







93. Leave 10 french fries uneaten on your next order.
94. Eat ½ of a sandwich at lunch and save the other ½ for dinner with a salad.
95. Eat the “fun-sized” candy bars instead of the regular size ones.
96. Spoon a little less rice on your plate, when eating out at a Chinese/Thai restaurant.
97. Eat an open-faced sandwich to eliminate 1 slice of bread.
98. Eliminate the gravy on your mashed potatoes.
99. Leave the shell behind on your taco salad.
100. Ask for the salad dressing on the side rather than on your salad.