

*Gut Rescue*

# DINING OUT & TRAVEL



**EFFORTLESSLY BANISH BLOATING, CRAVINGS, AND BELLY FAT**

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# Healthy Microbiome Dining Out Tips

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Planning on dining out tonight? Sometimes you just want to kick back and have someone else cook for you. Especially after a long and tiring day!

The great thing is that with this guide, you don't need to worry about backtracking on your microbiome-healing journey. You can confidently

order off any menu and continue shedding those extra pounds, or better yet, maintain your new and healthy gut without feeling deprived!

We are going to look at some healthy restaurant tips that will guide you on those days you want to take a break from cooking your own meals.

## Choosing The Right Restaurant

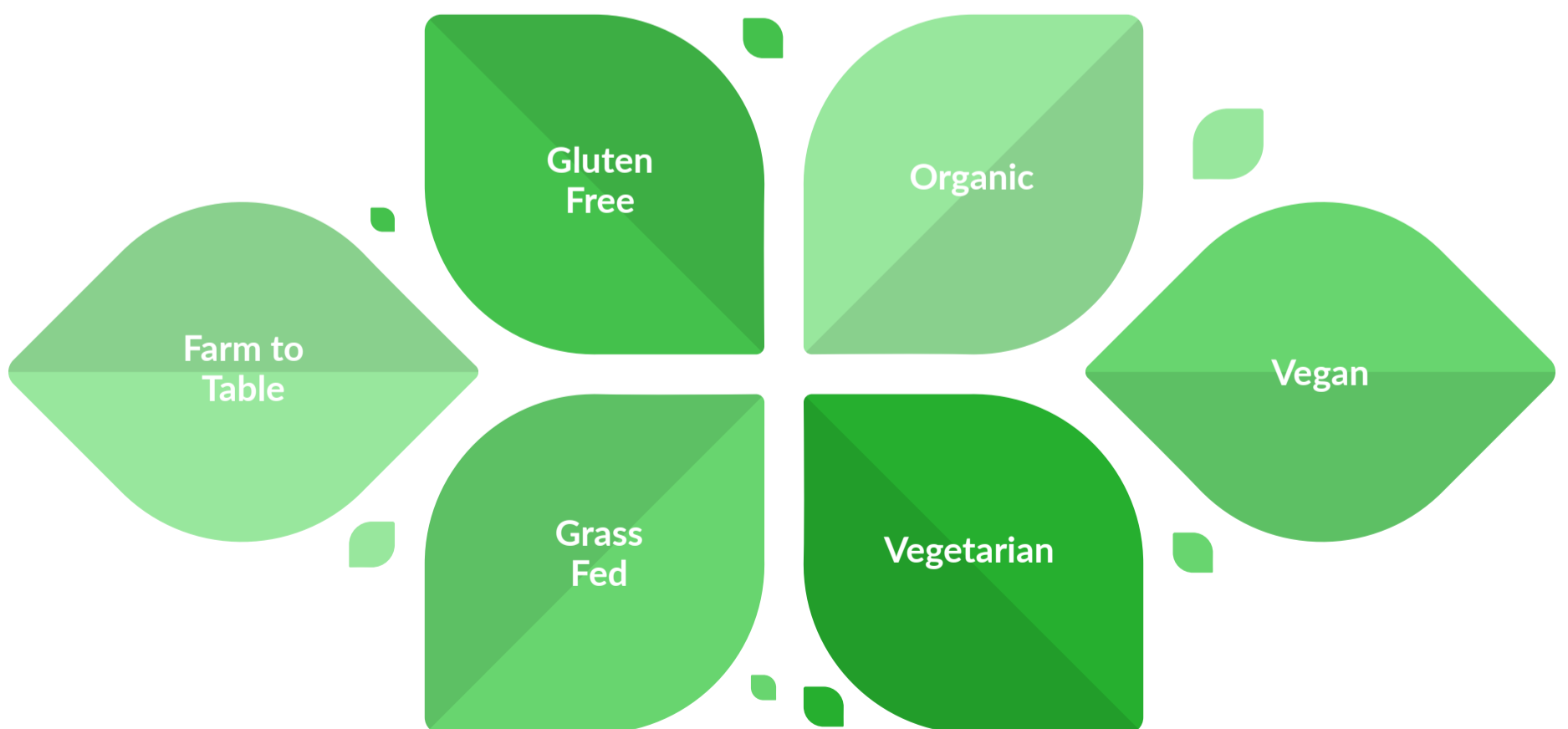
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**First things first, you need to decide WHERE to eat!**

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In general, local restaurants are a better pick than chain restaurants. At chain restaurants, most “chefs” are just following directions & reheating packaged food - that means there are more likely to be added ingredients and preservatives you want to avoid. It also means there's less opportunity for you to customize your order to what works best for you.

**When searching for restaurants, these terms suggest the restaurant may have options that will work for you:**



If you must choose a chain restaurant, opt for one that prioritizes fresh & healthy ingredients.

