



OPTAVIA®

## Dining Out Guide

Order Healthy and  
Think Healthy

# Table of Contents

Sit Down Restaurant Options .....	<a href="#">5</a>
Fast Food Restaurant Options .....	<a href="#">12</a>
What is a Lean & Green™ Meal? .....	<a href="#">21</a>
Beverages .....	<a href="#">30</a>
Tips to Keep You on Track .....	<a href="#">32</a>
Healthy Celebrations .....	<a href="#">38</a>
Healthy Ideas for Specific Cuisines .....	<a href="#">42</a>



# Dining Out

At **OPTAVIA**, we believe you can live the best life possible and we know that requires a healthy you. We also know that there will be times when you are out with friends and family and need to make healthy eating decisions. This guide will help empower you to make healthier choices, whether you are dining out, enjoying take-out after a busy day or taking part in a special occasion. **OPTAVIA**'s Registered Dietitian and nutrition team evaluated the menus of sit down and fast food restaurants and have selected items that fit the nutritional profile of an **OPTAVIA** Lean & Green Meal, so you can stay on track – whether you're losing weight or maintaining your healthy weight.

Each of the menu options listed in this guide count as a complete Lean & Green Meal, which means you do not need to add additional protein, vegetables or healthy fats to the meal. For best results, try to avoid or limit additional condiments as restaurants typically add them to their dishes.

## **Remember:**

While this guide is designed to help you when you eat out, be sure you're doing so two or less times per week for a healthier life. Cooking healthy meals at home is another positive way to bond with friends and family!



---

**Want to add a restaurant to our Dining Out Guide?**

Contact [NutritionSupport@OPTAVIA.com](mailto:NutritionSupport@OPTAVIA.com) for suggestions and requests. Please note that menu items and nutrition information change frequently at restaurants. This information reflects the options and information available at the time of publication.

---

# Sit Down Restaurant Options

<b>APPLEBEE'S</b>	
<b>COMPLETE LEAN &amp; GREEN MEALS:</b>	<b>PORTION SIZE</b>
Grilled Chicken Caesar Salad with Caesar Dressing (includes dressing; no breadstick)*	Half or Lunch Portion
Grilled Chicken Salad with Lemon Olive Oil Vinaigrette (no breadstick)*	Half Portion
<b>BONEFISH GRILL</b>	
<b>COMPLETE LEAN &amp; GREEN MEALS:</b>	<b>PORTION SIZE</b>
Bonefish House Salad with Wood Grilled Chicken (dressing included)*	Half Portion
Bonefish House Salad with Wood-Grilled Salmon (dressing included)*	Half Portion
Caesar Salad (entrée) with Grilled Chicken (dressing included)*	Half Portion
Atlantic Salmon; small with Steamed Asparagus	Small Portion
<b>BUBBA'S 33</b>	
<b>COMPLETE LEAN &amp; GREEN MEALS:</b>	<b>PORTION SIZE</b>
Grilled Chicken Salad (no potato straws)*	Half Portion
Salmon Salad (no potato straws)*	Half Portion
The Big Salad (no potato straws)*	Regular Portion

\*Salad options listed are plain without dressings, croutons and other higher calorie/carbohydrate options, unless otherwise noted.

## **CHEDDAR'S SCRATCH KITCHEN**

### **COMPLETE LEAN & GREEN MEALS:**

### **PORTION SIZE**

Grilled Chicken Pecan Salad (no glazed pecans)\*

Half Portion

6 oz. Top Sirloin Steak with House Salad\*

Regular Portion

## **THE CHEESECAKE FACTORY**

### **COMPLETE LEAN & GREEN MEALS:**

### **PORTION SIZE**

Tossed Green Salad with an add on of Grilled Chicken, Shrimp, Salmon or Chargrilled Steak\*

Regular Portion

## **EAT'N PARK**

### **COMPLETE LEAN & GREEN MEALS:**

### **PORTION SIZE**

Veggie Omelet (no cheese)

Regular Portion

Classic Eat'n Park Salad with Grilled Chicken (no fries or cheese)\*

Regular Portion

## **GLORY DAYS GRILL**

### **COMPLETE LEAN & GREEN MEALS:**

### **PORTION SIZE**

8 Grilled Boneless Chicken Wings (no sauce) with Celery Sticks

Regular Portion

Cedar Plank Salmon (no rice or mustard remoulade)

Half Portion

Glory Days Cobb Salad\*

Half Portion

Grilled Buffalo Chicken Salad\*

Half Portion

Grilled Chicken Salad\*

Half Portion

Grilled Chicken Caesar Salad with Caesar dressing\*

Half Portion

This guide is a review and rating of menu options at various restaurants. **OPTAVIA** LLC is an independent entity not associated with any of the restaurants named throughout this guide.

## ISLANDS RESTAURANTS

### COMPLETE LEAN & GREEN MEAL:

### PORTION SIZE

Jungle Caesar Salad with Caesar Dressing\*

Half Portion

## JOHNNY ROCKETS

### COMPLETE LEAN & GREEN MEAL:

### PORTION SIZE

Grilled Chicken Club Salad\*

Regular Portion

## LONGHORN STEAKHOUSE

### COMPLETE LEAN & GREEN MEALS:

### PORTION SIZE

Longhorn Caesar Salad with Chicken or Salmon and Caesar Dressing\*

Half Portion

7-Pepper Sirloin Salad\* with Side of Fresh Steamed Broccoli

Half Portion

Farm Fresh Field Greens with Salmon\* and Side of Fresh Steamed Broccoli

Half Portion

## MIMI'S CAFE

### COMPLETE LEAN & GREEN MEALS:

### PORTION SIZE

Mimi's Chopped Cobb Salad\*

Regular Portion

Egg White & Veggie Omelet (no toast or muffin)

Regular Portion

Petite Caesar Salad\* with Caesar Dressing and Shrimp Skewer

Regular Portion

## MISSION BBQ

### COMPLETE LEAN & GREEN MEALS:

### PORTION SIZE

Meat Market: Pulled Pork with Entrée Salad\*

Half Portion

Meat Market: Lean Brisket with Entrée Salad, plus 1 tablespoon of salad dressing\*

Half Portion

\*Salad options listed are plain without dressings, croutons and other higher calorie/carbohydrate options, unless otherwise noted.

