



## EZ Eating Out Equation

### Step 3: Swap Out Sides (SOS)

$$LP + HIP + \textit{SOS} / 2 = \text{SUCCESS}$$

So now you've identified the lean protein, you've chosen a dish that's prepared the right way (from the many options above) and now you're into the final but no less crucial step. It's time to Swap Out Some Sides! Remember before how I recommended against asking a chef to completely change the way a meal was prepared for fear of making one angry chef?!? Well, in the instance of sides, I have NO PROBLEM asking for swaps....and either should you. Most of the time in a restaurant, all of the sides are prepared individually and stored separately. Because of this, it is not too much of an inconvenience to ask your waiter or waitress to sub out the buttered mashed potatoes from your Roasted Turkey Breast dish so you can get the jasmine rice that's offered with the Sesame Seared Tuna. All that's required is reaching into a different bowl when plating your final dish! For some reason however, people are reluctant to do this. Instead deciding to "take one for the team" and not only NOT LIKING their suggested side but actually ruining the entire nutritional value they had built to that point with Steps 1 and 2!

All it takes is a quick extra one to two minutes to scan through the rest of the menu (YES... even those dishes that you wrote off in the beginning based on the fact that they didn't include lean protein or were prepared in less healthy methods!) to seek out sides that you obviously like AND would fit the bill as healthy options to accompany your meal. Of course, when it comes to picking these sides the same rule of "Food Prep" that applied in step 2 applies here again.

That said, there's one extra qualifier that will really accelerate your "Eating Out SuXXess" here as well, and that's making sure to choose one starchy side and one vegetable. By doing this, and gleaning your carbs from both the starchy or simpler variety and the fibrous or more complex variety you'll further ensure that your blood sugar response to that meal is slow, sustained, and unlikely to cause any of the insulin spikes that would promptly drive the majority of that meal's calories to the safe shelter provided by your love handles!

So, this is again very easy. Look for starchy sides like baked potatoes, baked sweet potatoes, rices, quinoa, cous cous, bean salads, pasta (in controlled quantities of course) etc, and fibrous veggies like asparagus, grilled mixed vegetables, roasted peppers, mushrooms and onions, broccoli, cauliflower, squashes, zucchini, etc. The key again is that you want to quickly check the way these are prepared as well. Steamed Asparagus is GREAT!! Steamed Asparagus drenched in a Creamy Butter Sauce is TERRIBLE! Simply get the asparagus without the sauce and instead use some lemon and salt to taste and you've got a winner!

When you look at your final plate you should have created a nice little work of art....something you could submit to a food magazine for a cover shot. You should have a neatly divided plate with pretty much 1/3 of the plate covered in your lean protein, 1/3 of the plate covered in your starchy carb, and 1/3 of the plate occupied by your fibrous carb or vegetable. The closer you can get to making your plate resemble this...the faster you'll be able to get your AthLEAN body and the easier it will be to eat out anywhere, anytime, and with anybody (actually, scratch that last one...I take no responsibility for the enjoyment of your meal when sharing it with in-laws, first dates, business partners, etc!).

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Introduction

The Equation

Step 1: Lean Protein ( LP )

Step 2: How Its Prepared ( HIP )

Step 3: Swap Out Sides ( SOS )

Step 4: Divide Your Portions ( / 2 )

Step 5: Putting It All Together ( SUCCESS )

Sample Menu:

Applebee's Neighborhood Grill and Bar

Applebee's Menu Wrap-Up

Restaurant 'Quick Hitters'

AthLEAN 'To-Go' Please