

Tip #2: Start with Drinks

~Usually the first thing you are asked is what you would like to drink-- this is the same as any normal day for a Paleo follower: water, water with lemon, unsweetened ice tea, coffee, hot tea, and sparkling water are all great Paleo drinks!



~If you are having alcohol, a glass of wine or a mixed drink such as a vodka club soda would be a great choice and fits within the Paleo lifestyle!

Tip #3: Don't be afraid to ask questions or for substitutions

~If you don't know...ASK! Even if you think you are sure, always confirm! Also remember that you can always ask to substitute a small salad or a side of veggies for potatoes or french fries.

~Think about what you're ordering! If you are changing more than 50% of the ingredients then you are making it hard for the chef and the server to get your order exactly perfect.

Tip #4: Tell your server you can't have dairy or wheat

~You can usually avoid beans, but dairy and wheat are a little harder to avoid.



Telling your server you cannot have dairy is something they will understand. It is much easier to ask if there is a gluten free menu.

Remember to tell the server that you don't need the bread too!

Tip #5: Be Nice and Courteous when making special requests & have your tip reflect if they come through!

~When asking for your special order be nice and specific. You want to help your server get your order right.

~Ordering a Paleo meal doesn't have to be difficult, but if your server and the kitchen goes out of their way to make your meal perfect, say thank you with a generous tip! It will encourage the server to continue to accommodate you and other special requests you have in the future!



Tip #6: Stick with dishes that are grilled, baked, or broiled

~Select an entrée that is grilled, baked, or broiled so that you know how it was prepared. If you eat out often, know what dishes are "safe" (Fajitas at a Mexican restaurant or broiled salmon with sauce on the side!)

Tip #7: Decide how "strict" Paleo you want to be

~Part of living a Paleo lifestyle is making it livable for you. If you eat out frequently you may be more strict with things like the oils that your food is cooked in, if you eat butter and salt.



~Restaurants use a lot of salt in their foods so this is something to be very careful of. Know how strict you are, how these foods impact how you feel, and then order accordingly.

Tip #8: Don't be afraid to add on to your food-- add extra veggies, a side salad, or extra meat

~To make your order exactly what you want, sub your mashed potatoes for a side salad or extra veggies. At breakfast you can often get tomato slices instead of hash browns and toast.

~Remember that you can also add extra meat. Order a second burger patty or add chicken or shrimp to a salad.

Tip #9: Ask for the sauce or dressing on the side

~No matter what you're ordering, if it comes with sauce or dressing ask for it on the side. When ordering salad ask for olive oil and vinegar instead of the creamy dressings with mystery ingredients, which are sure to be loaded with sugars! Even if you



think you know what's in a sauce, it probably has salt and sugar added so choose wisely.

Tip #10: Ensure that there is no extra garnish added that could compromise your order

~When you are ordering make sure that you double check so you don't get surprised with a creamy sauce, sprinkle of cheese or croutons, or addition of sour cream on your otherwise perfect dish. ~Sometimes you can scrape off the sauce, but when you're eating out you want your food to be perfect so just make sure that there is nothing added on top.