

RESTAURANT GUIDE

THE 21-DAY SLIMDOWN PROGRAM



EATING OUT ADVISOR

Since many Americans eat out several times a week, it's important to be able to stick to the program in restaurants. The good news is that you can order a 21-Day Slimdown meal in virtually any restaurant once you know how. Eating out can be an art form, and once you're good at it, it ensures success for life!



- 1 READ THE ENTIRE MENU CAREFULLY.** You'll probably see all the ingredients you need to create a 21-Day Slimdown meal. An Italian restaurant, for example, will likely have a variety of shrimp and fish. They may have spinach for Florentine or ravioli, and virtually all Italian restaurants have marinara sauce. Politely request broiled red snapper with steamed spinach and marinara. Voila! You have a healthy, low-fat meal.
- 2 BE FRIENDLY.** Establish a rapport with your server. In the restaurant business, they want to please you and want you to return. They should have no problem catering to people on special diets (as long as you're polite).
- 3 KNOW WHAT YOU WANT.** Plan your order before you place it.
- 4 ORDER LAST.** Until you're a professional restaurant-goer, try to be the last person at the table to order. This way you won't hold up the rest of the table. When it's your turn, gesture the waiter to your side of the table so you don't have to shout.
- 5 SAY IT AGAIN.** Have your server repeat what you've ordered back to you. This ensures they've taken your order correctly.
- 6 BEWARE OF FREE FOOD.** Fried tortilla chips at a Mexican restaurant can have up to 1 gram of fat per chip. The bread served at Italian restaurants can have up to 800 calories per loaf.
- 7 SEND IT BACK.** If you feel they've gotten your order wrong, don't hesitate to send it back until they get it right. You should never be intimidated into eating a fattening meal.
- 8 REWARD THEM.** If the restaurant does a good job with your meal, tip them well. Try to keep mental notes of the restaurants that accommodate special orders.

GREASY SPOON

It may sound crazy, but you can even order a 21-Day Slimdown meal at a greasy spoon. Just remember, the key to getting the kind of meal you want at a truck stop is to be extra friendly.

EAT

- * Oatmeal (without cream)
- * Grits (no butter)
- * Green salad with the dressing on the side
- * Hard-boiled eggs (discard the yolks)
- * Grilled chicken sandwich (no mayonnaise)
- * Turkey breast sandwich on whole wheat bread
- * Scrambled egg whites (no cooking spray, oil or butter)
- * Egg white omelet (no cooking spray, oil or butter)

REDUCE

- * Burgers
- * Fries
- * Whole eggs
- * Bacon
- * Sausage
- * Mayonnaise
- * Creamy coleslaw
- * Butter
- * Anything deep-fried

HOW TO TELL IF THERE'S OIL IN YOUR FOOD

Occasionally, some restaurants will tell you there's no way to cook a particular dish without oil. This simply isn't true. If you suspect there's been oil added to your food, there's a few simple ways to check. First of all, you can just touch it. If it feels greasy and that feeling doesn't evaporate from your hand immediately, there's probably oil in it. You can also try touching your food with a napkin to see if it leaves a greasy spot. Finally, touch your plate to see if it feels greasy.

MEXICAN

Mexican restaurants have plenty of options for a 21-Day Slimdown meal. You just have to avoid some pitfalls. Fried tortilla chips can have 1 gram of fat per chip. Ask the server to replace them with unfried tortillas (about 50 calories each) and salsa. Also, beware of rice dishes with added oil. Try to order whole beans instead of refried beans. An example of a good Mexican meal would be chicken enchiladas (minus the cheese) with spinach, green tomatillo sauce and whole beans on the side.

EAT

- * Grilled fish marinated in lemon or lime juice
- * Unfried corn tortillas
- * Chicken fajitas grilled in lemon or lime juice
- * Chicken enchiladas (white meat only) without cheese or cream sauce
- * Whole beans
- * Pico de gallo
- * Fresh vegetable soups
- * Skinless chicken grilled in lemon or lime juice
- * Tossed green salad with the dressing on the side
- * Corn tortillas
- * Rice without butter or oil
- * Steamed vegetables
- * Ceviche (fresh fish marinated in lime juice and vinegar) without oil

