

Sugar Freedom

by Catherine Gordon



*Discover the simplicity
of losing weight!*

Sugar Freedom Eating Out Guide

The Sugar Freedom One Page Eating Out Guide

The purpose of this guide is to help you navigate the real world. It can feel like a minefield out there, and allowing yourself to get too hungry can be a recipe for falling prey to the sugary, starchy, salty, processed foods that generate so much revenue for restaurants, fast food joints, and convenience stores.

Restaurant Dining:

This is probably the easiest aspect of doing Sugar Freedom outside of your own kitchen.

Choose meat, eggs, fish or poultry for your main dish.

Add a green salad with oil and vinegar dressing

Ask for extra vegetables instead of whatever starch or grain is being offered.

Tip: I bring my own celery, carrot, or zucchini sticks to eat while my husband and son enjoy the bread or chips that are usually offered.

I have found that these guidelines apply to all of the restaurants where we like to eat. Even Mexican, Chinese, and Italian restaurants have plenty of items on the menu that don't contain sugar and grains.

Fast Food Dining:

This is similar to restaurant dining with a few additional tips:

You may have to be willing to alter what they serve. For example at MacDonald's you could order two Egg McMuffins and toss the muffins.

In N Out Burger and Carls Jr. offer bun-less burgers that are wrapped in lettuce.

For me, Subway is the easiest choice because they offer salads which you can dress with oil and vinegar.

Finally, most of the fast food chains like Wendy's, Jack in the Box, and Burger King offer main dish salads. The dressings may not be ideal, and you may have to remove croutons, tortilla strips, or wontons, but you can get satisfying, trigger free foods from the drive thru.

At The Convenience Store:

Yes, it gets trickier here. One suggestion is to go to a grocery store for ready to eat items like fruit, nuts, cheeses, and sliced meats.

If you do find yourself at AM/PM or 7-11 with a "need to feed" I have found hard boiled eggs, cheeses, fruit, nuts, celery and carrot sticks, and even tuna in a pouch that's ready to eat in a hunger emergency.

Remember: No Sugar, No Grains, No Cravings

If you use your imagination you can get satisfied without getting triggered.