

Going Out Guide

In an ideal world, all restaurants would serve grass-fed beef, pastured bacon and eggs, organic veggies, and would sautee and fry everything in pastured lard, butter or coconut oil. I'm workin' on spreading the word on these real, healthy foods, but in the meantime, what should you avoid?

What's safe to eat in restaurants?

If you can, check out restaurants prior to going. Scope out farm to table

restaurants, see if there is grass-fed meat or wild seafood on the menu. If not, don't stress too much. Going out to dinner is part of a happy, fun life. Just do the best you can.

That being said, here is what to avoid in restaurants: salad dressings. Salad dressings are almost always made of canola and/or soy oils. Just ask for olive oil and vinegar. Avoid fried foods. Fried

foods are usually fried in vegetable oils as well. Obviously, avoid wheat, grains and sugar. Avoid ketchup, as most is made with high fructose corn syrup. Avoid mayo, as it is made with vegetable oils. Avoid soy sauce, it contains processed ingredients and wheat (I bring my own to sushi restaurants).

*Menu:
Organic, grass-fed beef
wild seafood
mashed potato with butter
steamed veggies
salad with olive oil and
vinegar*

What can you eat? Stick to meat, veggies and eggs. Feel free to order a potato or sweet

potato and top it with butter. Ask that your food be cooked in butter and don't be afraid to question ingredients! When you're out to eat, it's best to keep it simple. Meat, seafood, veggies, cheeses, potatoes, salad without olive oil are all good options.

