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**DARA TOMASSON**  
— *love yourself thin* —



# Ultimate Eating Out Guide for Permanent Weight Loss

# 5 Pitfalls to Avoid When Eating Out

## 5 Main Pitfalls and How to Overcome them to Guarantee Weight Loss Success

\*For further support to this guide I highly recommend that you read the Ultimate Entertaining Guide in Three Areas alongside this.

### TEMPTATION

It is normal to be tempted to order and eat food that you know won't feel super awesome 30 min-1 hour later. Our senses trigger a hunger response.

Sight- visually stimulated by pics and plated food.

Sound- hearing the sizzle of the food

Taste- wanting more of the delicious food is instigated by taste buds

Feel- different food textures lures us in

Smell- memories and associations are stimulated by smells

An urge is a desire for something. This is normal. Recognize it as an urge and then respond with your higher brain. Pavlov's dogs started salivating when they saw a white lab coat. They learned to associate food with the people who fed them. You can rewire your brain to desire a healthy strong body rather than a bloated uncomfortable body that you don't enjoy being in.

### INDULGENCE

Going out to restaurants is an indulgence of not having to buy the food, prepare the food and then do the clean up afterwards. Most people get confused with indulgence because they think that eating all the 'junk' is an indulgence, however the truth is that over-eating is detrimental to your body. You pay the price of poor health, more pressure on your joints and a lot of negative self talk.

Choose what you want an indulgence to look like now and let that be your guide.

Going to this restaurant is an indulgence because

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When I indulge in food that doesn't help me feel good about my body or myself I feel...

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### NOT PAYING ATTENTION

Getting distracted while going out for dinner is super easy to do. You can be distracted by what people may be thinking about you. You may be distracted by your outfit or your hair or by how put together someone else is. You are only distracted by your thoughts. If you aren't pay attention you lose focus. The focus of going out is usually because you are celebrating an event or a person. Or you are wanting to connect with the people you are with.

Decide the purpose of going to the restaurant before you go. Write it down here.

My purpose of going out to this restaurant is :

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### SCARCITY

Scarcity comes from lack.

Here are some examples:

- 'I am not sure if I will ever come back to this restaurant'
- 'who knows if this chef will stay and I may never get it made again this way'
- 'they might go out of business and I will never have this again'

When you have a scarcity mindset you will never feel fulfilled or satisfied. Being aware of this thinking will save you so many needless calories.

The opposite of lack is abundance. Here are some thoughts that will help you.

- 'I am so glad to experience this dish'
- 'life has so many options and it's fun to partake'
- 'there is always so much to taste and experience, I will never be bored'

What do you think are some of your lack/scarcity thoughts?

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What are some abundance thoughts you would like to adopt?

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When I indulge in food that doesn't help me feel good about my body or myself I feel...

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### FITTING IN

If you worry about being judged or having comments made, you will not have the courage to order what you want vs ordering what you know will help you feel included. For example, if the conversations around the table are all about how they are all going off their diet and that they are 'celebrating' and will start tomorrow, if you order a healthy meal you won't really fit into the conversation.

Humans are wired to 'fit in'. If you stand out of the crowd too much you can be rejected. Back in the olden days if you were excluded from the pack you would be quick prey. Safety comes in numbers. Good news, you aren't living in those days and there is safety.

Do you lean towards being a 'social eater'?

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Why do you think you allow yourself to give into 'peer pressure' around food or drinking?

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What would have to change for you to stop eating foods you know aren't helping you achieve your health goals?

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Which of these 5 pitfalls feel the most difficult to overcome?

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# DARA'S TIPS FOR EATING OUT

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Here are my favourite 5 top tips to help you be a rockstar every time you go out for dinner.

1. Decide before you go to the restaurant how you want to feel when you leave the restaurant.
2. Look up the menu ahead of time and decide what you want to eat.
3. Focus on connecting with the people you are going to be with- if you are going by yourself, how do you want to connect with you?
4. Recognize every time you have an urge, acknowledge the urge and then allow it in you. I like to hold my glass with firmness and focus my energy into that as I allow the discomfort of the urge in my body.
5. Give myself credit for sticking to my plan. Desire is not innate. Desire is learned. You are learning to desire connection with people rather than depending on short bursts of dopamine from false pleasure.

Here are 5 more tips I use when eating out!

1. Order a burger wrapped in lettuce
2. Set the alarm on your phone for every 5 min to remind you to check in with your hunger level. Check into your body to see if you are hungry still.
3. Doggy bags are fabulous- save yourself time later for not having to cook or plan or clean.
4. When in doubt, don't order it.
5. Drink water only.

