



MUMMA'S OWN

BONUS SECTION

EATING OUT

www.mummasown.com



TIPS ON EATING OUT

This is where most eating plans come undone, what do you do when you're going out for dinner or catching up with friends.

It's at this point you have to make the choice as to how you handle things and part of this will probably depend on where you are in the program.

I generally recommend that during the 6 week program you stick as closely to the plan as you can and really, if possible avoid going out to eat BUT if you can't...

Have some input as to where you eat.

In today's food climate there's so many healthy dining options you can choose from, which cater for gluten free or paleo style diets.

If you don't have control over the restaurant then the best thing you can do is make a wise choice. Go for a salad with dressings on the side, steamed vegetables, clean protein such as a steak, some grilled chicken or a lovely piece of seafood.

Avoid the fried, fatty, high carbohydrate foods such as creamy pastas, schnitzels, fried seafood etc. Also avoid alcohol or at least keep it to a minimum and stick to still or sparkling water instead.

The most important thing to remember is that there's a time where you need to be strict and there's a time where it becomes more lifestyle driven. If you can't stick to it sometimes that's okay as long as you go back to your healthy eating plan as soon as you can.

So welcome to The Mumma's Own Ultimate 6 Week Gut Reset Program, we know you're going to feel great and love it.

