


## 11 of the Best HCG Diet Meals to Order at Popular Restaurants Plus Success Strategies on How to Dine Out and Still Have Maximum Weight Loss Results on the HCG Diet

We recommend that you cook your own food on the HCG Diet, but we realize that this is real life. Sometimes you must eat away from home. Although you may not lose as much eating out due to the chemicals & preservatives in some restaurant foods, you should still see pretty favorable weight loss results using the following meals.

### 11 of the Best HCG Diet Meals in Restaurants:

1. **Red Robin:** Natural Burger: 100 g of meat (no seasoning) wrapped in lettuce with mustard.
2. **Burger King:** Grilled chicken salad (plain). Do not use the prepackaged toppings.
3. **Panera Bread:** Plain Romaine lettuce with chicken or steak.\* Option: Get apple cut up & put on top.
4. **Applebee's:** 7 oz Beef filet cut in half (grilled dry), steamed asparagus or lettuce.\*
5. **Texas Roadhouse:** Steak Medallions (grilled dry) asparagus or lettuce.\*
6. **Jimmy John's:** Plain Slim Roast Beef "Unwich" (wrapped in lettuce instead of bread) or a #2 "Big John" "Unwich". You can add plain yellow mustard, salt & pepper, or any other HCG-safe spices.
7. **McDonald's:** A side order of grilled chicken with a side salad (remove anything other than the lettuce).\*
8. **Outback:** Beef steak (grilled dry and cut down to 3.5 oz - estimate based on the size of the steak you ordered, e.g., if order a 10 oz steak, only eat 1/3 of the steak) with steamed asparagus or tomatoes.
9. **Lion's Choice:** Medium roast beef sandwich (no seasoning, no bun) with bag of celery or a plain side salad.\*
10. **Jack in the Box:** Grilled chicken strips (plain, NO sauces, estimate 3.5 ounces) and a side salad.\*
11. **Macaroni Grill:** Grilled chicken breast (grilled dry) with tomatoes, steamed asparagus, or lettuce.\*


\*No dressing, unless it is 100% HCG Safe dressing, ex. Perfect Portions or Pounds & Inches Away brands flavors.



HCG-Safe dressings, spices, lotion, etc. are available at  
the following sites:

[HCGDietStore.com](http://HCGDietStore.com)

[PoundsAndInchesAway.com](http://PoundsAndInchesAway.com)



### Surefire Strategies for Dining Out While on the HCG Diet:

- **Don't Be Shy About Special Requests**
  - Ask for proteins to be grilled plain (NO butter, oil, or seasonings).
  - Order extra HCG Diet approved veggies instead of the un-allowed side dishes.
  - Order HCG Diet approved fresh fruit for dessert even if it isn't on the menu. Most places have apples, strawberries or oranges for other purposes and will get them for you for a nominal charge.

- Say you have special dietary needs & must avoid oil, sugars, & starches ingredients & cooking methods.

- **Make Smart Choices**

- Go to restaurants that use organic or natural meats and vegetables whenever possible.
- If you're at a restaurant not listed above, order a salad with plain grilled chicken or steak OR for other protein options choose one of the following: grilled white fish, shrimp, or lobster.
- Become familiar with portion sizes to be able to eyeball & judge the serving sizes of your proteins.
- Always avoid mixing veggies (mixed greens, spinach or tomatoes in salads).
- For seasonings while eating out, use salt & pepper or your own HCG safe seasonings to be safe.
- Carry stevia packets for tea or coffee.