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— *love yourself thin* —



Ultimate Eating Out Guide for Permanent Weight Loss

5 Pitfalls to Avoid When Eating Out

5 Main Pitfalls and How to Overcome them to Guarantee Weight Loss Success

*For further support to this guide I highly recommend that you read the Ultimate Entertaining Guide in Three Areas alongside this.

TEMPTATION

It is normal to be tempted to order and eat food that you know won't feel super awesome 30 min-1 hour later. Our senses trigger a hunger response.

Sight- visually stimulated by pics and plated food.

Sound- hearing the sizzle of the food

Taste- wanting more of the delicious food is instigated by taste buds

Feel- different food textures lures us in

Smell- memories and associations are stimulated by smells

An urge is a desire for something. This is normal. Recognize it as an urge and then respond with your higher brain. Pavlov's dogs started salivating when they saw a white lab coat. They learned to associate food with the people who fed them. You can rewire your brain to desire a healthy strong body rather than a bloated uncomfortable body that you don't enjoy being in.

INDULGENCE

Going out to restaurants is an indulgence of not having to buy the food, prepare the food and then do the clean up afterwards. Most people get confused with indulgence because they think that eating all the 'junk' is an indulgence, however the truth is that over-eating is detrimental to your body. You pay the price of poor health, more pressure on your joints and a lot of negative self talk.

Choose what you want an indulgence to look like now and let that be your guide.

Going to this restaurant is an indulgence because

When I indulge in food that doesn't help me feel good about my body or myself I feel...

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NOT PAYING ATTENTION

Getting distracted while going out for dinner is super easy to do. You can be distracted by what people may be thinking about you. You may be distracted by your outfit or your hair or by how put together someone else is. You are only distracted by your thoughts. If you aren't pay attention you lose focus. The focus of going out is usually because you are celebrating an event or a person. Or you are wanting to connect with the people you are with.

Decide the purpose of going to the restaurant before you go. Write it down here.

My purpose of going out to this restaurant is :

SCARCITY

Scarcity comes from lack.

Here are some examples:

- 'I am not sure if I will ever come back to this restaurant'
- 'who knows if this chef will stay and I may never get it made again this way'
- 'they might go out of business and I will never have this again'

When you have a scarcity mindset you will never feel fulfilled or satisfied. Being aware of this thinking will save you so many needless calories.

The opposite of lack is abundance. Here are some thoughts that will help you.

- 'I am so glad to experience this dish'
- 'life has so many options and it's fun to partake'
- 'there is always so much to taste and experience, I will never be bored'

What do you think are some of your lack/scarcity thoughts?

What are some abundance thoughts you would like to adopt?

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FITTING IN

If you worry about being judged or having comments made, you will not have the courage to order what you want vs ordering what you know will help you feel included. For example, if the conversations around the table are all about how they are all going off their diet and that they are 'celebrating' and will start tomorrow, if you order a healthy meal you won't really fit into the conversation.

Humans are wired to 'fit in'. If you stand out of the crowd too much you can be rejected. Back in the olden days if you were excluded from the pack you would be quick prey. Safety comes in numbers. Good news, you aren't living in those days and there is safety.

Do you lean towards being a 'social eater'?

Why do you think you allow yourself to give into 'peer pressure' around food or drinking?

What would have to change for you to stop eating foods you know aren't helping you achieve your health goals?

Which of these 5 pitfalls feel the most difficult to overcome?

DARA'S TIPS FOR EATING OUT

Here are my favourite 5 top tips to help you be a rockstar every time you go out for dinner.

1. Decide before you go to the restaurant how you want to feel when you leave the restaurant.
2. Look up the menu ahead of time and decide what you want to eat.
3. Focus on connecting with the people you are going to be with- if you are going by yourself, how do you want to connect with you?
4. Recognize every time you have an urge, acknowledge the urge and then allow it in you. I like to hold my glass with firmness and focus my energy into that as I allow the discomfort of the urge in my body.
5. Give myself credit for sticking to my plan. Desire is not innate. Desire is learned. You are learning to desire connection with people rather than depending on short bursts of dopamine from false pleasure.

Here are 5 more tips I use when eating out!

1. Order a burger wrapped in lettuce
2. Set the alarm on your phone for every 5 min to remind you to check in with your hunger level. Check into your body to see if you are hungry still.
3. Doggy bags are fabulous- save yourself time later for not having to cook or plan or clean.
4. When in doubt, don't order it.
5. Drink water only.

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www.daratomasson.com/love-yourself-thin/