



RESTAURANT FOOD SWAP CHEAT SHEET

Eat Out. Stay Lean. No Awkwardness Required.

⚡ THE GOAL

Stay on track with your weight loss goals —without feeling restricted or out of place.

🍝 ITALIAN RESTAURANTS

Swap This → For This

🍝 Creamy pasta (Alfredo, Carbonara)
→ Grilled chicken or shrimp with marinara

🍞 Bread basket overload
→ One piece or skip + start with salad
🧀 Heavy cheese dishes
→ Protein-focused meals + vegetables

🌮 MEXICAN RESTAURANTS

Swap This → For This

🌮 Burritos (rice + beans)
→ Burrito bowl + extra protein + veggies
🧀 Chips & queso
→ Salsa + minimal chips (or skip)
🌮 Fried tacos
→ Grilled tacos or lettuce wraps

🥩 STEAKHOUSES

Swap This → For This

🥩 Ribeye with butter
→ Lean cuts (sirloin or filet)
🥔 Loaded mashed potatoes
→ Steamed veggies or side salad
🥬 Creamed spinach
→ Plain or lightly seasoned greens

🧠 SIMPLE RULES (ANYWHERE)

1. Protein comes first in every meal
2. Ask for sauces/dressings on the side
3. Choose grilled or baked over fried
4. Skip liquid calories when possible
5. Eat slow → stop when satisfied

🏆 FINAL REMINDER

You don't need perfect choices — just better ones.

Order smarter. Stay consistent. Get results.