

# Appetizers



- Seafood: shrimp cocktail; seared tuna; steamed oysters, clams, or mussels
- Cheese board with sliced fruit (apple, pear), nuts, olives
- Brothy vegetable soup
- Roasted asparagus or brussels sprouts
- House green salad with vinegar and oil
- Fresh veggie strips (celery, bell pepper, zucchini) with guacamole for dipping



# Asian

(Chinese, Vietnamese, Japanese/Sushi)



- Stir-fry with choice of quality protein\* and plenty of veggies
  - Ask to swap riced cauliflower for rice
  - Request nuts or sesame seeds as a garnish
- Pho bowl with choice of quality protein\*
  - Ask for extra veggies in place of noodles
  - Top with an egg
- Sashimi or sushi rolled without rice and wrapped in cucumber or nori
- Seaweed salad and miso or egg-drop soup as sides

\*Such as beef, pork, chicken, shrimp, or tofu

# Breakfast Cafe



- Omelet, egg bowl, or crustless quiche with cheese and colorful veggies
- Smoked salmon, tomato, onion, and avocado
  - Pair with sliced cucumber or zucchini instead of a bagel
- Avocado stuffed with tuna or chicken salad with a leafy green side salad
- Flat-iron steak with green beans or asparagus on the side
- Side of berries, cubed melon, or grapefruit half

## Fine Dining



### Main Dish:

- Grilled steak or chops
- Broiled fish or seafood combination (un-breaded)
- Surf & turf
- Roasted chicken or duck
- Sauteed or baked boneless, un-breaded chicken and vegetable dish
  - With or without cheese
  - Example: Fresco chicken

### Order 2 Veggie Sides:

- Hot [non-starchy veggie](#)
- Leafy green salad side with vinegar and oil

## Italian/Pizza Shop



- Caprese salad drizzled with olive oil
- Grilled chicken topped with marinara sauce and cheese
  - Ask if spiralized veggies can be swapped for pasta
- Crustless pizza bowl with grilled chicken, cheese and veggies\*
- Veggie-topped\* pizza on cauliflower crust (ask if it's made with wheat flour or starch and if yes, pass)

\*Such as mushrooms, peppers, broccoli, broccoli rabe



Muscle-Centric Restaurant Meal Suggestions

# Mediterranean

(Greek, Israeli, Lebanese, Moroccan, Syrian)



## Starters:

- Salad with feta cheese and olives
- Grilled calamari

## Main dish:

- Kebabs with meat and veggies
- Souvlaki
- Grilled, sauteed, or roasted meats, chicken, or seafood

## Sides:

- Tomato and cucumber or leafy green salad
- Ask to swap hot [non-starchy veggies](#), such as grilled tomatoes, peppers, onions, and/or zucchini, for rice or couscous



### **Main dish:**

- Bun-less burgers and grilled chicken – top with lettuce, tomatoes, mushrooms, and guacamole
- Un-breaded chicken wings seasoned with a dry lemon pepper or spicy rub
- Smoked brisket
- Grilled steak
- Pulled pork

### **Sides:**

- Leafy green salad with vinegar and oil
- Veggie sticks with guacamole for dipping
- Grilled veggies

## Sandwich/Sub Shops



- Ask for sandwich ingredients to be made into a salad.
- Swap lettuce leaf wraps for bread, rolls, or tortillas.
- Include colorful veggies to boost nutrients, such as tomato, peppers, shredded carrot.



# Tex Mex



- Fish, shrimp, steak, or chicken fajitas or tacos
  - Ask for lettuce leaves instead of tortillas for wrapping or eat as a platter
  - Top with cheese, peppers, onion, salsa, and guacamole
- Pair cheese-topped chili with a colorful leafy green salad with vinegar and oil
- Build a burrito bowl or salad
  - Add plenty of meat or chicken, lots of [non-starchy veggies](#), such as peppers, onions, and tomato, and a little beans
  - Hold the rice and chips