## 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)

### 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

### 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

### 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)
**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