

Holistic Health Tips For Ordering Healthy When Eating Out & When Traveling

- 1) Remember, you can get items customized to your desire. You can choose to leave items off and also choose to include items that you really want.
- 2) Remember to ask to keep all breads and nachos off the table.
- 3) Only order drinks of Pellegrino mineral waters with fresh lemon squeezed in, sugar free natural herbal teas and coconut waters

4) Order appetizers of hummus and/or guacamole with veggie sticks

- order clean soups like veggie soups, chicken and rice soups, lentil soups and Asian broth soups

- order house salads and get them customized by adding avocado, cashews, feta cheese, roasted salmon and grilled chicken

- order main entrees of roasted fatty meats with lots of veggies and sides of brown rice and mashed potatoes remembering to add lots of butter on top to neutralize the starchiness.

5) Bring your own little spice bottle of pink Himalayan pink salt and add this to top your menu items - regular table salt is toxic to your body as it has aluminum silicate and is heated and is not meant to go in your body.

6) Wait to get home to have dessert if you must and make it yourself. Actually, best to have dessert 2 hours before dinner since combining sugars and proteins from dinner is not healthy for digestion.

Meal & Snack Ideas For Traveling

When traveling remember to preplan and make enough meals and snacks to last at least a day since your healthy options in public will be limited especially in airports and such.

- 1) Steamed steamed potato with cashew butter on top - just put this combo in a pyrex glass dish with snappy lid or your plastic wear
- 2) Hillary's veggie burgers toasted and top with cashew butter or bring some organic hummus
- 3) Gluten free bread with omelet and cheese
- 4) Steamed veggies with grapeseed oil, feta cheese and pink salt on top
- 5) Dried cranberries with pumpkin seeds
- 6) Pistachios with goji berries
- 7) Mixed green salad mix with organic tomato, cashews, feta cheese, avocado, grapeseed oil, pink salt
- 8) Gluten free bread toasted with cashew butter and banana
- 9) Gluten free oatmeal with cashews, goji berries, banana and raw honey
- 10) Wild rice or organic brown rice with herbs, spices and pink salt with pistachios, feta cheese, pasture egg slices

You can customize these meal and snack ideas to your liking - you can add some items or leave off some items - go with feeling.

To Your Health,



Rino Soriano