

# THE SOCIAL SURVIVAL CHEAT SHEET

*Your quick-reference guide to restaurants, travel, and family dinners*

## THE 'AUNT SUSAN' SCRIPTS



"Thank you so much for the offer, but I'm sticking to my plan tonight. The salad looks delicious, though!"



"I really appreciate you including me, but I'll pass on that dish. I'm all set with my meal!"



"That looks amazing, but I'm avoiding those ingredients right now. Thanks for understanding!"

## THE 'FRANKENSTEIN' METHOD



- **Scan for Sides:** Identify standalone plant-based sides like steamed vegetables, baked potatoes, or rice.



- **Modify Mains:** Ask to remove animal products from salads, pastas, or stir-fries and add extra veggies or beans.



- **Build a Bowl:** Combine sides, grains, and a protein source (like tofu or legumes) to create a balanced meal.

*Pro Tip: Politely ask the server for customizations; most kitchens are happy to accommodate dietary needs.*

## THE 'CARRY-ON KITCHEN'



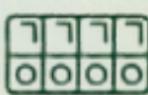
**Hydration Heroes:** Pack a reusable water bottle and refill it often.



**Snack Smart:** Carry portable snacks like nuts, seeds, dried fruit, or energy bars.



**Meal Prep:** Pre-cook simple, travel-friendly meals or components like roasted chickpeas or quinoa salad.



**Supplement Stash:** Bring essential vitamins or supplements in a compact organizer.



**Tea Time:** Pack your favorite herbal tea bags for a comforting ritual on the go.