the Level 1 approved veggies with. For your protein we suggest grilled chicken. As for salad dressing, ask for bit of oil and vinegar, seasonings and squeeze of lemon.

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### Taco Bell

Try the **Power Bowl** with no rice, double lettuce, no cheese and no sour cream. The **Fiesta Taco Salad** is also a great option without the shell, rice, lettuce or sour cream.

### Wendy's

Try ordering a **Grilled Chicken Sandwich** - no bun or honey mustard. The **Harvest Chicken Salad** is also a good choice - no cranberries, cheese, walnuts or bacon (bring your own raw walnuts if you would like).

### Zaxby's

The best choice would be the **The House Zalad** with grilled chicken and simply ask for no cheddar or jack cheeses (unless in Level 2 dairy reintroduction phase), no fried onions and no Texas Toast. It is best to bring your own dressing or if in a pinch, ask for some fresh squeezed lemons to use as a dressing.