<b>MISSION BBQ (CONTINUED)</b>	
<b>COMPLETE LEAN &amp; GREEN MEALS:</b>	<b>PORTION SIZE</b>
Meat Market: Pulled Chicken with Entrée Salad, plus 1 tablespoon of salad dressing*	Half Portion
Meat Market: Turkey with Entrée Salad, plus 1 tablespoon of salad dressing*	Regular Portion
Smokehouse Signature: Salmon with Entrée Salad*	Half Portion
Smokehouse Signature: Chicken with Entrée Salad*	Half Portion
<b>THE OLIVE GARDEN</b>	
<b>COMPLETE LEAN &amp; GREEN MEAL:</b>	<b>PORTION SIZE</b>
Chicken Margherita	Half or Lunch Portion
<b>ON THE BORDER</b>	
<b>COMPLETE LEAN &amp; GREEN MEALS:</b>	<b>PORTION SIZE</b>
Fajita Salad with Chicken*	Regular Portion
Chicken Fajitas (no tortillas, rice, beans or extra condiments)	Regular Portion
Monterey Ranch Chicken Fajitas (no tortillas, rice, beans, or extra condiments)	Half Portion
Border's Best Lunch Fajitas: Chicken (no tortillas, rice, beans, or condiments)	Regular Portion
Border's Best Lunch Fajitas: Steak (no tortilla, rice, beans, or other condiments)	Regular Portion

This guide is a review and rating of menu options at various restaurants. **OPTAVIA LLC** is an independent entity not associated with any of the restaurants named throughout this guide.



<b>OUTBACK STEAKHOUSE</b>	
<b>COMPLETE LEAN &amp; GREEN MEALS:</b>	<b>PORTION SIZE</b>
Brisbane Caesar Salad with Grilled Chicken*	Half Portion
<b>PERKINS</b>	
<b>COMPLETE LEAN &amp; GREEN MEALS:</b>	<b>PORTION SIZE</b>
The Everything Omelet (no cheese)	Regular Portion
Southwest Avocado Salad*	Regular Portion
Grilled Garlic Tilapia & Shrimp (no rice)	Regular Portion
Grilled Chicken with Mushrooms & Asparagus (no rice)	Regular Portion
<b>P.F. CHANG'S</b>	
<b>COMPLETE LEAN &amp; GREEN MEALS:</b>	<b>PORTION SIZE</b>
Asian Caesar Salad with Chicken or Salmon and Caesar Dressing*	Half Portion
Beef with Broccoli	Regular Portion
Miso Glazed Salmon	Regular Portion
<b>RED HOT &amp; BLUE</b>	
<b>COMPLETE LEAN &amp; GREEN MEALS:</b>	<b>PORTION SIZE</b>
Smokehouse Salad*	Half Portion
Caesar Salad with Grilled Chicken and Caesar Dressing*	Half Portion

\*Salad options listed are plain without dressings, croutons and other higher calorie/carbohydrate options, unless otherwise noted.

## RED LOBSTER

### COMPLETE LEAN & GREEN MEALS:

### PORTION SIZE

6 oz. Filet Mignon with Side House Salad\*

Regular Portion

## RED ROBIN

### COMPLETE LEAN & GREEN MEALS:

### PORTION SIZE

Avo-Cobb-O Salad\*

Half Portion

Simply Grilled Chicken Salad\*

Regular Portion

The Wedgie Burger (no bacon or guacamole)  
with House Salad\*

Half Portion with  
Regular Salad Portion

Turkey Patty with Lettuce Wrap, Tomato &  
Cucumber Slices, and House Salad\*

Regular Portion

Ensenada Chicken Platter (one Chicken Breast)  
with Side Salad\*

Regular Portion

## ROMANO'S MACARONI GRILL

### COMPLETE LEAN & GREEN MEALS:

### PORTION SIZE

Rosa's Signature Caesar Salad with Chicken and  
Caesar Dressing\*

Half Portion

Bibb & Bleu Salad with Chicken and  
Buttermilk Ranch\*

Half Portion

Pollo Caprese with Side of Grilled Asparagus

Half Portion  
with Regular Side

## TEXAS ROADHOUSE

### COMPLETE LEAN & GREEN MEALS:

### PORTION SIZE

Grilled Chicken, Salmon, or Shrimp Salad\*

Half Portion

Caesar Salad with Grilled Chicken and  
Caesar Dressing\*

Half or  
Lunch Portion

This guide is a review and rating of menu options at various restaurants. **OPTAVIA** LLC is an independent entity not associated with any of the restaurants named throughout this guide.

