


WISE & WILD

Eating Out Tips



Hey there, midlife mamas! It's Sharise, your Legacy Igniter, here to help you eat out the Wise & Wild Way—without sacrificing health or fun! These tips, rooted in Nourishing Traditions, GAPS, and ancestral cooking, keep you on track while you enjoy every bite. Let's dive in!

- **Pick wisely**—go for high-quality spots. Take control of where you dine! Use **12 Spoons** to find eateries with healthy, Wise & Wild Way-approved options—like pastured meats or low-carb veggies—that are GMO-free, no MSG, free-range, wild-caught, and organic. When in doubt, ask—I've never met a question I didn't like!
- **Research ahead.** Check the menu online for options like grilled wild-caught fish or a low-carb veggie salad. Call ahead if needed—you'll feel in control by eliminating guesswork.
- **Snack before you go.** Eat a small handful of soaked nuts or homemade yogurt 30 minutes before heading out. Arriving starving makes you more likely to overeat.
- **Befriend your server**—don't be shy! Ask for your food your way—you're paying for it! My family rolls their eyes at my pickiness, but I tell the waiter, "Sorry, I'm a big pain, but..." They laugh, deliver, and if it's wrong, I send it back politely. Smile, be kind—the more they like you, the more they'll help.
- **Skip the bread and chips.** Ask the server not to bring them—they're processed grains we avoid. If others want them, turn your plate upside down. Order a salad or sip herbal tea while waiting to dodge those nibbles!
- **Ditch dips, sauces, and dressings.** Most are loaded with MSG, gluten, and sugar—not GAPS-friendly. Bring your own Wise & Wild dressing, like olive oil and lemon—see my BYO tip below.
- **Get creative.** Order healthy appetizers instead of entrées, or swap fries for a steamed veggies. Customize—it's your meal!
- **Control portions.** Ask to box half your meal upfront or share with a friend. Request separated ingredients to ration what you need—smart eating wins!
- **Check preparation methods.** Dishes often hide soybean or canola oil—cheap but harmful. Request olive oil, real butter, or no oil, and bring your own if needed—see my BYO tip below.
- **Use a nutrition app.** Apps help you check ingredients on the go—gotta love tech!
- **Know terms to love.** Choose baked, broiled, grilled, poached, roasted, steamed, *marinated, organic, fresh, or local dishes. Top with a quality fat you brought, like grass-fed butter—see my BYO tip below! (*For marinated, ask how.)
- **Know terms to avoid.** Avoid fried (aka "fritto"), breaded, scalloped, béarnaise, creamed, smothered, au gratin, carbonara, refried, basted, battered, bottomless, loaded, crunchy, country-style, stroganoff, and white sauce—they often use processed oils. Run away!
- **BYO when needed.** Pack your own fats, dressings, or sauces—like grass-fed butter or olive oil blends—for the highest-quality eats.
- **Choose water carefully.** Order mineral water with lemon in a glass bottle—or bring your own filtered water; it's the only way to ensure it's chemical-free.
- **Focus on company,** not just food. Enjoy your meal, but the real treat is time with friends, loved ones, or yourself—Wise & Wild Way style!

 Sharise Your legacy Igniter