REDUCE

- * Guacamole
- * Cheese
- * Cream sauces
- * Sour cream
- * Fried tortilla chips
- * Refried beans
- * Fatty meat (always ask that your steak or other cuts of meat be trimmed of fat before cooking)
- * Oil
- * Mexican pizza
- * Nachos
- * Ground meat (usually found in tacos)
- * Anything deep-fried
- * Flour tortillas



CHINESE

Chinese restaurants can be one of your best bets in terms of ordering a 21-Day Slimdown meal. When you look over the menu, you'll usually see a wide variety of seafood, white meat chicken dishes and vegetables. The main secret is getting everything steamed with no oil whatsoever. Order sauces on the side and dip your fork into the sauce before you spear your food. This adds flavor with minimum fat. Also try fat-free condiments like hoisin sauce, duck sauce, sweet and sour sauce, oyster sauce and sweet mustard, but don't go overboard. Some of these sauces still contain a lot of sugar.

EAT

- * Moo Goo Gai Pan with sauce on the side
- * Fresh or steamed vegetables
- * Baked or steamed fish
- * White meat chicken in dishes
- * Sliced meat (request this instead of dark meat chicken)
- * Steamed rice
- * Broth-based soup with vegetables
- * Salads with vegetables
- * Chicken and vegetables stir-fried in broth or water
- * Steamed or grilled tofu (not fried)

REDUCE

- * Egg rolls
- * Egg dishes
- * Nuts
- * Beef
- * Pork
- * Duck (an average 3½-ounce serving of Peking duck contains 30 grams of fat!)
- * Fried vegetables
- * Fried noodles
- * Sweet, syrupy sauces
- * Batter-fried dishes
- * Fried fish
- * Fried rice



FAST FOOD

Statistics show people trying to get lean don't eat at fast food restaurants. That is why most of them don't offer much in the way of low-fat food. I don't generally recommend a vegetarian diet, but if you're eating fast food, a salad and baked potato is probably your best bet. If you're eating Mexican fast food, try a low-fat bean burrito. And, if you just have to have that burger, get it with mustard or ketchup, a salad and a diet soda.

EAT

- * Baked potato
- * Skinless grilled chicken sandwich
- * Lettuce and tomato
- * Salad with the dressing on the side
- * Mustard
- * Salsa instead of sour cream on your potato
- * Lemon juice
- * Diet soda

REDUCE

- * Burgers
- * Chicken nuggets (a single chicken nugget contains an entire teaspoon of fat)
- * Fried chicken
- * Regular chicken sandwiches (they usually contain as much fat as hamburgers)
- * Mashed potatoes
- * French fries
- * Onion rings
- * Sodas
- * Anything fried
- * Breakfast sausages
- * Cheese
- * Fried fish
- * Fruit desserts
- * Mayonnaise
- * Salt
- * Salad dressings



STEAK HOUSE

Steak houses are great places to find a 21-Day Slimdown meal because they always have plenty of carbs, proteins and fibrous vegetables on the menu. Keep in mind, though, that they often dip chicken and other meat in butter before grilling. Remember to request that your meat be grilled plain.

A perfect steak house meal would be the fillet (grilled without butter), a plain baked potato and a dinner salad with the dressing on the side. Steak sauce, mustard and Worcestershire sauce are all fine too.

EAT

- * Small (i.e. 6 ounces) portion of filet mignon (butterflied)
- * Lean cuts of steak
- * Skinless chicken grilled without butter or oil
- * Shrimp grilled without butter or oil
- * Lobster with lemon juice (not drowned in butter!)
- * Dinner salad with the dressing on the side
- * Baked potato with yogurt or Dijon mustard
- * Soups (exclude cream and meat-based soups)
- * Steamed vegetables
- * Game meats such venison, ostrich and sometimes buffalo (buffalo can be high in fat)
- * Pork tenderloin
- * Plain rice

REDUCE

- * Fatty cuts of meat
- * Dinner rolls (just one roll with butter adds about 150 calories to your meal)
- * High-fat salad bar items like bacon bits, cheese and croutons
- * Potatoes au gratin
- * French fries
- * Sour cream
- * Butter
- * Sauteed vegetables
- * Mayonnaise
- * Blue cheese dressing
- * Salt
- * Rich desserts
- * Fried appetizers

FRENCH

Most French restaurants fall into the category of upscale dining. When you're paying a premium, you can get the food prepared however you like. Keep in mind the French take great pride in the taste and presentation of their food, so don't be surprised if you're met with a bit of tension when special ordering.

