

# DAY 6

SPECIAL ORDERING



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## *Special Ordering*

**Doing the 21-Day Slimdown would be a lot easier if you spent all your time inside your house.** But in this day and age, most of us eat away from home an average of four times per week. We spend 40 percent of our monthly food budgets at restaurants. Obviously, you've got to learn to deal with restaurant food and make the food fit into your program or you're not going to succeed.

**Restaurants have a way of loading up food with fat.** Even some restaurants that offer menus with items that read "healthy heart" or "lite" on them can be misleading. When waiters tell you the cooks use only "a little oil" on the food, you need to be skeptical. It's likely the cooks are in the kitchen drowning the food in oil. They may have marinated their meats in oil and cooked all their vegetables with butter.

**Regardless of what type of restaurant you are in, you can make yourself a low-fat meal.** Wherever you are, it's possible to create what I call the North Plate – an order of protein (usually grilled chicken or fish), a starchy carb (perhaps brown rice or a potato dish) and a fibrous vegetable. You can also get a variety of condiments and sauces at the restaurant to enhance the flavor. The truth is, you can put together a North Plate at any greasy spoon in town.

**First, look the menu over very carefully to see what foods the restaurant has available.** Let's take a burger restaurant for example. They should have lots of lettuce and tomato to dress up the hamburger. All right, there's your fibrous vegetable. They make french fries from potatoes, so ask very politely if they might have an extra baked potato lying around. Okay, you've got your starchy carb. There is almost always a chicken sandwich on the menu. Order that plain (with no mayonnaise and, if you can handle it, with no bread), and there's your protein.

**If you are in a place that serves only fried chicken, then pull off the skin.** You won't be getting out all the greasy fat that comes with fried foods, but at least you're somewhat ahead of the game. If they have nothing but hamburgers, then order a hamburger and not a cheeseburger.

**Do you see how little substitutions can help you?** If you went to a Mexican restaurant and simply ordered grilled chicken fajitas without oil or butter, pico de gallo instead of sour cream, tomato and lettuce instead of cheese, corn tortillas instead of flour tortillas and extra green and red sauce instead of guacamole, the savings would be enormous. You could keep well over 1,000 calories out of your body – at least half of those calories being fat calories.

**Don't ever make the mistake so many people do, which is thinking that cutting back a little item here or there from a high-fat meal isn't going to do much.** Over time, it will save you a lot of pounds.



## HOW TO PLACE A SPECIAL ORDER

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**The Restaurant Guide is devoted to specific low-fat dishes you can order at different types of restaurants.** If you're going to a cafeteria or steak house or even a Chinese restaurant, this section (along with this program's Restaurant Guide) will show you what to order. It will also give you an array of techniques when ordering to make sure the kitchen keeps the fat out of your food.

**As you get started on this program, I want you to initially focus on a few easy guidelines.** All you need is a little knowledge and a little confidence, and restaurants will give you the kind of low-fat meal you want. You're not going to catch every high-fat slip the restaurant makes, of course. But through some simple requests, you can eliminate the equivalent of one shot glass full of cooking oil, another of melted butter, another of salad dressing, and another full of sugar. That's a lot of fat calories you're knocking out of your diet, especially if you eat out a lot!

## I WANT YOU TO GO OUT AND HAVE A MEAL AT A RESTAURANT, AND WHEN YOU DO, FOLLOW THESE EASY SUGGESTIONS:

- 1** **Ask that your entree (fish, chicken or beef) be grilled with no oil.**  
That's all you have to say: "Would you cook it with no oil?" You would not believe how many hundreds of fat calories you keep out of your body just by doing that.
- 2** **If you think meat cooked in such a way won't be tasty enough, then order a sauce on the side for flavor.** But do not, I repeat, do not spear your food first and then dip it in dressing. In that case, your food will be slathered with calories. Instead, dip your fork in the sauce and then spear your food. That gives you enough of the flavor you need without getting too many calories. Do the same thing if you are putting salad dressing on your salad.
- 3** **Ask for vegetables that are steamed, boiled or sauteed in water.**  
Again, say to the waiter, "Could you make sure the vegetables are not cooked in oil or butter?"
- 4** **Ask the waiter to remove any pre-meal temptations, such as butter, bread, crackers or tortilla chips.** A pre-meal roll with butter is the equivalent of a couple of orders of vegetables.
- 5** **Finally, be specific about these requests.** You will never feel worse than when you order what you think is a low-fat dish and learn later that it is loaded with fat. For example, you sit down for breakfast in a restaurant and proudly ask for an egg white omelette without cheese. But because you forgot to ask that no oil or butter be used, that omelette could come out swimming in fat. If you'd special ordered it, you would have brought the fat content of that omelette down to almost zero.
- 6** **If they mess up, don't fret.** You tried.