## TEXAS ROADHOUSE (CONTINUED)

### COMPLETE LEAN & GREEN MEALS:

### PORTION SIZE

6 oz. Sirloin with Green Beans

Regular Portion

## THE GREENE TURTLE

### COMPLETE LEAN & GREEN MEALS:

### PORTION SIZE

Chicken Caesar Salad\*

Half Portion

Ty Cobb Salad\*

Half Portion

Nola Chicken (no rice pilaf)

Half Portion

Black & Bleu Shrimp Salad\*

Half Portion

Gluten-sensitive Chicken Caesar Salad with Caesar Dressing\*

Regular Portion

## YARD HOUSE

### COMPLETE LEAN & GREEN MEALS:

### PORTION SIZE

Kale and Romaine Caesar Salad\*  
with Chicken, Small

Half Portion

Cobb Salad with Chicken, Small

Half Portion

## ZAXBY'S

### COMPLETE LEAN & GREEN MEALS:

### PORTION SIZE

Grilled House Zalad\*

Half Portion

Grilled Caesar Zalad\*

Half Portion

Blackened Blue Zalad\*

Half Portion

Grilled Cobb Zalad\*

Half Portion

\*Salad options listed are plain without dressings, croutons and other higher calorie/carbohydrate options, unless otherwise noted.

# Fast Food Restaurant Options

<b>AU BON PAIN</b>	
<b>COMPLETE LEAN &amp; GREEN MEALS:</b>	<b>PORTION SIZE</b>
Chicken Cobb with Avocado Salad*	Regular Portion
Chicken Caesar Asiago Salad*	Regular Portion
<b>BAJA FRESH</b>	
<b>COMPLETE LEAN &amp; GREEN MEALS:</b>	<b>PORTION SIZE</b>
Baja Ensalada with Grilled Chicken*	Regular Portion
Baja Ensalada with Steak*	Regular Portion
<b>BLAZE PIZZA</b>	
<b>COMPLETE LEAN &amp; GREEN MEALS:</b>	<b>PORTION SIZE</b>
BYO Salad with Mixed Greens, Cherry Tomatoes, Mushrooms, Green & Red Bell Peppers, Grilled Chicken, Shredded Mozzarella, & Greek Salad Dressing*	Regular Portion
<b>BOJANGLES</b>	
<b>COMPLETE LEAN &amp; GREEN MEALS:</b>	<b>PORTION SIZE</b>
Roasted Chicken Bites Salad*	Half Portion
Grilled Chicken Salad*	Regular Portion
<b>BOSTON MARKET</b>	
<b>COMPLETE LEAN &amp; GREEN MEALS:</b>	<b>PORTION SIZE</b>
Caesar Salad with Chicken Breast & Caesar Dressing*	Half Portion

This guide is a review and rating of menu options at various restaurants. **OPTAVIA** LLC is an independent entity not associated with any of the restaurants named throughout this guide.

## **BOSTON MARKET (CONTINUED)**

### **COMPLETE LEAN & GREEN MEALS:**

### **PORTION SIZE**

Rotisserie Chicken Quarter White, Quarter Dark (1 thigh & 1 drumstick), or 3 Piece Dark (2 drum, 1 thigh) with Steamed Broccoli

Regular Portion

## **CAFE RIO**

### **COMPLETE LEAN & GREEN MEAL:**

### **PORTION SIZE**

Salad with Shredded Chicken, Fire Grilled Chicken, Chile Roasted Beef, or Fire Grilled Steak (no beans, rice, tortilla strips, cheese, guacamole, or sour cream)\*

Regular Portion

## **CAFÉ ZUPAS**

### **COMPLETE LEAN & GREEN MEAL:**

### **PORTION SIZE**

Garden Protein Bowl (no bacon, no dressing)

Half Portion

Mediterranean Protein Bowl (no artichoke hearts, no dressing)

Large Portion

Steak Cobb Protein Bowl (no bacon, no dressing)

Large Portion

Southwest Protein Bowl (no bacon, no dressing)

Half Portion

Avocado Chicken Chop Salad\*

Large Portion

California Cobb with Ranch Dressing\*

Half Portion

## **CALIFORNIA TORTILLA**

### **COMPLETE LEAN & GREEN MEALS:**

### **PORTION SIZE**

Mixed Grill Bowl (no rice, beans or BBQ sauce)

Regular Portion

California Sunset Bowl (no rice, beans or sunset sauce)

Regular Portion

\*Salad options listed are plain without dressings, croutons and other higher calorie/carbohydrate options, unless otherwise noted.

## CALIFORNIA TORTILLA (CONTINUED)

COMPLETE LEAN & GREEN MEALS:	PORTION SIZE
Crunchy BBQ Ranch Burrito: Regular, In Bowl (no tortilla, rice, beans, tortilla strips or BBQ sauce)	Regular Portion
Carnitas Verde Burrito: Regular, In Bowl (no tortilla, rice, tortilla strips or sour cream)	Regular Portion
California Screamin Burrito: Regular, In Bowl (no tortilla, rice or queso)	Regular Portion
Enchilada Bowl with Carnitas, Grilled Mesquite Steak, Grilled Mesquite Chicken or Grilled Chicken (no rice, tortilla strips, sour cream or guacamole)	Regular Portion
Korean BBQ Burrito with Blackened Fish or Blackened Chicken: Regular, In Bowl (no tortilla, rice or BBQ sauce)	Regular Portion
Fajita Burrito with Carnitas, Grilled Mesquite Steak, Grilled Mesquite Chicken, Blackened Chicken, or Grilled Chicken; Regular, In Bowl (no tortilla, rice, or sour cream)	Regular Portion
Southwestern Salad with Carnitas, Blackened Fish, Grilled Mesquite Steak, Grilled Mesquite Chicken, or Blackened Chicken (no corn, guacamole, or tortilla strips)*	Regular Portion

## CAPTAIN D'S

COMPLETE LEAN & GREEN MEALS:	PORTION SIZE
Grilled Tilapia Salad*	Regular Portion
Skewer Shrimp Salad*	Regular Portion
Wild Alaskan Salmon Salad*	Regular Portion
Wild Alaskan Salmon with Side of Green Beans	Regular Portion
Grilled White Fish & Shrimp Skewer with Side of Green Beans	Regular Portion

This guide is a review and rating of menu options at various restaurants. **OPTAVIA LLC** is an independent entity not associated with any of the restaurants named throughout this guide.