## Don't Be Afraid To Ask Questions!

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When you arrive, look over the menu - then call over the waiter and start asking questions!

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accommodate your needs (or could be easily modified to work!)

Always ask if there are any ingredients not listed on the menu in the dish before placing your order - otherwise, you may wind up sending food back to the kitchen!

Be friendly (not demanding) - and if the waiter goes above and beyond to help you, don't forget to thank them with a generous tip!

Let your waiter know what foods you're avoiding and ask for suggestions of what would

## What to Look For and What to Avoid

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Remember to focus on and avoid these foods when dining out during the 28-day challenge:

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### *Foods to eat*

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- Fruits & Vegetables
- Grass Fed & Pastured Meat and Eggs
- Wild Caught Fish & Seafood
- Healthy Fats & Oils
- Spices & Herbs
- Prebiotic Rich Foods
- Probiotic Rich Foods

### *Foods to avoid*

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- Highly-Processed & Refined Foods
- Gluten-Containing Grains
- Soy-Containing Products
- Processed Vegetable Oils
- Alcohol & Caffeine
- Processed Sugars & Artificial Sweeteners

## Words To Be Wary Of When Dining Out (And Others To Look For!)

These words are a clue that this menu item contains foods that aren't gut friendly. They're a clue that the foods might contain gluten-containing grains, sugary sauces, or be fried in unhealthy oils.

**The only way to know for sure is to ask the waiter - but these words should put you on alert:**

- Crispy
- Crunchy
- Creamy
- Cheesy
- Fried
- Battered
- Deep-fried
- En-croute
- Roux
- Smothered
- Crusted
- Golden
- Sizzling
- Glazed
- Sticky

**These words aren't a guarantee, but they suggest an item might be appropriate for a gut healing diet:**

- Fresh
- Steamed
- Roasted
- Baked
- Grilled
- Spiced
- Herb
- Poached
- Seared

## Healthy Microbiome Restaurant Guide

### Breakfast and Brunch

Breakfast and brunch restaurants can be easy if you know what to look for. Egg dishes are a great option, and many restaurants now carry gluten-free alternatives to breakfast favorites.

**Go for:** poached, scrambled, or fried eggs cooked in gut-friendly fats like olive, coconut, or avocado oil. Omelets loaded with veggies and no cheese, fruit and berry cups, sides of avocado, and high-quality breakfast meats if available.

**Do not choose:** high sugar juices, gluten-containing bread, pastries, waffles, or pancakes, dishes with lots of cheese or dairy. Avoid hash browns and potatoes if not cooked in a gut-friendly oils.

## Steakhouse

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Steakhouse restaurants are generally a safe bet when healing the gut. Usually, dishes are served a la carte and made to order which makes substitutions and special requests relatively easy.

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**Go for:** grilled or roasted grass-fed or pastured meats. If high-quality meats aren't on the menu, look for leaner cuts as most toxins from conventional livestock are found in the fat. Fill the rest of your plate with steamed veggies or salad.

**Do not choose:** dishes with heavy sauces, fried side dishes, or bread baskets. Avoid barbeque and steak sauces, and sugar-filled desserts.

## Seafood

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Seafood restaurants are a good choice and often carry wild caught selections which makes finding quality protein easy. Usually, the fish is not marinated, and you can order most items with simple preparations.

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**Go for:** simply prepared wild caught fish using only olive oil, lemon, and herbs. Look for vegetable side dishes that are made in a similar manner. Oysters are a great option too.

**Do not choose:** dishes with heavy cream sauces. Avoid fried fish or "fish chips" that are usually breaded in gluten-containing flours and fried with questionable oils.

## Greek

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You may have heard that a Mediterranean diet is one of the healthiest. And that's because it prioritizes gut-healthy ingredients - grilled meats, fresh seafood, lots of veggies, and probiotic-rich yogurt sauces.

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**Go for:** shish kebabs, lamb shawarma, baba ganoush, roasted meats of all kinds, grilled vegetables, olives, salads, and yogurt-based sauces.

**Do not choose:** pita bread, hummus, falafel, or gyro meats (unless you confirm they are gluten-free).

## Italian

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Italian restaurants are famous for their creamy dishes, cheese, and bread. However, you can still manage to enjoy Italian food made with microbiome diet-friendly ingredients.

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**Go for:** minestrone soup (without noodles), grilled chicken or fish dishes that are served with greens or other veggies, seafood or veggie antipasto or grilled meats with veggie sides.

**Do not choose:** breaded meat or vegetable options like eggplant parmesan, chicken, or veal, cheese stuffed dishes such as calzones or manicotti or creamy dishes such as Alfredo based foods.

## Mexican

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Mexican restaurants are well known for their fried foods - but there are plenty of healthy options, as well!

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**Go for:** Burrito bowls, salads, grilled fajitas, avocados and guacamole, whole beans.

