

Muscle-Centric Maneuvers for Dinner Parties & Other Meal Invitations

SCENARIO A

You know your host well and feel comfortable discussing your food preferences.

- Ask what's on the menu so you can plan what to eat. Talking live may be more productive than texting.
- If you share that your doctor recommends a high-protein diet with lots of vegetables for your health, friends and family may be happy to accommodate you.
- You might offer to bring something the menu may lack.
- For example, if only starchy sides are on the menu, you could say, "I make a killer salad! Can I bring one?"
- If you take a salad to the party, you could also bring bottles of olive oil (a healthy fat) and vinegar, which the host could keep as a gift.

SCENARIO B

You don't know the host, or you don't feel comfortable discussing your preferences.

- Most likely, some protein will be on the menu. Non-starchy veggies, fruit, or whole grains may not.
- If the food is served family-style or on a buffet:
 - Seek out the proteins and fill $\frac{1}{4}$ of your plate.
 - Look for non-starchy vegetables and fruit, and fill of your plate with these. Add a little bit of starchy vegetables or grains.
 - If all the sides are starchy, just eat a little. Take a 2nd helping of protein if you're still hungry.
 - If the host comments that you didn't eat something on the buffet, you could say, "If I still have room, I'll try!"
- If the host pre-plates the food:
 - Politely ask for seconds on the protein and non-starchy veggies if you want more to balance your plate ("This is delicious – I'd love some more!")
 - If all the sides are starchy, just eat a few bites.
 - If the host comments that you didn't finish something, you could say, "It tastes great, but I just can't eat another bite!"

DEALING WITH THE DESSERT DILEMMA:

You can always say, "No, thank you."

If you choose to indulge occasionally:

- You might say, "I'm pretty full, but I'll take a sliver."
- If you still get a big portion, you could take a few bites and say, "This is so good. But if I eat another bite, I will burst."
- If the host starts to clean up while other guests are lingering at the table with their desserts, offer to help to avoid the temptation to overindulge.