## CHICK-FIL-A

### COMPLETE LEAN & GREEN MEALS:

### PORTION SIZE

Spicy Southwest Salad\*

Regular Portion

12 Count Grilled Chicken Nuggets with Side Salad and a 1/2 packet of Light Balsamic Vinaigrette Dressing\*

Regular Portion

## CHIPOTLE

### COMPLETE LEAN & GREEN MEALS:

### PORTION SIZE

Burrito Bowl with 4 oz. Chicken, Steak, or Barbacoa with Cheese and an extra portion of Fajita Vegetables and Romaine Lettuce

Regular Portion

Burrito Bowl with 4 oz. Carnitas and an extra order of Fajita Vegetables and Romaine Lettuce

Regular Portion

Paleo Salad Bowl\*

Regular Portion

## CHOPT

### COMPLETE LEAN & GREEN MEALS:

### PORTION SIZE

Kale Caesar with Chicken\*

Regular Portion

Palm Beach Salad with Wild Caught Shrimp or Grilled Chicken\*

Regular Portion

Mexican Caesar with Chicken\*

Regular Portion

Classic Cobb\*

Half Portion

## CORELIFE EATERY

### COMPLETE LEAN & GREEN MEALS:

### PORTION SIZE

Chicken Cobb Bowl (no bacon, no dressing)

Small Portion

Kale Caesar Chicken with Dressing\*

Large Portion

\*Salad options listed are plain without dressings, croutons and other higher calorie/carbohydrate options, unless otherwise noted.

## **CRAZY BOWLS & WRAPS**

### **COMPLETE LEAN & GREEN MEALS:**

### **PORTION SIZE**

2 Caesar Lettuce Wraps with Grilled Chicken, Salmon, or Tofu with Dressing (no brown rice)

Regular Portion

Fajita Bowl with Grilled Chicken, Salmon or Tofu (no brown rice or other base, no beans, no sides)

Regular Portion

Pesto Bowl with Grilled Chicken, Salmon, or Tofu (no brown rice, no sides)

Regular Portion

Jerk Bowl with Grilled Chicken, (no brown rice, no beans, no sides)

Regular Portion

## **JACK IN THE BOX**

### **COMPLETE LEAN & GREEN MEALS:**

### **PORTION SIZE**

Chicken Club Salad with Grilled Chicken, Salmon, or Tofu Strips\*

Regular Portion

Grilled Chicken Salad\*

Regular Portion

Southwest Chicken Salad with Grilled Chicken\*

Regular Portion

## **JERSEY MIKE'S SUBS**

### **COMPLETE LEAN & GREEN MEAL:**

### **PORTION SIZE**

Grilled Chicken Salad\*

Half Portion

## **KFC**

### **COMPLETE LEAN & GREEN MEALS:**

### **PORTION SIZE**

Kentucky Grilled Chicken: 3 whole wings with a Side House Salad or Side Caesar Salad, plus 1 tablespoon salad dressing\*

Regular Portion

This guide is a review and rating of menu options at various restaurants. **OPTAVIA LLC** is an independent entity not associated with any of the restaurants named throughout this guide.



## KFC (CONTINUED)

### COMPLETE LEAN & GREEN MEALS:

### PORTION SIZE

Kentucky Grilled Chicken: 2 Drumsticks with a Side House Salad or Side Caesar Salad, plus 1 tablespoon salad dressing\*

Regular Portion

Kentucky Grilled Chicken: Drumstick & Thigh with a Side House Salad, Side Caesar Salad, or Green Beans\*

Regular Portion

Kentucky Grilled Chicken: Breast with a Side House or Caesar Salad, plus 1 tablespoon salad dressing\*

Regular Portion

Nashville Hot Kentucky Grilled Chicken Breast with a Side House Salad, Side Caesar Salad, or Green Beans\*

Regular Portion

2 Nashville Hot Kentucky Grilled Chicken Drumsticks with a Side House Salad, Side Caesar Salad, or Green Beans\*

Regular Portion

Nashville Hot Kentucky Grilled Chicken Drumstick and Thigh with a Side House Salad, Side Caesar Salad, or Green Beans\*

Regular Portion

## NOODLES & COMPANY

### COMPLETE LEAN & GREEN MEALS:

### PORTION SIZE

Grilled Chicken Caesar Salad with Caesar Dressing\*

Regular Portion

The Med Salad with Chicken & Spicy Yogurt Dressing (no pasta)\*

Regular Portion

Zucchini Rosa with Grilled Chicken

Small Portion

Zucchini Pesto with Grilled Chicken

Small Portion

\*Salad options listed are plain without dressings, croutons and other higher calorie/carbohydrate options, unless otherwise noted.

