

Eating while travelling/Eating with friends/family

Travelling and Eating

It's vacation time, you'll be travelling, eating out, and eating with friends and family.....

and you'll find that your subconscious mind is already hard at work to ensure that you'll be eating healthfully while you travel

.....your subconscious mind has developed blind spots to the foods on menus that don't encourage your continued weight

loss.....by just allowing your eyes to flow down a menu

.....your eyes will be drawn to the healthiest, most delicious

foods that are the most appropriate for your meal planand

the more you are tempted to order other thingsthings that

are less than healthy for youthe more determined you will

be to only order the healthiest foods and drinks for

yourself.....and you'll find that having to take the extra time

to talk with waiters or waitresses about how the food is prepared,

and making substitutions so that only the healthiest food is brought

out to you on your plate is becoming like a game to youand

you'll find yourself getting better and better at this ordering game

.....and you always ask for an extra plate to be brought to you

with your meal so that you can immediately remove anything from

your plate that is unhealthy for you and have it taken away from

you immediately.

.....and the more you smell foods that are less than healthy

for youthe more determined you are to only eat delicious

foods that fit into your meal plan.....the more you are offered

foods that aren't on your meal planthe easier it becomes to

say no to them.....the more you are tempted by unhealthy

foodsthe more you say no to them.....refusing to be a

slave to your old unhealthy habits and cravings.

Eating healthy on the road is actually easy.....and it gets

easier and easierand you'd rather walk out of a restaurant

without ordering than order something that doesn't encourage your

continued weight loss.....it doesn't matter whether you are just

eating out for the nightor if you are away from home and

eating all your meals in restaurants, with family, or with friends

.....you are determined to eat healthy.....I was once

invited to eat with some people I hardly knew.....these were very

nice people and I did not want to offend them, but the only thing on

the entire table that I could eat was squasheverything else

they offered was breaded and fried, or was full of sugar, starch, or

flourso I dined on squash.....and although I was ready

with an excuse as to why I was refusing the offered food, my guests

never askedthey let me beand I was so grateful that

these wonderful people were considerate enough to mind their own

business and allow me to eat my way as they ate their way
.....and when people are hurt or offended because I refuse the
food they offer, I simply shrug, I do not apologize, I remark on how
good the food smells and how nice the presentation isand I
tell them that I simply do not eat those foods but thank you anyway
.....and if they insist on having hurt feelings, that's entirely up to
them.....it's none of my business how other people eatand
how I eat is nobody's business but my own.....sometimes I take
my own food when I am eating with friends, I leave it in an ice
chest in my carand if necessary, after the mealI can
either bring some of my food in or I can run out and grab a few
bites.....if these are good friends.....I bring my food in
and eat what I've brought while everyone else eats what my host
has preparedI'd rather be thin than worry what other
people think about how I eatand I'd rather be considered
odd than eat something that is unhealthy for meand
being Thin and Healthy feels and tastes so much better than any
unhealthy food I've ever eaten