



AVOIDING DATE NIGHT DIET BLUES

Single or married, do you enjoy "Date Night"? You know the one night where your significant other takes time from his/her busy schedule and you take time from your busy schedule at the same time and you plan an evening for dinner and a show, concert or some other event.

Both of you get dressed up to go somewhere other than fast food and the you it hits you – "oh no, I've been doing so well with my diet – I don't want to gain it all back in one night!" Maybe we should skip dinner.

Absolutely NOT! One, he is not with you because of how you look and two, every relationship needs this together time – so GO!

Here are a few tips that might help you get through it and not have those "diet guilty blues".

BEVERAGES

If possible, avoid alcoholic beverages. Drink tea with sweetener or water with lemon. If you really want something stronger, try a glass of wine. White wine has less calories than dark red wines, but a Rose is very low in calories as well. Sip to make it last longer.

APPETIZER ROUND

If possible try ad skip this round. You can also use the appetizer round to eat a salad or eat a bowl of soup. This will avoid all the fried foods that most appetizers are made from.

THE MAIN COURSE

Stay away from the fried foods. Look at the grilled or broiled items. Check out the seafood items if offered. Consider swapping the potato or pasta that is served with the meal and ask for a second serving of vegetables. By this point of your meal you have saved a ton on calories and should be enjoying yourself and your date immensely. Key tip here – simply do not over-eat.

DESSERT

No need to skip – simply adjust. That chocolate triple layer cake may have to wait another day, but that cheesecake just might do the trick. My personal favorite is spiced apples, but there are other choices that are lighter in calories. If there is a sponge cake or angel cake, those are always excellent choices combined with fruit. Go ahead – eat up and enjoy!



If you make a conscious effort to pay attention to the foods you order without really creating an issue around the fact you are on a diet, there is absolutely no reason not to go out and enjoy a “date night” or any night with a friend.

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