

## **PREVIEW\_ Dining out - Low-carb tips (by team diet doctor)**

**Adele Hite:** The easiest restaurant menu to order from is... hands-down, a steakhouse.

**Anne Mullens:** Steakhouse.

**Amanda Akesson:** Steakhouse.

**Martin Balodis:** Steakhouse.

**Jill Wallentin:** Steakhouse.

**Franziska Spritzler:** Steakhouse.

**Karl Naim:** Steakhouse.

**Adele Hite:** You get your steak, you get your salad, you don't look at the big potatoes that somebody else is having.

**Dr. Bret Scher:** Thank you for being a member of Diet Doctor and thank you for your support of all we do. As a little gift we wanted to give you this video with a number of members from our team talking about their own personal experiences to hopefully give you some tips to help you make low-carb simple.