If you enjoyed this guide you will LOVE my lifetime membership of Love Yourself Thin where every step of losing weight and keeping it off is laid out for you. You never have to stress about weight loss again or spend another dime on it either. I am so confident that I even have a money back guarantee of 20 pounds in 90 days.

[www.daratomasson.com/love-yourself-thin/](http://www.daratomasson.com/love-yourself-thin/)

# Reasons why not to snack

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It is common sense to not snack. It is common sense to only eat when you are hungry. So why do you think it is not so common anymore?

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There are several reasons that explain why.

Money- There is a lot of money made on snacking and promoting the purchasing of food. When people 'need' to purchase food to feel better than companies are making more money.

Fear- If you believe that if you get too hungry you will be 'out of control' with food. There is a lot of fear that you are not to be trusted with food. Food has become the enemy.

Emotions - You are not taught how to sit with, how to allow uncomfortable emotions (they can be positive or negative). When you are not comfortable in your body you go for a quick escape or that dopamine hit from food.

Snacking is a social event. You want to feel RELIEF of some sort and you are not providing that for yourself and so you RELY on the quick dopamine hit that comes from the food. Now your body is having constant insulin reactions which mess up our hormones (weight loss is based on balancing 3 hormones: insulin, ghrelin and leptin). You are also not building self trust that you are capable of allowing discomfort. When you turn to 'quick fixes' you are not creating confidence that comes with delayed gratification.

# How to Correct a Snacking Problem

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## Step One: Look at your snacking issue with curiosity.

You have been judging yourself. You are not speaking very nicely to yourself so being inside your head is not the most loving and kind place. You are not able to give yourself love when you act this way. When you use curiosity there is no critical voice. When you are curious you are able to look at your situation with perspective. When you are curious you are able to see WHY the problem is happening with all of the criticism attached. You will finally see what has been missing.

## Step Two: Decide when you will eat 24 hours in advance.

Your body has stored energy in the form of fat on it. Your body does better when it eats when it is truly hungry. Your body could go for days on stored fat. So eating 3 meals a day is plenty. Decide from your higher brain that understands this so when the lower brain (toddler brain) starts to have a temper tantrum about having the snack you are able to calm it down and stick with the best decision for your body.

## Step Three: Only eat at the table.

Eating at the table will help you avoid mindless eating. Making a commitment to not eating at the computer, not eating at the ball game, not eating while watching movies and not eating while on your phone will help avoid mindless eating.

## Step Four: Connect with yourself.

The reason you are turning to food when you aren't truly hungry is that you are feeling uncomfortable. You may be feeling like you want connection. You may be feeling sad and want comfort. You may be feeling frustrated and want to feel relief. FOOD WILL NOT DO THIS FOR YOU. You receive relief, comfort, connection from your feelings that only come from your thoughts. The only way to ever feel an emotion is from your thoughts- no amount of sugary goodness can provide you with a true feeling. Sugar does give you a dopamine rush that can make you feel happy but it does not last.

You can be trusted to feel your own feelings. When you learn to meet your own emotional needs (which is the only way- it's an inside job) you no longer need any food.

## Step Five: Give yourself credit where credit is due.

Realizing that you are totally responsible for your own emotions is the most liberating concept. Every time you give yourself comfort, acknowledge what you just did. This acknowledgement will build confidence. Think about your brain as a road with a giant rut. Every time you felt discomfort you went down the road of 'I am uncomfortable and so I must eat food'. That rut is so ingrained in your life that you didn't even realize that it was there because it is on autopilot.

When you STOP the auto response you are throwing dirt in the rut and creating new patterns. You throw dirt when you take charge of your emotions.



# The 5 Steps Simplified

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As you practice these 5 steps you will improve and create a new automatic response to when you feel uncomfortable.

Here is a simplified version of the 5 Steps.

1. Name the uncomfortable feeling
2. Let it be in your body
3. Embrace the human condition (you are not a robot)
4. Continue with your day
5. Repeat when it comes up again

You are going to lose so much weight when you do this because not snacking helps balance your hormones. You will also break the dependency for food to give you that false pleasure dopamine hit. You will become an independent person.

If you enjoyed this Ultimate Snack Guide you will LOVE my lifetime membership Love Yourself Thin where you learn the exact process of permanent weight loss. You never have to feel alone or scared of ever getting to your goal weight and for it to come back. I invite you to join in by visiting by website [www.daratomasson.com/love-yourself-thin/](http://www.daratomasson.com/love-yourself-thin/)



# What are your favourite late night snacks?

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Sometimes when we eat late night snacks it can be because of the way they make us feel, below are some of my favourite snacks and I have listed the reasons why I like them. I want you to do the same things below. List what your favourite snacks are and then I want you to answer the question: If your late night snacks were friends how would you describe the relationship you have with them?