## PANDA EXPRESS

### COMPLETE LEAN & GREEN MEALS:

### PORTION SIZE

Black Pepper Angus Steak with Super Greens Entrée

Regular Portion

Grilled Asian Chicken with Super Greens Entrée

Regular Portion

Grilled Teriyaki Chicken with Super Greens Entrée\*

Regular Portion

## PANERA BREAD

### COMPLETE LEAN & GREEN MEALS:

### PORTION SIZE

Caesar Salad with Chicken & Caesar Dressing\*

Regular Portion

Green Goddess Cobb Salad with  
Green Goddess Dressing\*

Half Portion

Asian Sesame with Chicken and Asian  
Sesame Vinaigrette\*

Regular Portion

## PEI WEI

### COMPLETE LEAN & GREEN MEAL:

### PORTION SIZE

Asian Chopped Chicken Salad with  
Ginger-Sesame Vinaigrette (no crispy wontons)\*

Half Portion

## EL POLLO LOCO

### COMPLETE LEAN & GREEN MEAL:

### PORTION SIZE

Double Avocado Salad with Grilled Chicken\*

Regular Portion

1 Fire-grilled Chicken Breast with  
double side order of Broccoli

Regular Portion  
with Double side

This guide is a review and rating of menu options at various restaurants. **OPTAVIA** LLC is an independent entity not associated with any of the restaurants named throughout this guide.

## **EL POLLO LOCO (CONTINUED)**

### **COMPLETE LEAN & GREEN MEAL:**

### **PORTION SIZE**

3 Fire-grilled Chicken Legs with double side order of Broccoli

Regular Portion with Double side

1 Chicken Thigh with double side order of Broccoli

Regular Portion with Double side

## **PROTEIN BAR & KITCHEN**

### **COMPLETE LEAN & GREEN MEAL:**

### **PORTION SIZE**

Kale Chicken Caesar Salad with Caesar Dressing\*

Half Portion

Healthy Club Salad with Greek Yogurt Salad Dressing\*

Half Portion

## **QDOBA**

### **COMPLETE LEAN & GREEN MEALS:**

### **PORTION SIZE**

Create Your Own Bowl: Grilled Adobo Chicken with Fajita Vegetables and Romaine Lettuce

Double Portion

Create Your Own Bowl: Pulled Pork with Fajita Vegetables and Romaine Lettuce

Double Portion

## **SUBWAY**

### **COMPLETE LEAN & GREEN MEAL:**

### **PORTION SIZE**

Grilled or Oven Roasted Chicken Protein Bowl (includes lettuce, spinach, tomatoes, onions, green peppers, cucumbers, & olives) with Oil & Vinegar or MVP Parmesan Vinaigrette

Regular Portion

Steak & Cheese Protein Bowl (includes lettuce, spinach, tomatoes, onions, green peppers, cucumbers, & olives)

Regular Portion

\*Salad options listed are plain without dressings, croutons and other higher calorie/carbohydrate options, unless otherwise noted.

<b>VIVA CHICKEN</b>	
<b>COMPLETE LEAN &amp; GREEN MEALS:</b>	<b>PORTION SIZE</b>
Viva Salad with Pulled Chicken (white meat)*	Regular Portion
Half Chicken (white, dark, or dark/white meat) with House Salad*	Regular Portion
<b>WAHOO'S FISH TACO</b>	
<b>COMPLETE LEAN &amp; GREEN MEALS:</b>	<b>PORTION SIZE</b>
Kale Kai Salad with Charbroiled Fish, Blackened Fish, Charbroiled Chicken, Blackened Chicken, Shrimp, or Salmon*	Regular Portion
Protein Bowl (no citrus slaw): Blackened Chicken, Charbroiled Chicken, Blackened Fish, Charbroiled Fish, Shrimp, Salmon, or any combination of these proteins	Regular Portion
<b>WENDY'S</b>	
<b>COMPLETE LEAN &amp; GREEN MEALS:</b>	<b>PORTION SIZE</b>
Parmesan Caesar Chicken Salad (includes dressing)*	Half Portion
Southwest Avocado Chicken Salad* (includes dressing)	Half Portion
<b>ZOE'S KITCHEN</b>	
<b>COMPLETE LEAN &amp; GREEN MEAL:</b>	<b>PORTION SIZE</b>
Regular Chicken, Salmon, or Shrimp Kabobs with Roasted Vegetables	Regular Portion

This guide is a review and rating of menu options at various restaurants. **OPTAVIA** LLC is an independent entity not associated with any of the restaurants named throughout this guide.

# What is a Lean & Green Meal?

A Lean & Green Meal includes 5 to 7 ounces of cooked lean protein plus three (3) servings of non-starchy vegetables and up to two (2) servings of healthy fats, depending on your lean protein choices. Enjoy your Lean & Green Meal any time of day – whatever works best for your schedule.

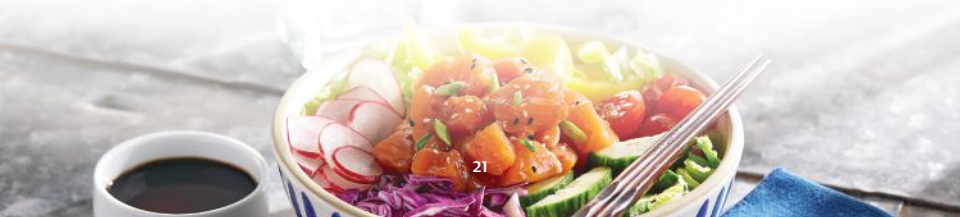
## Healthy Fats

Every day, incorporate up to two (2) servings of healthy fats into your Lean & Green Meal. Healthy fats are important because they help your body absorb vitamins like A, D, E and K. They also help your gallbladder work properly. Reference [page 26](#) to view our complete Healthy Fats List.

