

Eating Out



You can eat out at any restaurant venue without getting derailed from your detoxification diet-lifestyle. While some restaurants will certainly be better options than others, if you are armed with a strategy, you can make consistent progress no matter where you are.

In this factsheet you will find solutions for restaurants ranging from fast-food chains to five-star venues.

While I certainly do not encourage frequenting low-end fast-food chains and dives, the reality is that this may still be an ingrained part of your lifestyle (perhaps because of your friends' or family's preferences). To cut you off completely from such eating establishments would be to exclude many people from this dieting program—which is not at all the point!

No matter what your current lifestyle, you have every reason to find success on an individually planned detoxification eating plan. My goal is to see as many of you succeed as possible—not just those with the lifestyle and financial means to get the highest-quality food easily. I firmly believe that, one day, this diet will be absolutely sustainable for all modern society. But to accomplish this, we need to step into the trenches of the fast-food chains and shopping centres and offer up some new ideas!

Having said this, those of you who are still eating at fast-food restaurants should consider revisiting the reasons why you find yourselves at these places and start to cut back on your fast-food intake. Ultimately, your goal will be to avoid these venues entirely, but in times of early transition, they will not interfere with your cleansing as long as you stick to the following guidelines.

TIPS FOR FAST-FOOD RESTAURANTS

While the Hungry Jacks' and McDonalds' of the world are not at the top of our desired venue list, you can always order a garden salad (lettuce, cucumbers, tomatoes, red onions, and carrots). If there is cheese sprinkled on the salad, remove it and do not use the dressing.

- I recommend carrying a container of your own dressing, such as the Liquid Gold Elixir. Alternatively, try to keep a lemon, stevia, and Celtic sea salt in your car or handbag for a quickfix dressing as these don't need refrigeration.
- Avoid all fried foods, packaged dressings, and softdrinks.
- You may want to order two salads so you don't walk away hungry.
- Keeping raw nuts, dried fruits, avocado, and bananas on hand is a perfect way to round out a salad from a fast food chain, as their salads tend to be a bit on the boring side! You could top the salad(s) with any of these treats.
- If you choose the nut/dried fruits option, you could enjoy a raw treat or a Lara bar for dessert.

- If you choose the avocado, you could have a couple of bananas and/or some dates for dessert.
- You could even keep some herbal tea and natural sweetener among your stash, since you can always get hot water for a comforting herbal tea!
- You could also squeeze lemon into your water with stevia on a hot day for some quick lemonade.

TIPS FOR OTHER CHAINS

Chains like Coffee Club, Sumo Salad, Montezuma's and Subway offer better options. Believe it or not, even a Level 1 could eat comfortably at these places by topping a garden salad with a scoop or two of guacamole or a sprinkling of nuts and dried fruits.

A Level 2 could order a garden salad as well as a plate of cooked seasonal vegetables or vegetarian fajitas (hold the tortilla, as it's probably made from white flour, and ask for extra guacamole instead).

A Level 3, 4, or 5 could enjoy a great dinner of grilled salmon or Spanish omelette (hold the rice pilaf, garlic toast, etc.) with seasonal vegetables. You can always order extra sides of vegetables and entree-size salads.

Do note, however, that the various salads at these kinds of chains are not ideal in their original form. For example, a Mexican salad may include tortilla strips, guacamole, chicken and cheese. You would have to order it with either the cheese/chicken or with the guacamole, but not both.

TIPS FOR STEAKHOUSES

Now you might think that a steakhouse would be a huge challenge. Not so! I have found that steakhouses, with their no-nonsense approach to food, are actually among the easiest places to get good, cleanly prepared dishes. In addition to making heaping raw salads, they usually have good steamed vegetables—like broccoli, spinach, and carrots. I like to order a side of barbeque sauce for dipping!

TIPS FOR UPSCALE RESTAURANTS

Upscale restaurants are very easy, as you can always get a good mixed greens salad (with goat cheese if desired) to start, and a great fish or egg and vegetable entree. For those of you who are vegan, vegetarian, or eating out at Level 1, you could order a steamed or light-oil sauteed vegetable entree.

When I do this, I order it with a large side of tomato-based sauce to pour over the vegetables to make it a really appealing, filling, and flavourful meal. When I go out to my favourite restaurant, I don't plan to eat an all-raw meal, which is what I often have at home. On such nights, I eat somewhere between Level 1 and 3. Having this kind of leeway has been very effective at enabling me to stick with this diet for so long.

ETHNIC RESTAURANTS: WHAT TO EAT & WHAT TO AVOID

What to eat at Chinese restaurants

- Steamed vegetables with steamed shrimp, boiled eggs or chicken
- Steamed vegetables with brown rice (with a small amount of plum sauce, if desired)

What to avoid at Chinese restaurants

- MSG
- Dumplings (white flour)
- Fried items
- White and fried rice
- Thick sauces
- Heavy meats (such as beef or pork, cheap cuts prepared in low-quality sauces)

What to eat at Japanese restaurants

- Avocado, cucumber, or other vegetarian roll
- Sashimi (no rice)
- Fish entree (no starch)
- Seaweed salad or house salad with ginger dressing
- Miso soup
- Japanese mixed vegetable plate
- Vegetable sukiyaki

What to avoid at Japanese restaurants

- Fish rolls (combining flesh protein with rice)
- Soy products (occasionally they are okay but should not be consumed with regularity)
- Tempura

What to eat at Italian restaurants

- Always begin with a mixed green salad with a natural vinaigrette
- Whole wheat pasta
- Marinara, puttanesca, tomato, or broth-based primavera sauces
- Grilled fish or other seafood
- Baked, grilled, or rotisserie chicken

- Vegetable plate (may contain some sauteed vegetables for extra flavour, but ask that only minimal amounts of oil are used)

What to avoid at Italian restaurants

- Cream sauces
- White pasta
- White bread
- Gnocchi
- Breaded meats
- Starchy sauces
- Very oily vegetables

What to eat at Indian, Thai, and Malaysian restaurants

- Curried vegetables or other low-oil vegetables
- Brown rice
- Any grilled, seared, or steamed seafood

What to avoid at Indian, Thai, and Malaysian restaurants

- Fried or battered dishes
- White rice
- Poorly combined dishes

What to eat at Middle Eastern restaurants

- Grilled vegetable kebab
- Baba ghanouj
- Whole wheat pita or vegetarian gyros
- Greek-style salad
- Tabouleh
- Hummus (for Levels 4 and 5)
- Grilled or seared fish or lamb

What to avoid at Middle Eastern restaurants

- Meat gyros
- Yoghurt
- Couscous
- Fried and battered dishes