## Popcorn

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- fun and lightweight
- easy to eat mindlessly
- able to add extra or can be eaten plain
- doesn't take a lot of preparation
- familiar smell
- floods lots of memories from childhood and beyond
- lots of comfort

## Nachos

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- special treat
- takes some preparation
- can be simple or lots of extra preparation
- gooey and yummy
- need to eat quickly or it loses it's cheesy gooey flavour

## Apples and Cheese

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- feels like you are being healthy
- keeps your hands busy
- crunchy yet sweet (apple)
- creamy and satisfying (cheese)
- pair well together

## Potato Chips

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- crunchy
- salty and satisfying
- easy to eat
- no prep or clean up

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# Important Definitions

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Here are some important definitions you will need to know as you learn about your late night snacking habits, we will discuss each one below.

## Circadian Rhythms

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Circadian Rhythms are repetitive, predictable, cyclical changes in behaviours and hormones over 24 hours. Animals are great examples of this as some are nocturnal. Almost all hormones, including growth hormone, cortisol and parathyroid hormone, are secreted in a circadian rhythm. Circadian rhythms also govern insulin, which affects weight gain, and ghrelin, which controls hunger—leading to practical implications for eating patterns and weight loss.

## Insulin and Nighttime Eating

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In Palaeolithic times humans hunted and ate by day and when the sun went down we went for cover and didn't eat at night. One study showed there were 2 groups of overweight women who were randomly assigned to eat a large breakfast or a large dinner. Both ate 1400 calories per day; only the timing of the largest meal was changed. The breakfast group lost far more weight than the dinner group. The dinner group had a much larger overall rise in insulin. This study has been backed by several similar studies.

Weight gain is driven by insulin, the higher the insulin response in the evening.

## Hunger and Circadian Rhythms

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We are the least hungry at 7:50 am and then most hungry at 7:50 at night but the insulin response is greater at night and so you will gain more weight.

# Translation of the Science

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When you eat at night you will gain more weight. Even if you eat the same amount of calories your body will gain more weight. So let's take a look at the snack. We are turning to the snacks for comfort, for entertainment, for pleasure, for connection, for a dopamine hit.

Now this is where the good part comes in- you get to create all of that for yourself. I will help you out, but I want you to come up with some of your ideas also.

## Instead of snacking I can create...

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### **This is how I create comfort:**

1. I bring some hand work to do when I am watching a show or in the car.
2. I think of three things I appreciate about my life.
- 3.
- 4.
- 5.

### **This is how I create my own entertainment:**

1. I look at pictures of my past and think about the memories.
2. I call a friend and catch up.
- 3.
- 4.
- 5.

### **This is how I create my own pleasure:**

1. I look through my stash and reminisce about all the fabric and start pulling for a potential quilt.
2. I pour myself some herbal tea and get a fabulous book, get cozy and read without guilt for taking time to do this when I know that the kitchen cupboards could be re-organized.
- 3.
- 4.
- 5.

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## Instead of snacking I can create...

### **This is how I create my own connection:**

1. I write in my journal.
2. I see how my quilting has improved and take note of all the areas I have improved.
- 3.
- 4.
- 5.

### **This is how I get a natural dopamine hit from myself:**

1. I go for a walk and enjoy nature.
2. I pay some bills and appreciate that I can be independent.
- 3.
- 4.
- 5.

### **What we NOW KNOW.**

1. Snacks are like friends that fill a void
2. Weight gain is proven to be worse at night
3. You can fill your own needs without putting anything in your mouth

### **Now that you have this knowledge, what do you want to do?**

1. Eat at night and gain weight
2. Use willpower and deprivation then binge with food
3. Learn how to think differently and snack less often
4. Create your own emotions and never have to snack again at night

# Dara's Recommendations

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Snacking is always a social event. You are turning to the food (external source) to fill an internal need. This creates a dependency on food which is a codependent relationship. You are giving up control and freedom to create your own happiness.

Say goodbye to late night snacking and say hello to all of the ways you create your own comfort, joy, connection, dopamine hit, entertainment and pleasure.

Want help and support to gain this freedom over food and the ability to create whatever body you want? Love Yourself Thin is a lifetime membership where you will get all of the support you need to kick the late night habit.

[www.daratomasson.com/love-yourself-thin/](http://www.daratomasson.com/love-yourself-thin/)

## Join my lifetime membership where you will learn how to truly LOVE YOURSELF THIN!

