

TOP 10 DINING REQUESTS or Simple Solutions to a Better Evening Outcome:

- Best not to arrive starving. Know what you want BEFORE you get there. (Look at the on-line menu)
- “No thanks” on the bread.
- Keep the alcohol to 1 glass of wine or less.
- Omit the rice, pasta or potatoes & ask for the non-starchy veg portion to be doubled or tripled, especially if it’s rice, or pasta. I’ll still get the potatoes sometimes (especially if they’re BLUE or PURPLE), or ask for sweet potatoes, or squash if I desire the carbs.
- Ask HOW the vegetables are cooked. Did you know that a lot of the time they are deep fat flash-fried? E-hem.... Don’t do it! Ask for 100% olive oil or butter to be used in cooking.
- Always have a salad starter (without a creamy dressing), or as a main with a nice wild protein on top (grilled salmon, chicken or steak).
- If you can’t ensure your meat or poultry is organic and grass fed, opt for the leanest cut! Toxins and excess hormones get stored in fat. We don’t need that.
- Ask for extra veg & fresh HERBS on salads because my idea of a great salad is not solely 2-3 ingredients. Plus, those herbs will protect your body from the undue cellular oxidation from cooking ingredients at high temps, which cooks notoriously do!
- If you must have dessert, split it 4-8 ways and have a taste. That most of the time is all we really want.
- If you feel you have blown in. Learn what, why and how. Deep breath. And tell yourself, “Begin again.”