## Lean & Green Meal: The "Lean"

### Lean Tips:

- Portion size recommendations are for cooked weight.
- Choose meats that are grilled, baked, broiled or poached – not fried.
- Each week, try to eat at least two servings of fish rich in omega-3 fatty acids (salmon, tuna, mackerel, trout or herring).
- Feel free to choose any of our meatless options like tofu and tempeh. If you are interested in our complete list of meatless options, please refer to our '[Vegetarian Information Sheet](#)' located on Client Answers ([ANSWERS.OPTAVIA.com](https://ANSWERS.OPTAVIA.com)).



Choose the appropriate serving size of any protein from the list below. We've sorted protein options into leanest, leaner and lean. All options are appropriate for any Optimal Weight Plan; this just helps you make informed food choices. For a variety of **OPTAVIA** Lean & Green recipes, download the **OPTAVIA** App from the [Apple App Store](#) (for iPhone users) or [Google Play](#) (for Android devices) for access to the complete library of meals.

### LEANEST:

**7 oz. of protein**



**+ Add 2 servings  
of Healthy Fats\***



**Fish:** cod, flounder, haddock, orange roughy, grouper, tilapia, mahi mahi, tuna (yellowfin steak or canned in water), wild catfish

**Shellfish:** crab, scallops, shrimp, lobster

**Game meat:** buffalo, elk, deer

**Ground turkey or other meat:**  $\geq$  98% lean

**Turkey:** light meat

**Meatless options:** 14 egg whites, 2 cups of liquid egg substitute or liquid egg whites, 5 oz. seitan, 12 oz. (1 ½ cups) 1% cottage cheese, 12 oz. non-fat (0%) plain Greek yogurt ( $\leq$  15g carb per 12 oz.)

### LEANER:

**6 oz. of protein**



**+ Add 1 serving  
of Healthy Fats\***



**Fish:** swordfish, trout, halibut

**Chicken:** breast or white meat, without skin

**Ground turkey or other meat:** 95% - 97% lean

**Pork:** pork chop or pork tenderloin

**Meatless options:** 2 whole eggs plus 4 egg whites, 2 whole eggs plus 1 cup liquid egg substitute, 12 oz. (1 ½ cups) 2% cottage cheese, 12 oz. low-fat (2%) plain Greek yogurt ( $\leq$  15g carb per 12 oz.)

## LEAN:

5 oz. of protein



+ Add 0 servings  
of Healthy Fats\*



**Fish:** salmon, tuna (bluefin steak), farmed catfish, mackerel, herring

**Lean beef:** steak, roast, ground

**Lamb**

**Ground turkey or other meat:** 85% - 94% lean

**Chicken or turkey:** dark meat

**Meatless options:** 15 oz. Mori-nu extra firm or firm tofu (bean curd), 3 whole eggs (up to two times per week), 4 oz. (1 cup) shredded reduced-fat or part-skim cheese, 8 oz. (1 cup) part-skim ricotta cheese (2-3g fat per oz.), 5 oz. tempeh





## Lean & Green Meal: The "Green"

Choose **three (3)** servings from our Green Options list for each of your Lean & Green Meals. We've sorted vegetable options into lower, moderate and higher carbohydrate levels. Each one is appropriate on any Optimal Weight Plan; the list helps you make informed food choices.

**Note:**

All vegetables promote healthful eating. But on our Optimal Weight Plans, we eliminate the highest-carbohydrate vegetables (such as carrots, corn, peas, potatoes, onions, edamame and Brussels sprouts) to enhance your results. Once you've achieved your healthy weight, we encourage you to include ALL vegetables for long-term healthy eating.



## Choose 3 servings from the Green Options List:

1 serving = ½ cup vegetables (unless otherwise specified)

Example:

1 cup of lettuce  + ½ cup of broccoli  + ½ cup mushrooms  = 3 servings

1 cup	Lower Carbohydrate	
	Collards (fresh/raw) endive lettuce (green leaf, butterhead, iceberg, romaine) mustard greens	spinach (fresh/raw) spring mix watercress bok choy (raw)
½ cup	Lower Carbohydrate	
	celery cucumbers white mushrooms radishes sprouts (alfalfa, mung bean) turnip greens	arugula nopales escarole jalapeño (raw) Swiss chard (raw) bok choy (cooked)
	Moderate Carbohydrate	
	asparagus cabbage cauliflower eggplant fennel bulb	kale portabella mushrooms spinach (cooked) summer squash (scallop or zucchini)
	Higher Carbohydrate	
	broccoli red cabbage chayote squash collard or mustard greens (cooked) green or wax beans kabocha squash kohlrabi leeks (cooked) okra	peppers (any color) scallions (raw) summer squash (crookneck or straightneck) tomatoes turnips spaghetti squash hearts of palm jicama Swiss chard (cooked)



## Healthy Fats List

Monounsaturated and polyunsaturated fats are considered to be more beneficial to your health than saturated fats. We recommend choosing the majority of your healthy fat servings from those two categories. A healthy fat serving should contain about 5 grams of fat and less than 5 grams of carbohydrate. The following healthy fats meet the guidelines for one healthy fat serving.

### Monounsaturated Fats

Almond flour: 1 ½ Tbsp

Avocado: 1 ½ oz.

