

Special Topics

Eating Out

Coach's Instructions:

1. Open class with one or more of the suggested opening questions.
2. Play Eating Out DVD.
3. Pass out menus for activity.
4. Close with one or more of the suggested closing questions.

Opening Discussion Questions: (Options)

- How many times a week do you eat out?
- Where do you typically eat out? What do you order?
- On a scale of 1 to 10, ten being the healthiest, how healthy are the meals you typically eat at restaurants? Now compare the healthfulness of restaurant meals to meals you eat at home.

Activities after DVD: (Optional)

Materials Needed: Menu and Menu Key at the end of this handout. Make copies of the menus for your participants to use.

Coach: Pass out menus to participants when prompted at the end of the DVD. Encourage participants to discuss the menu options and look for the best choices. Coach should use the key to affirm their choices and give them more suggestions.

Closing Discussion Questions: (Options)

- Based on what you have learned about exchanges in the Curves plan, how do you feel about the portion sizes you are served in restaurants?
- Have you found it difficult to stick to the Curves plan while eating out?
- How have you changed the way that you approach eating out?
- What would you like to change about the way that you eat out?



Curves

Café Menu

Salads

Chicken Tenders Salad

Bite-sized chicken fingers, Jack-cheddar cheese, tomatoes and boiled eggs rest on fresh salad greens. Served with honey mustard dressing.

Shrimp Caesar Salad

Crisp romaine with Lime Grilled Shrimp tossed in Caesar dressing with croutons and Parmesan cheese.

Hawaiian Chicken Salad

A large grilled chicken breast served on a bed of fresh salad greens with pineapple, pico de gallo and low fat honey mustard dressing.

Soups

Chicken Tortilla Soup

Grilled chicken, tomatoes and onions topped with grated cheese and tortilla strips.

Broccoli Cheddar Soup

Creamy cheddar soup with fresh broccoli.

Vegetarian Black Bean Soup

Spicy vegetarian broth with black beans, tomatoes and bell peppers.

Hot Entrees

Chicken Club Tacos

Grilled chicken breast, chopped smoked bacon, ranch dressing, diced tomatoes, mixed cheeses and lettuce. Served with rice and black beans.

Grilled Chicken and Rice

Tender chicken breast, marinated with classic lime flavoring and grilled. Served with rice, black beans, tortilla strips & pico de gallo.

Beef Filet

9 oz. filet served with seasoned vegetables and a baked potato.

Shrimp Alfredo

Spicy garlic and lime shrimp over penne pasta tossed in creamy Alfredo sauce. Topped with seasoned tomatoes and Parmesan cheese served with garlic toast.

Grilled Salmon with Garlic & Herbs

Salmon fillet seasoned with garlic and herbs. Served with rice and seasonal veggies.

Curves

Café Menu

Coach's Key

Salads

Chicken Tenders Salad

Bite-sized chicken fingers, Jack-cheddar cheese, tomatoes and boiled eggs rest on fresh salad greens.
Served with honey mustard dressing.

(430 Calories, 20g Fat, 38g Carbohydrates, 26g Protein)

*Chicken fingers are usually fried. To make this healthier and lower in calories, ask for grilled chicken and your cheese and dressing on the side.

Shrimp Caesar Salad

Crisp romaine with Lime Grilled Shrimp tossed in Caesar dressing with croutons and Parmesan cheese.

(980 Calories, 77g Fat, 13g Saturated Fat, 39g Carbohydrate, 30g Protein)

*Ask for the parmesan cheese and a low fat dressing on the side rather than served with the salad to save calories and fat.

Hawaiian Chicken Salad

A large grilled chicken breast served on a bed of fresh salad greens with pineapple, pico de gallo and low fat honey mustard dressing.

(320 Calories, 9g Fat, 30g Carbohydrates, 30g Protein)

*Good choice – chicken is grilled, pineapple is high in Vitamin C, dressing is low fat – entire dish is low in calories = diet friendly.

Soups

Chicken Tortilla Soup

Grilled chicken, tomatoes and onions topped with grated cheese and tortilla strips.

(1 Bowl: 270 Calories, 14g Fat, 5g Saturated Fat, 19g Carbohydrates, 15g Protein)

*Good choice – Broth based soups like this are always lower in calories. Have this soup with a nice side salad with grilled chicken.

Broccoli Cheddar Soup

Creamy cheddar soup with fresh broccoli.

(1 Bowl: 350 Calories, 24g Fat, 13g Saturated Fat, 21g Carbohydrates, 12g Protein)

*Stay away from creamy soups like these. They have enough calories to be a full meal and a lot of saturated fat.

Vegetarian Black Bean Soup

Spicy vegetarian broth with black beans, tomatoes and bell peppers.

(250 Calories, 2g Fat, 0g Saturated Fat, 45g Carbohydrate, 13g Protein)

*This healthy soup would be great served with a side salad with grilled chicken.

Curves

Café Menu

Coach's Key Cont'd

Hot Entrees

Chicken Club Tacos

Grilled chicken breast, chopped smoked bacon, ranch dressing, diced tomatoes, mixed cheeses and lettuce.
Served with rice and black beans.

(1140 Calories, 45g Fat, 11g Saturated Fat, 126g Carbohydrates, 53g Protein)

*If you eliminate the bacon and ranch dressing this would be a healthy meal. The portion size is large – compare all meals to serving sizes you typically eat with the Weight Management Plan. Split this with a friend or take ½ home for later.

Grilled Chicken and Rice

Tender chicken breast, marinated with classic lime flavoring and grilled. Served with rice, black beans, tortilla strips & pico de gallo.

(690 Calories, 18g Fat, 3g Saturated Fat, 81g Carbohydrates, 48g Protein)

*Good choice – just split the meal in half or eliminate the tortilla strips and rice to cut back on the carbs.

Beef Filet

9 oz. filet served with seasoned vegetables and a baked potato.

(920 Calories, 45g Fat, 77g Carbohydrate, 46g Protein)

*Good choice if you split this meal in half.

Shrimp Alfredo

Spicy garlic and lime shrimp over penne pasta tossed in creamy Alfredo sauce. Topped with seasoned tomatoes and Parmesan cheese served with garlic toast.

(1540 Calories, 84g Fat, 40g Saturated Fat, 123g Carbohydrates, 77g Protein)

*Alfredo is the key word to let you know this meal is not healthy or diet friendly. It is a huge bowl of pasta with two times as much saturated fat as you should have in an entire day. If you are looking for pasta, choose a red sauce and split the meal in half.

Grilled Salmon with Garlic & Herbs

Salmon fillet seasoned with garlic and herbs. Served with rice and seasonal veggies.

(700 Calories, 33g Fat, 8g Saturated Fat, 53g Carbohydrates, 48g Protein.)

*Split this meal in half or skip the rice to make it appropriate for the Weight Management Plan.