

DINING OUT CHEAT SHEET

1. RUIN Your Appetite.

About 1.5 hrs before you go out, eat a little healthy snack to cut hunger.

2. Know BEFORE You Go.

Do a few minutes of research before you walk into the restaurant.

3. Order a Vice-Virtue BUNDLE.

Pair a healthy superfood with a less-healthy craving.

4. Limit FLAVORS.

Research shows "variety stimulates appetite," so keep flavors simple.

5. Entrée + ONE.

Skip the appetizer + drinks + dessert, or at least pick just your favorite ONE.

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