

Eating out/ordering out tips:

- **Asian**- stir fry and skip the rice, poke fish bowls w veg or zoodles instead of rice
- **Sushi**-Go sashimi and salads and enjoy specialties like roasted Hamachi Kama
- **Indian**-Curry w protein and veg, spicy please! Skip the rice and bread
- **Salads** w veg and topped w protein and cheese-skip the croutons
- **Latin**-Fajitas, carnitas, ceviche, guacamole or salads skip the tortillas and chips, enjoy protein Spanish tapas plates
- **Italian**-Protein of any kind except breaded and add veg, skip the pasta
- **Seafood**- Any fish, shrimp-non breaded w veg and enjoy the non sugary sauces
- **BBQ**- Any meats, slaw, green veg and skip the sweet sauces, mac and cheese and rice
- Try to identify what's MOLO- "It's SO Molo!" Be brave and ask to not have bread or chips on the table

Travel like a rockstar!

- Start out on trips with prepped fresh foods/salads, veg bites, proteins, meat chunks, natural meat sticks, protein bars, cheeses, nuts, olives, pickles etc.
- Have on hand different sized cooler bags/totes and disposable cool bags
- Develop a travel kit in clear zipper bags-real utensils, prep knives, serve spoons, boards, plates, bowls
- Take along a travel spice pack/condiments/dressings with the family favs
- Have a plan for left-overs or discard paper products
- Plan for picnics instead of fast foods
- Know what to eat in a gas station like bodied eggs, nuts, organic chips, cheese sticks, sparkling waters, green apples, use their condiments
- Plan on buying foods at a farmers market or grocery for tailgating or picnics