Most upscale restaurants request reservations, so try clearing special orders when you make the reservation. This eliminates any problems at the table, and you can have what you want without having to special order for a change.



EAT

- * Egg white omelet
- * Fillet of sole
- * Poached sea bass
- * Trout
- * Bay scallops
- * Grilled fish
- * Salad with the dressing on the side
- * Steamed vegetables
- * Light wine-based sauces (on the side)
- * Lemon juice instead of salad dressing

REDUCE

- * Hollandaise sauce
- * Escargot (usually served swimming in butter)
- * Cream-based sauces
- * Vegetables sautéed in butter
- * Pâté
- * Duck
- * Sautéed dishes
- * Foie gras
- * Butter
- * Salt
- * Anything fried or sautéed
- * Beurre blanc or butter-based sauces

ITALIAN

Italian restaurants love to use olive oil. Though it's a comparatively healthy oil, it still contains 13 grams of fat per teaspoon and won't help you get lean. Look out for vegetables and meat grilled with olive oil, and request that your pasta be boiled in oil-free water. Since pasta is a processed food (and therefore calorically dense), try to eat moderate portions of it. An example of a good meal in an Italian restaurant would be a half order of pasta with grilled chicken and a Caesar salad with the dressing on the side.



EAT

- * Grilled portobello mushrooms with balsamic vinegar and garlic (no oil)
- * Grilled shrimp (no oil) with oil-free sauce on the side
- * Grilled chicken Caesar salad with dressing on the side and no croutons
- * Baked potato
- * Skinless chicken in a light wine sauce
- * Tossed green salad with dressing on the side
- * Grilled vegetable plate (no oil) with sauce on the side
- * Vegetable stuffed peppers
- * Pasta with grilled chicken and vegetables (no oil)
- * Steamed vegetables
- * Pizza with your favorite vegetables (no cheese or just half the usual amount of cheese) and grilled chicken or shrimp

REDUCE

- * Cream sauces
- * Fatty meats like pepperoni, sausage and prosciutto
- * Anything breaded or fried like veal or eggplant
- * White breads
- * Olive oil
- * Olives (both black and green)
- * Garlic bread
- * Plain pasta that's been cooked with oil
- * Pizza (except as previously described)
- * Lasagna
- * Artichoke hearts soaked in oil

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. In the bottom right corner, there is a small, faint watermark that reads "twinkl.com". The background of the paper features a subtle, light gray pattern of radiating lines, giving it a sunburst-like appearance.

ABOUT LARRY NORTH

Larry North was born in New York and raised in Dallas, Texas. In 1981, he started his first business at age 20. His media career started shortly after that by arriving on talk radio where he performed for over 25 years. Shortly after, his best-selling infomercial became one of the most popular weight loss infomercials ever. Three books, a chain of health clubs, and thousands of TV appearances and live presentations in the U.S. and abroad have turned Larry North into a household name in fitness, weight loss, and health. He continues to spread his motivational messages and wisdom to dozens of fortune 500 companies and just about anyone who will listen. He can make you laugh, touch your heart, and more importantly connect with you in a way that makes you want to Change Your Body and Your Life!!!!

Larry North has been a pioneer in helping hundreds of thousands of people learn how to effectively lose weight for close to three decades. He has accomplished this through his bestselling books, radio shows, gyms, global seminars, television appearances and his award-winning show the SLIM DOWN NATION. Larry was one of the first to show you how to eat your way to a beautiful body vs. dieting and starving yourself.

Participants in Larry's program have lost up to hundreds of pounds and have kept the weight off for 5, 10 or 15 years or longer. These people are no different than you. The only difference is these people chose to make a change in their lives. If you love to eat, then you will love Larry's program - it is a food lover's guide to weight loss! On this program, you eat more delicious, satisfying food than you ever imagined you could eat, while losing more weight than you ever thought possible. Larry shows you how to create the ideal muscle-building, fat-burning and great-tasting meal to help ignite your metabolism and help turn your body into a fat-burning machine. No awful prepackaged food, cottage cheese and carrot sticks, crazy fasts and starvation diets!!! On this program, you will eat real food for real people - and lots of it! Larry North Slimdown Nation will help you lose weight and keep it off, and the best part is you will discover a healthier, happier, more satisfying life!

