



# RESTAURANT & ORDERING OUT



FREEMAN FRIENDLY RESTAURANT  
GUIDE



There are so many more options  
than what is listed. These are some  
of the restaurants your trainers  
frequent, so the staff are used to  
specific ordering.



# EAT OUT



## FREEMAN FRIENDLY RESTAURANT GUIDE

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### Bone Fish

White fish grilled or steamed, grilled chicken salad  
with dressing on the side, rice, broccoli

### Borio's Lake Side

Will cater to your specific diet

### Cheesecake Factory

Ahi salad, steak, tilapia, steamed broccoli

### Hafner's Restaurant & Tavern

Will make healthy changes to any entree

### Julie's Diner

Egg white omelet, cream of rice, chicken salad w/  
dressing on the side

### Outback

Ahi salad, steak, tilapia, steamed broccoli

### PF Chang's

Variety of chicken and fish dishes served with plain  
brown rice and green vegetable; no peas

### Ruby Tuesday's

All fresh menus, salad bar and all food can be  
cooked plain (chicken and fish)

### Wegmans/Price Chopper

Some stores will cook all of your fish on the grill  
with lemon only for no extra charge





# ORDERING OUT

## FREEMAN FRIENDLY GUIDELINES

*You can have anything on the menu. You just choose what's on your plan...It's all in your outlook.*

### **Most restaurants will make your food the way you want just ask for:**

Non-marinated, boiled in water or lemon juice, steamed, grilled, no butter, just plain or nothing on it. Don't get tempted by the extras –bread & butter, alcohol, dessert, etc.

1. Start your meal with a salad packed with veggies ask what comes on the salad; ask for veggies you want ask for dressing on the side
2. Order right away to help control hunger and feel satisfied sooner
3. Ask for extra veggies steamed with nothing on them
4. Watch your portion sizes (protein)~you may get two meals out of one.
5. Order a side of veggies to take home to complete your next meal.

### **Ideas to “fit in” if you must eat with dream stealers or if you are at dinner and don't feel like explaining why or what you are doing:**

1. Start with club soda or water with lemon or lime
2. Order an appetizer, shrimp cocktail, use the lemon
3. Salad bar or salad with dressing on the side
4. Fish steamed or broiled in lemon juice, grilled chicken or steak, depending on your meal plan
5. Broccoli/asparagus/green beans plain no butter
6. More water
7. Baked potato/yam if plan permits... By that time it would be expected that you would be too full for desert!

Any questions, “you are allergic, or just picky, or you only like specific things.”



*Good luck you can eat out anywhere—just choose wisely and stay ahead of your hunger that way you have the control to make a “better choice”!*