

AH RESTAURANT TAKE-OUT GUIDE

MEXICAN RESTAURANT

Fajitas, using lettuce leaves instead of tortillas

"Deconstructed burrito" - a bowl with beans, chicken, veggies, cheese, guacamole, lettuce, tomatoes, sour cream

Chili or black bean soup topped with sour cream and/or cheese

Guacamole with radishes, fennel, cucumbers, jicama, or any other "snappy" vegetables

Brown rice (if available)

AMERICAN BISTRO- STYLE RESTAURANT

Protein (4-6 ounces of meat, fish, chicken, eggs, or tofu)

Veggies cooked in olive oil

Salad with full-fat dressing

Beans and/or small serving of whole grains

Soup (optional)

Dessert: fresh berries with dark chocolate and nuts

ASIAN RESTAURANT

Curry with tofu, meat, chicken, or fish (no rice)

Sashimi (rather than sushi - sashimi is served without sweetened white rice)

Vegetable stir-fry

Miso or coconut milk-based soup

Sautéed greens

Brown rice (if available)

Dessert: fruit

MEDITERRANEAN RESTAURANT

Fresh fish, chicken, or meat (not breaded)

Vegetable side dishes cooked or dressed in olive oil

Hummus or lentil salad (no pita - eat with fresh carrots, celery, radishes, sliced red pepper, or other "snappy" vegetables)

Olive tapenade

Olives and feta

Greek salad

Tabbouleh (with bulgur wheat)

Caprese salad (with fresh mozzarella)

Dessert: fruit with unsweetened Greek yogurt and a touch of honey (optional)

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SALAD BAR PICKS

Add toppings of choice over a bed of romaine, spinach, or other greens. Examples of toppings include...

Chicken, tuna, tofu

Smoked salmon

Boiled egg

Any non-starchy vegetables

Nuts

Beans (chickpeas, hummus, lentils, black beans)

Avocado

Olives

Shredded cheese

Cottage cheese

Whole grains (e.g., wheat berries or quinoa)

Full-fat dressings (without added sugar)

Soups (not potato based)

Dessert: fruit (TIP: for added fat, pour cream from the coffee station on top)

TIP: Stash a can of sardines, smoked oysters, or salmon in your bag for quick added protein and fat.

CONVENIENCE STORE

Mixed nuts with fruit

Cold cuts OR hard-boiled egg, full fat cheese stick, and apple

Smoked salmon on lettuce leaf with cream cheese, tomato, and onion

Unsweetened Greek yogurt, blueberries, and a package of cashews

Hummus (topped with olive oil), with carrots, celery, cherry tomatoes, and/or bell peppers and a side of milk

Jerky with fruit and nuts (or, if P2, trail mix with dried fruit)

Canned sardines (in oil) with mustard and a side of fruit

Cottage cheese OR plain whole-milk Greek yogurt with berries and nuts or nut butter (or, if P2, trail mix with dried fruit)

TIP: for added fat, pour cream from the coffee station on top of fruit