



TruFit

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RESTAURNT
GUIDE

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The more you eat out, the more likely you are to be fat, say obesity experts who have studied the link between eating at restaurants and obesity – which are both on the rise. However, life happens; on special occasions you might need some tips for eating healthily at a restaurant.

Eating out can be challenging when trying to stay within your nutrition plan, but it's not impossible. With some specific instructions to your server, you can make healthier choices. Again, eating out should not be a part of your regular, weekly nutrition plan.

Breakfast: Order an egg white omelet. Just say “no oil or butter.” You may add any vegetables. Request 1 or 2 slices of dry whole-wheat toast. Place jam on toast instead of butter.

Chinese: Order steamed chicken, shrimp, or scallops. Remember that you can ask for a mix of shrimp and chicken. Request steamed rice and steamed vegetables. For spicy flavor, use dry chili pepper flakes or use their plum sauce, ginger, or lite soy sauce.

Continental: Order grilled fish or chicken breast without butter, oil, or sauce. Have it cooked with seasonings but no fat. Top with onions, tomatoes, or steamed spinach.

Italian: Order grilled fish like snapper or chicken breast; without butter, oil, or sauce, smothered in steamed spinach with garlic and tomato sauce on the side and steamed asparagus or another vegetable.

Mexican: Instead of chips, ask for corn tortillas, and dip them in hot sauce. Order fish or chicken breast rolled in Mexican spices and char-grilled with no fat. Smother the fish or chicken in pico de gallo and get some steamed vegetables-on the side. Order grilled chicken fajitas without the skin, butter or oil. Place the chicken breast in corn tortillas with onion, pico de gallo, or salsa.

Seafood: Order a low fat fish, rolled in the same seasonings they blacken their fish with. Ask for it to be char grilled without butter, oil or fat. Pico de gallo goes great over grilled fish. Another great choice is ceviche or shrimp cocktail.

Steak House: Filet mignon has the least amount of fat of all the steaks, but order the petite size. You may also order a grilled lobster tail without the butter.

Sushi: Order the shrimp or cucumber rolls, crab or California rolls made without mayo or fish eggs. Other items that would be a great choice include scallops, snapper, flounder and tuna. Be sure to use the light soy sauce for less sodium.



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