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Health Solutions



On the Go,
in the spirit

**How to Navigate Dining Out &
Eating with Wisdom**

Reset Principles to Follow

Choose grilled, baked, or steamed over fried.

Build meals around whole food ingredients.

Ask for dressings/sauces on the side.

Avoid sugar-laden drinks and processed sides.

Practice temperance and listen for fullness cues



Scripture Reminder

"So whether you eat or drink, or whatever you do, do all to the glory of God."

-1 Corinthians 10:31

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Eating Out Tips

Choose customizable spots like Chipotle, Panera, Sweetgreen.

Check menus beforehand to plan smart swaps.

Keep "clean snacks" in your bag (nuts, fruit, clean bars).

Order water first—it sets your tone.

Don't skip meals—stay nourished and grounded.

Pray before you eat, and invite the Holy Spirit into your choices.

MAKE CLEAN CHOICES WITH CONFIDENCE

Mexican Food

- ✓ Grilled fajita bowls (hold the tortillas)
- ✓ Salsa, guacamole, grilled veggies
- ✗ Skip: queso, fried chips, sugary margaritas

American Grill

- ✓ Bun-less burgers or grilled chicken
- ✓ Swap fries for steamed veggies or salad
- ✗ Skip: fried sides, loaded toppings, sugary sauces

Salad Bars & Build Your Own

- ✓ Leafy greens, seeds, grilled proteins, olive oil
- ✓ Add herbs, avocado, lemon juice
- ✗ Skip: creamy dressings, croutons, candied toppings

Asian Cuisine

- ✓ Steamed veggie stir fry, lean proteins
- ✓ Brown rice, coconut-based curries
- ✗ Skip: fried rolls, sugary glazes, MSG-heavy sauces

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Menu

Speak Grace, Not Guilt

The Reset is not about rules—it's about reverence and renewal. Be diligent and intentional, but don't be hard on yourself.

Powerful Prayer to Bless your Food

Thank you Lord for this food, Thank you for the nourishment that it will provide my body, Thank you for the wisdom to choose healthy foods that honors my temple, I release the blood of Jesus over this food and drink, Thank you that anything in this food scheduled to harm me has been neutralized and removed by the blood of Jesus, In Jesus name I pray, Amen,

Reflection Prayer

"Lord, help me nourish my body with wisdom and walk in grace wherever I go. Let my choices bring peace, health, and glory to You. In Jesus name, Amen."

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