Guacamole: 2 Tbsp

#### **Milks:**

Almond Milk (refrigerated, unsweetened original or unsweetened vanilla): 2 cups

Cashew Milk: (refrigerated, unsweetened original or unsweetened vanilla): 2 cups

Olives: 5 - 10 black or green olives

#### **Oils:**

Avocado Oil: 1 tsp

Canola Oil: 1 tsp

Olive Oil: 1 tsp

Peanut Oil: 1 tsp

#### **Nuts:**

Almonds: ½ oz. (~8 pieces)

Brazil nuts: ½ oz. (~2 pieces)

Cashews: ½ oz. (~6 pieces)

Hazelnuts: ½ oz. (~6 pieces)

Macadamia: ½ oz. (~3 pieces)

Peanuts: ½ oz. (~12 pieces)

Pecans: ½ oz. (~5 halves)

Pistachios: ½ oz. (~18 pieces)

Pesto: 1 Tbsp

#### **Seeds:**

Sesame Seeds: 1 Tbsp

## Healthy Fats List (Continued)

### Polyunsaturated Fats

Margarine (regular): ½ Tbsp  
 Margarine (reduced-fat): 1 Tbsp  
 Mayonnaise (regular): ½ Tbsp  
 Mayonnaise (light): 1 ½ Tbsp  
 Mayonnaise (reduced-fat with olive oil): 1 Tbsp

#### Nuts:

Pine: ⅓ oz. (~55 kernels)  
 Walnuts: ⅓ oz. (~4 halves)

#### Oils:

Flaxseed Oil: 1 tsp  
 Grapeseed Oil: 1 tsp

#### Oils (cont.):

Safflower Oil: 1 tsp  
 Sesame Oil: 1 tsp  
 Soybean Oil: 1 tsp

#### Seeds:

Chia Seeds: 1 Tbsp  
 Flax Seeds (ground): 2 Tbsp  
 Flax Seeds (whole): 1 Tbsp  
 Hemp Seeds: 1 Tbsp  
 Poppy Seeds: 1 Tbsp  
 Pumpkin Seeds: 1 Tbsp  
 Sunflower Seeds  
 (kernel only): 1 Tbsp

### Saturated Fats

Butter: ½ Tbsp  
 Coconut (shredded, unsweetened): 1 ½ Tbsp  
 Cream (half & half): 3 Tbsp  
 Cream cheese (regular): 1 Tbsp  
 Cream cheese (low-fat): 2 Tbsp

#### Milks:

Coconut (canned, regular): 2 Tbsp

#### Milks (cont.):

Coconut (canned, light): ¼ cup  
 Coconut (unsweetened original  
 or unsweetened vanilla): 1 cup  
 Sour cream: 2 Tbsp  
 The Laughing Cow Spreadable  
 Cheese Original Swiss: 1 wedge

## Healthy Fats List: Salad Dressing

### Annie's Naturals

1 Tbsp

Goddess	Organic French	Woodstock
Organic Cowgirl Ranch	Organic Caesar	Lemon & Chive
Organic Roasted	Organic Balsamic	Vinaigrette
Garlic Vinaigrette	Organic Asian Sesame	Tuscany Italian
Organic Green Goddess	Cowgirl Ranch	Artichoke Parmesan
Organic Goddess	Balsamic Vinaigrette	Organic Smoky Tomato

2 Tbsp

Roasted Red Pepper Lite Goddess

## Healthy Fats List: Salad Dressing (cont.)

Hidden Valley			
1 Tbsp	Avocado Ranch Cucumber Ranch Sweet Chili Ranch Roasted Garlic Ranch	Fiesta Salsa Ranch Cracked Peppercorn Ranch Simply Ranch Cucumber Basil	Simply Ranch Classic Ranch Simply Ranch Chili Lime
2 Tbsp	Buttermilk Ranch Light Cucumber Ranch Light Fiesta Salsa Ranch Light	Original Ranch Homestyle Light Greek Yogurt Spinach & Feta	Greek Yogurt Lemon Garlic Greek Yogurt Ranch Greek Yogurt Cucumber Dill
Ken's			
1 Tbsp	Balsamic Vinaigrette Creamy French Greek	Honey Mustard Italian Red Wine Vinegar & Olive Oil	Three Cheese Italian Chef's Reserve French Chef's Reserve Italian
2 Tbsp	Light Options Balsamic Vinaigrette		
Kraft			
1 Tbsp	Buttermilk Ranch Red Wine Vinaigrette Peppercorn Ranch	Classic Ranch Classic Caesar Roka Blue Cheese	Ranch with Bacon Cucumber Ranch Thousand Island
2 Tbsp	Sun Dried Tomato Tuscan House Italian	Greek Vinaigrette Zesty Lime Vinaigrette	Caesar Vinaigrette Zesty Italian

## Healthy Fats List: Salad Dressing (cont.)

Newman's Own			
1 Tbsp	Balsamic Vinaigrette Greek Vinaigrette	Honey French Parmesan & Roasted Garlic	Three Cheese Balsamic Vinaigrette
2 Tbsp	Lime Lite Vinaigrette Lite Caesar	Lite Italian Lite Red Wine	Vinegar & Olive Oil
Wishbone			
1 Tbsp	House Italian Creamy Italian Spicy Caesar South of the Border Ranch	Thousand Island Sweet & Spicy Honey Mustard Sweet & Spicy French	Deluxe French Creamy Italian
2 Tbsp	Mediterranean Italian Bruschetta Italian Balsamic Italian Vinaigrette Romano Basil Vinaigrette Olive Oil Vinaigrette Greek Vinaigrette	Balsamic Vinaigrette Light Thousand Island Light Ranch Light Parmesan Peppercorn Ranch Light Creamy Caesar	Light Buffalo Ranch Light Blue Cheese



# Beverages

## **Follow the recommended beverage guidelines:**

Plain water is always appropriate; spruce it up with a lemon wedge and ice or your favorite Flavor Infuser. Stick to calorie-free beverages, like diet soda, unsweetened tea, coffee, sparkling water or sodium-free seltzer.

## **Alcohol**

**OPTAVIA** does not recommend the use of alcohol for people in the weight-loss phase of the program, especially if you have diabetes.

