Tips For Success (Excerpts from The Forever Fat Burner):

Tips for eating out

It is important to plan and prepare before eating out. Determine how many servings of each food group you have eaten that day and to research the restaurant menu, online, to see if healthy options are available to you. Call ahead and ask if food preparation can be altered to meet your needs.

When ordering meat, fish or poultry, ask to have it grilled with a non-vegetable oil and request more healthy options (olive oil, avocado, coconut, sesame, etc.). Avoid fried, breaded foods. Pass on any potatoes, pasta or starchy dishes and opt for steamed or grilled vegetables instead. When ordering a salad, omit the croutons, tortilla chips, beans, corn, and cheese. Ask for the dressing on the side and eyeball about two tablespoons in your application. Vinaigrettes are usually the safest bet. Always pass on the bread bowl or chips and salsa and let your waitress know ahead of time as a courtesy.

If you need a munchie before you food arrives, order a grilled vegetable appetizer, a shellfish (i.e., muscles) or any other allowed food on the Allowed Foods list. Save a glass of wine for after your meal in place of a desert. Or, you can have a cup of coffee. Make sure you load up on water before dining out and fill up on a fibrous snack so that you are not famished when you arrive at the restaurant and start attacking the bread bowl.

When Attending Special Events, Dinners, and Parties

Again, it is important to prepare yourself mentally before you arrive at any party. Think about your progress and what you have accomplished. Have you lost weight? Is your digestion better? Do you feel less bloated? Do you have more energy? Do your joints hurt less? Also, always have your “why” in mind. You have chosen to make this enormous step toward ultimate health and fitness for a reason, and this reason must always be at the forefront of your mind so that when you are offered birthday cake at the next party, you may respond appropriately.
You may be thinking to yourself, “But what if I offend my friends and family by turning down their homemade devil's food cake?” This question is a valid one. Think about it from a new perspective. Do friends and family care about you and your health? They should! Do your closest friends and relatives know your intention to become the healthiest version of yourself? They should! It is important to make this known to them before the invitation to a party.

When the time comes for you to attend the party or dinner, have the food choices that you can have, in mind. Know how many servings of each food category you have left for the day and how many cheats you can have and save some room for the event you are attending. You do not need to have a little bit of everything served because “someone made it with love.” If they care about you and your health, they will know why you are working toward staying on track and will support you in your efforts.

**What to do With “Food Pushers"**

There will be the food pushers in your life that say things such as, “Oh come on! A little cake isn’t going to hurt you!” You will need to prepare by formulating a response ahead of time. For example, if your "why" is to decrease inflammation in your body, and improve your blood glucose levels, you may respond by saying, “Thank you for your offer. The cake looks incredible; however, if I am going to enjoy many more parties in my future, I need to stay on track with my health and my choices, now.” Or, you can try, “Thank you for the kind gesture. Your food looks like it belongs in a magazine! However, when I eat [x] I don’t feel as vital the next day, so I am going to have to pass.”

Before you attend an event, make sure your mental focus is on how you will feel later after having food that isn’t a “vitality promoter” and focus on why you have chosen to eat clean. Think about how you will feel an hour after you eat the cake or how you may feel for the rest of the week. Ask yourself how you got to be overweight, have high blood pressure, have sore joints, feel lethargic or less focused, in the first place. Did it happen overnight? No! Your health conditions or your weight occurred slowly, over time, one food choice at a time. Likewise, your turnaround will only happen one food choice at a time. With this in mind, ask yourself, “Is this one dinner; this one party; this one meal worth the risk of derailing me from my momentum? Is this piece of cake worth feeling bloated afterward and noting that my scale has gone up a bit in the morning? Is it worth having sore joints tomorrow?” I’ll leave the answer to these questions
up to you. But, trust me, if you are serious about your health, you will find ways to say “no” to the “food pushers” in your life. When you are serious about your goals, there is no piece of cake will ever amount to the way you feel when your health is on track or when you no longer have to sausage squeeze yourself into your pants!!

What if I Cheat or “Get Off Track”?

