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One of the more challenging aspects of eating a low carb diet, like the Optimal Eating Plan, is knowing what the best choice in a restaurant would be. Many people get hung up on trying to make the perfect choice and if they can't, they just give up. Instead, if you are faced with a situation where you know you can't make a perfect choice, then choose to make the best choice you can and just keep moving forward. Not all of the "Best" choices on these pages are completely compatible with the Yeast Free diet, but they are all much better than the "Poor" and even "Better" choices shown. Just keep focused on making the best choice rather than the perfect one.

	Poor	Better	Best
Country Fare	<p>Chicken Fried Steak, Potatoes and Gravy</p>  <p>Breaded chicken with mashed potatoes and gravy.</p> <p>Carbs: 100 gm</p>	<p>Steak and Sweet Potato</p>  <p>Get rid of the breading and gravy and sub in sweet potato.</p> <p>Carbs: 30 gm</p>	<p>Steak with Grilled Vegetables</p>  <p>Have the grilled vegetables instead and carbs drop by another half.</p> <p>Carbs: 10 gm</p>
Chicken Soup	<p>Chicken and Dumplings</p>  <p>Chicken soup with carrots and fluffy dumplings.</p> <p>Carbs: 50 gm</p>	<p>Chicken Noodle Soup</p>  <p>Substitute noodles for the dumplings and carbs are cut in half.</p> <p>Carbs: 20 gm</p>	<p>Chicken and Vegetable Soup</p>  <p>Get rid of the pasta completely and add more veggies instead cuts carbs even further.</p> <p>Carbs: 5-10 gm</p>
Burgers	<p>Burger with Fries and Milkshake</p>  <p>Standard cheeseburger with French fries and a milkshake packs a huge carb punch.</p> <p>Carbs: up to 200 gm</p>	<p>Burger with Sweet Potato Fries</p>  <p>Substitute sweet potato fries and drop the milkshake and carbs are slashed.</p> <p>Carbs: 30-40 gm</p>	<p>Bunless burger and salad</p>  <p>Skip the fries, have a salad and get rid of the burger bun and most of the carbs are gone.</p> <p>Carbs: 10 gm</p>

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Sandwiches	<p>12 in Turkey Sub Sandwich</p>  <p>12" turkey sub with mustard and swiss from your favorite sandwich shop.</p> <p>Carbs: 92 (Add chips and a cookie and it's 50 gm more) (Add a large Dr Pepper? Add 72 gm!)</p>	<p>Turkey Wrap</p>  <p>Substitute the bread for a wrap and the carbs are cut in half. Skip the chips, soda and cookie!</p> <p>Carbs: 40 gm</p>	<p>Turkey "Unwich" (Jimmy John's)</p>  <p>Opt for an "unwich" (lettuce wrapped sandwich) and the carbs are gone.</p> <p>Carbs: 4 gm</p>
Italian	<p>Chicken Parmesan with Spaghetti</p>  <p>Italian restaurants are tough. Better choices than this are available.</p> <p>Carbs: 80 gm (Garlic breadsticks add 26 gm more each!)</p>	<p>Steak with Spaghetti</p>  <p>Just by trading the breaded chicken for steak, the carbs are cut in half. Skip the bread!</p> <p>Carbs: 40 gm</p>	<p>Grilled Fish (or any meat) with Veggies</p>  <p>Substitute the pasta for vegetables and you virtually eliminate the carbs.</p> <p>Carbs: <10 gm</p>
Mexican	<p>Mexican Plate with Enchilada, Tamale, Taco, Rice and Beans</p>  <p>Standard enchilada plate with tamale and taco. Rice and beans, too!</p> <p>Carbs: 100 gm (Add a margarita for another 20 gm)</p>	<p>Fish Tacos</p>  <p>Two grilled fish tacos on corn tortillas – no rice, beans, or chips.</p> <p>Carbs: 25-35 gm</p>	<p>Fajitas without Tortillas</p>  <p>Skip the tortillas and you eliminate almost all the carbs.</p> <p>Carbs: <10 gm</p>

	Poor	Better	Best
Breakfast	<p>Pancakes and Syrup</p>  <p>Few breakfast options exist on a low carb eating plan – pancakes with syrup is definitely not one of them.</p> <p>Carbs: 100 gm</p>	<p>Oatmeal (1/2 cup cooked)</p>  <p>Oatmeal is often thought to be the healthy option for breakfast but it still packs a big carb punch.</p> <p>Carbs: 30 gm (not including sugar, honey, fruit, etc)</p>	<p>Eggs and Bacon</p>  <p>Bacon and eggs is the best choice when eating breakfast out. Other meats will work just as well.</p> <p>Carbs: <1 gm</p>
Dessert	<p>Chocolate Cake</p>  <p>Can you make a good choice when it comes to dessert? This is definitely not it!</p> <p>Carbs: 50 gm</p>	<p>Berries and Whipped Cream</p>  <p>Even if they sweetened the whipped cream, this is a far better choice.</p> <p>Carbs: 15-20 gm</p>	<p>Cheese Plate</p>  <p>Even if you indulge with a couple of crackers, this is still the best choice.</p> <p>Carbs: <10 gm</p>
Drinks	<p>Margarita</p>  <p>You don't have to completely abstain to reach the low carb goals you are reaching for, but a margarita is not the best choice.</p> <p>Carbs: 10-20 gm</p>	<p>Red Wine</p>  <p>A single glass of wine is not necessarily a bad choice, but don't let it lead to 2 or 3 glasses..</p> <p>Carbs: 5-10 gm</p>	<p>Vodka with Ice and Lemon/Lime</p>  <p>Add vodka to sparkling water with a squeeze of lemon or lime and you've eliminated all the carbs.</p> <p>Carbs: 0 gm</p>