



# The Mindful Eating Method

## Natural, Healthy and Pleasurable Weight Loss

### Guidance for Dining Out!

One of the more challenging experiences when overcoming overeating is going out to eat. The excitement and the variety of food choices often lead to eating beyond satisfaction. However, you can absolutely get to your ideal weight even when dining out, and there are some tricks that will help you stay on track with eating in alliance with your body.

Here are the keys to staying focused on your weight release goals while dining:

1. Review Eating in Alliance Keys before the meal and share with your meal companion if appropriate for support
2. Review your leverage of the mind list so that you have your mind on your team (aka untamed mind silenced)
3. When you are at a 1, and bread arrives at the table, you're likely to want to eat some. And you can, however keep in mind that your entrée is going to taste 10 times better at a 1 than it will if you start at a 2 or 3 because the bread fills you up!
4. Eat with your non dominant hand
5. Ask for a "to go" carton and put half of your meal in it so that you know you get to have the rest later or the next day
6. If food is on your plate and you are tempted to eat it, but don't want to take it home, salt it heavily so that the option is removed
7. Make it a game to eat as slooooooowly as possible
8. Drink a giant glass of water after you hit your stage 5 if you still feel like snacking
9. Put your fork down between every single bite
10. Ask yourself, is this food choice a "yes" for my body
11. Remind yourself you get to eat delicious foods for the rest of your life, so there is no urgency to eat more
12. Ask for your meal "your way" so you get exactly what you want
13. Suggest splitting the entrée with your companion and having salads first
14. Drink water throughout the meal
15. If your companion is a slow eater, mimic their pace
16. If your companion is a fast eater, don't mimic their pace
17. Have extra vegetables which definitely fill you up, if you're still grazing and not truly hungry
18. If you're still hungry and want dessert, be sure to share and eat just what you need
19. Acknowledge how great you did at the end of the meal!
20. Remember that alcohol slows your metabolism down, so moderation is key!