Now, does preparing for parties and standing up to Food Pushers mean you should torture yourself and never have the foods you love? Well, there are several ways for me to answer that. The natural progression of optimum nutrition will eventually lead you to a loss of cravings, overall. You will crave less sugar over time. Foods that once brought you “joy” may start to bring you pain as you become more in tune to your body. In other words: you will start to prefer the way vegetables make you feel over a pop tart. In fact, you will feel a bit sick when you think about eating any processed food. The newfound aversion is a natural consequence of choosing to clean up eating habits.

If you haven’t picked up on it already, you should know that this diet plan is not about depriving yourself. You are allowed your daily cheats, in moderation, if you choose to have them. However, every once and a while you may want to have a sweet dessert. That’s fine! Plan for these days, so you are not unprepared. I know I say this a lot, but preparation is your key to success!

Plan on having that fancy desert, every once and a while; but NOT regularly, and make sure you track your calories that day so that you factor the “fun” food into your caloric requirements. Think of it as a food budget. If you know you want to have a 500 calorie piece of pie, and your “budget” provides 1,300 to 1,500 calories of food, then you know you can “spend” 1,000 calories of food in addition to your “fun” food. But, here’s the catch: opt for foods that reasonably follow your plan. For example, a flourless chocolate cake or pumpkin pie without the crust and whip cream. Avoid the foods that will cause you pain or inflammation (i.e., grains, dairy, allergens, too much sugar, etc.).

Make sure the serving size is reasonable and don’t opt for seconds! Another tip is to opt for a fruit bowl with homemade chocolate syrup. You don’t need the shortcake with your bowl full of
strawberries. Instead, add a dollop of whip cream, and voila! You have a treat that won’t break your calorie “bank.” And, most importantly, make your occasional “fun” WORTH IT!!! Make sure it is decadent and something you love, not a processed boxed treat that you feel guilted into trying. Eat it very slowly and ENJOY it! You don’t want guilt associated with something that is ok to do every once and a while. That is why planning is so important, so you know what to expect, and you can enjoy the food without the guilt. Trust me. You will thank me the next day. Trust me.

It also helps to eat something fibrous to fill you up (i.e., apple, a Keto Coffee or my smoothie recipe), before attending a party or gathering. You don’t want to stand near the hors d'oeuvres table on an empty stomach. Also, drink all of your body weight in ounces of water on the days you are attending an event to keep you full, satisfied and hydrated.

Now, what do you do if you fell off the wagon and are desperate for a reboot? Follow the bonus tips below for an easy, non-painful way to get refocused. But, whatever you do, please do not continue to eat the same way, the next day. Get back on your horse and continue back on the path toward your optimum health. Whatever you do, DON’T BEAT YOURSELF UP! We are all human and will make choices we regret from time to time; but, we always have the ability to turn it around and make tomorrow a better day.

Make It Count

Find motivators that are sustainable and relevant to you. For example, do you have active children that you want to be able to keep up with and play outside with; but, currently, you are too tired or too out of shape to do so? Do you have high cholesterol or blood pressure and you want to avoid all of the complications of heart disease or an early death? Do you want to have clearer thought processes because you are often unfocused and distracted? Do you want to sleep better because you often wake unrested? Do you want to try new sports but feel too out of shape? Do you want to be able to wear the size that will make you beam with pride when you put on those special pants? Do you want to reverse a disease process that has limited your optimism? Do you want more flexibility and obtain functional strength for daily tasks for as long as you are on this earth? Do you want to be able to travel, hike, bike and enjoy new places without feeling out of breath? Do you want to feel more confident in a bathing suit or naked?
Only you know what will motivate you as your *why*. *Write it down.* Then, when you get frustrated, or you feel like getting off track, you have something to come back to, a focus point. So, before starting a new nutrition or fitness program, write these things down, now! Keep them somewhere in your home where you can review them regularly — on your nightstand, the refrigerator, in a page of your journal, on your phone, etc. But, please, do NOT jump into any new health habit without first knowing *why* it is important to you.

**Supercharge your health. Satisfy your soul. Simplify your lifestyle.**

*Write down your top three “Why” reasons, on a 3x5 card, NOW! Do not move on until you have completed this assignment.* Once you have achieved this, then get ready! You are about to embark on the best-kept secret of weight loss: strengthening your mindset.

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