**Do not choose:** fried chimichangas, tortilla chips, dishes made with bucket loads of cheese or glass after glass of margaritas.

## Indian

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Indian food is delicious! The problem? You can't always tell what's included in a dish without asking. This is a type of restaurant where asking questions is very important!

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**Go for:** dishes cooked in a tandoor oven such as tandoori chicken, bhuna or tikka foods that are not served with creamy or heavy sauces or veggie dishes that haven't been cooked in too much oil.

**Do not choose:** Indian bread or fried potatoes that are swimming in oil, deep fried foods, all dishes that are served with creamy sauces.

## Chinese

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Just because you've decided to work on your microbiome doesn't mean you have to forget about this delicious cuisine! Choose authentic restaurants that use high-quality ingredients - not fast food!

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**Go for:** stir-fried chicken, veggies and shrimp served with steamed rice.

**Do not choose:** fried rice, Kung Pao chicken or other meals cooked with heavy sweet and spicy sauces, deep-fried foods, breaded meats or veggies, or fried egg rolls.

## Japanese

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Japanese is one of the easiest cuisines to adapt to a healthy microbiome! Maybe that's why the Japanese live such long lives?

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**Go for:** sushi or sashimi prepared with fresh veggies, shrimp, salmon, or tuna, steamed veggies, fish, chicken or meat cooked on an iron griddle.

**Do not choose:** sushi made with imitation meat or anything mixed with mayonnaise, tempura or teriyaki sauce that often has large amounts of sugar. Avoid soy sauce. Confirm with the chef that no flour is added to the sushi rice.

With these healthy dining out tips, you can enjoy a night out with friends and family without sabotaging your gut healing journey. Always aim to make the healthiest choice wherever you are; be it at home, at a friend's house or in your favorite restaurant.

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# Healthy Microbiome Travel Tips

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Travel is notoriously hard on the microbiome - but it doesn't have to be! With a little planning ahead, you can travel while healing your gut!

## Pack Your Own Food

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Whether you're flying or driving, you can pack a cooler with healthy foods to travel with you.

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For planes, remember to pack odorless and non-liquid foods.

- Fresh fruit & veggies like apples, bananas, carrots, etc. (if you're traveling internationally, only pack what you'll eat on the plane! You'll have to throw anything else away before going through customs!)
- Minimally processed healthy meats snack sticks and jerky
- Canned wild caught tuna, salmon, sardines, and oysters packed in water or olive oil
- Nuts, seeds, and unsweetened dried fruits
- Nut butter packs
- Olives
- Seaweed snacks
- Gluten-free crackers
- Sweet potato or plantain chips made with coconut or avocado oil
- Raw whole fat yogurt or kefir
- Guacamole and whole avocados
- Hard-boiled eggs (keep them cold!)

While we generally suggest avoiding packaged foods, this can be hard while traveling. There are some great brands providing high-quality whole food snacks that you can feel good about eating while healing your gut. They are:

- Lara Bars
- Paleovalley
- Wild Planet
- Seasnax
- Tigernuts
- Wholly Guacamole
- Epic Bars
- Jilz Crackers
- Bulletproof Bars
- Rx Bars



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## Hit the Local Grocery Store

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Once you arrive at your destination, make the local grocer one of your first stops! In general, the fewer restaurant meals you can eat, the better! That means you should stock up on as many fresh groceries as you can.

When possible, opt for hotels or Airbnbs that have accessible kitchens so you can prep simple food while you're traveling.

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## Reset Your Circadian Rhythm

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**Changing time zones? Sleep on the plane - then stay up once you arrive until it's your normal bedtime at your destination - no matter what time that is back home!**

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In fact, it's best if you don't constantly mentally calculate what time it is back home! Focus on enjoying the time where you are.

Bring a sleep mask and earplugs so you can make your sleeping environment quiet and dark. You might also want to bring along your own pillowcase (and pillow if possible!) or a favorite bedtime essential

oil to make getting to sleep easier in an unfamiliar locale.

Remember, a disrupted circadian rhythm can put a lot of stress on the microbiome. The better sleep you get while traveling, the more flexible you can be with your diet.



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## Don't Quit Exercising!

You might not make it to your usual spin class or gym session while you're traveling - that's OK! But it doesn't mean you should give up all activity. Look for little ways to add more movement in:

- Take the stairs up to your hotel room
- Go on a sightseeing walk
- Get up and walk the aisle every hour on long flights
- Do a simple bodyweight circuit in your hotel room

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## When You're Not In Control

Sometimes, traveling and dining out means you're not in control of the situation.

Maybe you're at a catered work event, staying with relatives, or there's a language barrier that makes asking questions hard.

That's not a reason to throw in the towel! Do the best you can in the situation you're in and don't give up. Remember - there might not always be a "perfect" choice, but there's always a better and a worse choice. So make the better choice and keep moving forward!

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