## YOUR DAY 6 EATING GUIDE

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**Since we're focusing today on special ordering at restaurants, all five meals are designed to help you at restaurants.** I'm not saying to go out and eat every meal at a restaurant today, but depending on what time you are out at a restaurant, here are examples of meals to order. Obviously, when you're at home today, choose meals from the selection I have already given you from the previous five days.

MEAL	EATING GUIDE
BREAKFAST	Go to a restaurant and order an egg white omelette cooked without oil, butter or cheese (include a variety of vegetables in the omelette). Add either dry toast or dry English muffin and a bowl of oatmeal topped with berries or raisins. Ask for a few wedges of lemon or lime with your meal. Squeezing juice on your food adds flavor and satisfaction.
LUNCH	Load up on vegetables at a salad bar, but avoid croutons, shredded cheddar cheese, bacon bits and any of the creamier salads like potato salad or macaroni salad, which can contain an astonishing 9 grams of fat per ¼ cup. Also avoid the creamy cold pasta, which is usually soaked in oil and, of course, the high-fat dressings.
SNACK	Drop by a convenience store and grab a piece of fruit or a bag of pretzels.
DINNER	Go Italian. Order a pasta with either marinara or wine sauce, ask for plain bread instead of garlic bread and order a salad with your dressing on the side. If you want a pizza, ask that it come with no cheese and add a variety of vegetable toppings for flavor. If you really want to be good, ask if they'll make the pizza crust oil-free.
SNACK	Try a non-fat yogurt at a yogurt or ice cream shop. Try to get yogurt that is less than 1 gram of fat per cup.

## YOUR DAY 6 WORKOUT

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**Complete five 60-Second Workouts.** Include at least one stretching workout.



## EVENING PEP TALK

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**Some of you have told me it's hard for you to work up the courage to special order.** You say you get a little embarrassed in front of the waiter or the people you're eating with, and so you say nothing. I've seen hard-driving businessmen and women – tough negotiators at the conference table – turn completely passive at a restaurant table.

**I have spoken to restaurant associations around the country.** I know restaurant owners want to keep you as a customer. If you order food to be cooked a low-fat way and it comes out too high in fat, nine times out of ten the restaurant will send the food back to be re-done. The manager and waiter want to make sure that you get what you have ordered. I've even gone to major banquets where all the food is fixed the same, and I've grabbed one of the people who work there and said, "Excuse me. I'm on a special eating program. Will you help me out here?" And in the middle of those banquets, they bring me what I ask for.

**Special ordering at restaurants will soon be second nature for you.** But until then, one good way to beat the psychological barrier you might be feeling is to call the restaurant in advance and ask about the low-fat, non-oil dishes you could order that evening. During the 21-Day Slimdown, dining in restaurants can be as much fun as ever. And what will make it especially fun for you is that you can realize how much good food you can eat and walk away from the table knowing your program hasn't been sabotaged by a high-fat meal. It's an empowering feeling to know that you control what you eat, rather than letting someone else control you.





## Slimdown Tip:

### *Don't Forget Water*

**A terrific secret to a better body is getting lots of water in it – as much as eight to ten glasses of water per day.** Half of your body weight is composed of water, and each day your body naturally loses up to 12 cups of water. Replacing that water and keeping it circulating through your system is a secret weapon for better health because it helps wash out toxic waste and helps supply oxygen and nutrients to your muscles and organs.

**Water is also very important for weight loss.** It takes up a lot of room in the stomach, which keeps excessive hunger at bay. Most significantly, if you aren't drinking enough water, your body will sometimes misinterpret its own thirst as a food craving. Experts say your hunger pains are often our body's request for more water. The next time you want to eat between meals, try drinking water. You may find that water is just the thing to quench your hunger as well as your thirst.