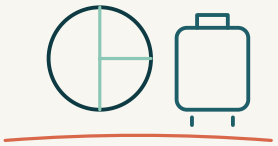
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The Eating Out & *Travel* Playbook

Restaurants, fast food, work lunches, airports and road trips — what to order, the Plate rule on the go

GUIDE 08

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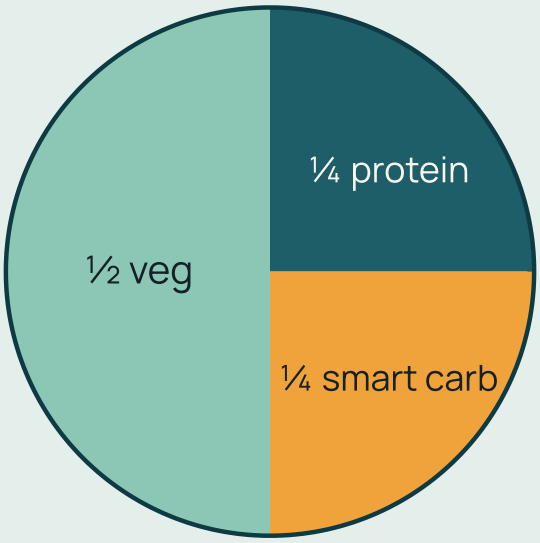
BEFORE YOU START

- This guide is educational. It is not medical advice and does not replace care from your own doctor.
- Erection problems can be an early sign of heart disease, diabetes or high blood pressure. Please book a checkup with your doctor.
- Get urgent care right away for chest pain, fainting, or an erection that lasts more than 4 hours.
- If you have heart disease or another health condition, ask your doctor before starting new exercise.
- **Diabetes medicines:** if you take medicine for diabetes (especially insulin or a sulfonylurea), changing how you eat or move can cause **low blood sugar**. Talk with your doctor before you change your routine, and never change a dose yourself. Travel, delayed meals and time zones make this more important.
- Not for people with type 1 diabetes or an eating disorder unless their care team is involved. If you have kidney disease, check protein targets with your doctor.
- Never stop or change any medicine without your doctor.

CHAPTER 1

The Plate rule on the go

Restaurant meals tend to be larger, saltier and heavier on starch than meals at home. That does not mean eating out is off the table. It means you bring the same three ideas from the core plan with you, and use them on any menu.



PLATE

Build it, don't just order it

Half vegetables or salad, a palm of protein, a fist of carbs. Ask for a swap or a side of vegetables to make the shape work.

ORDER

Veg and protein first

Start with the salad, vegetables or protein. Eat the bread, rice, fries or tortillas last, so the curve rises more gently.

PACE

Walk it off, gently

A 10-minute easy walk after you eat — around the block, through the terminal, around the rest stop.

The half-box habit. Portions in many US restaurants are big enough for two meals. Ask for a to-go box when the food arrives and set half aside before you start.

CHAPTER 2

What to order, place by place

You do not need a perfect choice, only a better-shaped one. The table below gives a "smoother" pick and a simple swap for the places most men eat during a working week.

SMOOTHER ORDERS AT COMMON PLACES

WHERE	A SMOOTHER PICK	EASY SWAP
Burger place	Grilled chicken sandwich or single burger + side salad	Fries → side salad or small fries shared; soda → water or unsweetened iced tea
Mexican	Fajitas or burrito bowl: beans, grilled meat, salsa, lettuce, guacamole	Half the rice; skip the refill chips basket
Pizza	Thin crust, two slices, extra vegetables + a big salad first	Deep dish → thin crust; garlic knots → salad
Steakhouse / diner	Steak, fish or chicken + two vegetable sides	Loaded potato → plain baked potato half, or vegetables
Asian take-out	Stir-fry with vegetables and chicken, shrimp or tofu	Fried rice → steamed rice, small scoop; sweet sauces on the side
Sub shop	6-inch sub on whole-grain, piled with vegetables	Footlong → 6-inch + side salad; chips → apple or nuts
Breakfast spot	Eggs or omelet with vegetables, one slice of whole-grain toast	Pancake stack → one pancake on the side, or skip
Gas station / convenience store	Hard-boiled eggs, string cheese, nuts, a piece of fruit, plain milk	Pastry and sweet coffee → eggs and plain coffee

Work lunches and catered meetings

The sandwich platter and cookie tray are hard to avoid. Take the salad first, choose one half-sandwich with plenty of filling, and leave the cookie for another day or take a single one after the meal. If lunch is always catered, it is fine to bring your own Plate-rule box from home a few days a week.

> "Could I get a side salad instead of the fries?"

> "Could you bring the dressing and the sauce on the side, please?"

> "I'll take a to-go box now, thanks."

CHAPTER 3

Airports, hotels and road trips

Airports

Long gaps between meals followed by a big, rushed one are what make travel days spiky. Pack a small food kit, and when you land at a terminal with time to spare, walk the concourse before you sit down to eat. Most terminals now have a grab-and-go fridge with salads, protein boxes, yogurt and fruit.

Hotels

Hotel breakfast buffets lean on waffles, pastries and juice. Build your plate from eggs, yogurt, fruit and a slice of whole-grain toast. Use the stairs for a couple of floors, or do a 5-minute movement snack in the room: squats, wall push-ups and calf raises.

Road trips

Plan stops every 2 hours or so. Each stop is a chance for a short walk, which is also good for long-drive stiffness. A small cooler with water, cut vegetables, cheese and nuts makes it easier to skip the candy aisle.

! **Diabetes medicines and travel.** If you take insulin or another medicine that can lower blood sugar, ask your care team before the trip how to handle delayed meals, more walking and time-zone changes. Keep your medicines and a fast-acting sugar source in your carry-on, not in checked luggage.

i **Note.** Long flights and drives mean long periods of sitting. Getting up to walk the aisle or stretching at stops is a simple habit; ask your doctor about any extra precautions if you have had blood clots.

CHAPTER 4

Your order card and travel checklist

Take a photo of this page or write it on a card for your wallet. The fewer decisions you make when you are hungry, the better.

WORKSHEET

My three go-to restaurant orders:

My go-to drink when eating out:

My after-meal walk route at work or on the road:

Pack-before-you-go checklist

- [ ] Refillable water bottle (fill it after security)
- [ ] Two snack packs: nuts, cheese sticks, a piece of fruit, or whole-grain crackers
- [ ] Medicines in my carry-on, with a copy of the list
- [ ] If I take diabetes medicine: a fast-acting sugar source and my care team's plan for travel days
- [ ] Walking shoes I can wear all day
- [ ] One meal planned for the first evening, so I do not arrive starving

SOURCES

- American Diabetes Association — the Diabetes Plate Method; travel tips for people with diabetes
- Centers for Disease Control and Prevention (CDC) — healthy eating when eating out; diabetes and travel
- U.S. Food and Drug Administration — menu calorie labeling
- Peer-reviewed studies on food order and on short post-meal walks and blood-sugar response

This product is for educational purposes only and is not medical advice. It does not diagnose, treat, cure or prevent any disease. ED can be a sign of a serious health condition — please see a doctor. If you take medicine for diabetes, talk with your doctor before changing your diet or activity. Results vary. © 2026 EvenKeel. For personal use only.