

# HOW TO STAY ON TRACK WHEN EATING OUT

## FREQUENT DINER TIPS



### AVOID THESE



Alcohol & Sugary Drinks (Juice & Soda)



Bread Basket



Don't Add Salt



Fried Foods



Condiments

### CHOOSE THESE



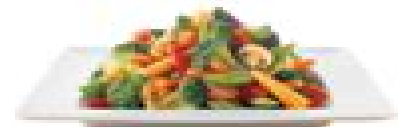
Lemon Water



Salad As  
Appetizer



Lean Meat Or Fish



Side Of Veggies



Organic  
Ingredients



Take 1/2 To-Go

# Guide To Eating Out Sir

**ML Yell**



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