Not only does alcohol add empty calories, it promotes dehydration and can decrease inhibitions, lessening one's resistance to the temptation of ordering unhealthy food.

Further, alcohol's effects on those following a reduced-calorie meal plan may be felt more rapidly and may increase the possibility of the related side effects of alcohol consumption.



A close-up photograph showing a hand holding a clear glass pitcher and pouring water into a blue-tinted glass. The pitcher contains water, lemon slices, and green herbs. The background is blurred, showing a wooden table and a plate of food.

*we help you realize lifelong transformation,  
one healthy habit at a time<sup>®</sup>*

# Tips to Keep You on Track

## Before Dining Out

### **Be prepared**

When you know what optimal nutrition looks like, healthy eating becomes second nature. When a spontaneous dining opportunity presents itself, you will know just what to do.

### **Ask yourself:**

- What will I do if someone gives me a hard time about my choices?
- What will I do if I've never been to this restaurant before?
- What will I do if they have my favorite dish/dessert?

By mentally “walking yourself through” the situations you’re likely to encounter at the restaurant, you’ll be better prepared to handle them with confidence. With a little preparation, dining out is enjoyable and stress free.





## **Research menus**

Most restaurants have menus online and some even publish the nutrition information of their dishes. If there's no information online and the eatery is close, consider stopping in for an advance peek. If the nutrition information is available, use our Lean & Green nutritional parameters as a guide to making healthier choices.

### **Lean & Green Meal Nutritional Parameters:**

- 250-400 calories
- ≤20 grams total carbohydrate (ideally <15 grams)
- 10-20 grams total fat
- ≥25 grams protein

Reviewing the offerings in advance lets you take your time and make careful, healthy choices. You'll know what to order once you're seated without feeling rushed or self-conscious. If you can't find something that's appropriate for your phase of the program, ask! Many restaurants are willing to accommodate simple requests for something within the Lean & Green Meal guidelines.

Just as you would not think twice about ordering something special for someone with food allergies or other dietary needs, you should feel confident about inquiring about healthy choices. Remember, feeling great about your healthy choices is the goal.

## **Pick good companions**

Sometimes who you eat with is almost as important as where you dine. The first few times you eat in a restaurant after starting your **OPTAVIA** journey be sure your companions are supportive of you and your endeavors. Soon, you'll be comfortable enough to make the right choices, no matter the company.



## During the Meal

### **Eat mindfully**

Bring all of your senses to the table. Take in the aroma of the food, notice the texture of it on your tongue and really taste your meal. Experience each bite from start to finish. It typically takes the stomach 15 to 20 minutes to signal the brain that you've had enough food. Get the most out of every bite by eating slowly and give yourself a chance to notice when you're full.

### **Watch your thinking**

Our inner dialogue can get us into trouble when we experience worry that refusing food or drinks will offend someone or call attention to ourselves in a negative way. Likewise, you might tell yourself that if you have one bite of dessert, it's all over and you've blown it. Try questioning the helpfulness of those types of thoughts.

Ask yourself:

- Is this thought in any way useful or helpful?
- Does this thought help me take effective action towards my health?
- Does this thought help me to be who I want to be?

If a thought is deemed unhelpful, let it go. After all, these are just thoughts and not some command you have to obey or rule you have to follow. They can be allowed to come and go of their own accord without any need for you to hold on to them, push them away or obey their command.

### **Be assertive**

If someone pressures you to eat something you know isn't in line with your health goals, stand up for yourself. You have the right to be heard and don't have to apologize or explain yourself to anyone. You can respectfully communicate your wishes, thoughts and feelings and not have to feel at the mercy of anyone who doesn't understand. You can say, "Thanks, but no thanks: I'm completely committed to healthy eating right now."



# Dealing with Any Urges

## **Breathe deep**

One of the easiest and most powerful ways to handle an unhealthy eating urge is to stop and take a few deep, cleansing breaths. Close your eyes and concentrate on slowly filling and emptying your lungs as your mind quiets down and you reboot your awareness. Open your eyes and continue enjoying yourself.

## **Engage in the conversation**

If you're thinking obsessively about the food, switch gears. Try focusing on the conversation, being completely "in the moment" with your dining companions; ask questions, listen intently and show them you're listening by reflecting back what they're saying. This is not only a good way to take your mind off food but also an excellent way to practice good communication skills!

## **Talk it out**

Talking about your urges to eat with your independent **OPTAVIA** Coach or someone who understands can provide relief. It is not a sign of weakness or failure to have these feelings from time to time. Plus, your Coach can give you valuable support as you stick to healthy choices. No matter what you are facing, your Coach has likely been in your same shoes and can help steer you to success.

### **“Urge surf”**

If you don't feel comfortable talking it out and you can't take your mind off of food, then you can try opening up to those thoughts. A food craving is like an ocean wave. It builds, crests, crashes gently onto shore and then fades away into the sand. As compelling as the urge is, it's temporary. If you can allow it to just be there and let it run its course, you'll find the feeling passes within a few minutes.

### **If all else fails...**

Remember that you are on a journey to Lifelong Transformation, One Healthy Habit at a Time. One slip-up or ill-advised indulgence will not ruin your chances of long-term optimal health and wellbeing. If you fall off the wagon, treat yourself with compassion, reframe the experience as a learning opportunity and get back on track right away. The idea is to prevent an unhealthy decision from becoming a complete relapse into old, unhealthy eating habits.



# Healthy Celebrations

## When You're a Guest

### **Pay attention**

When you're at a gathering, there are hundreds of distractions that can take your mind off of what and how much you're eating. In an instant you can look down and realize your plate is suddenly empty! The best strategy for continued weight control is to stay mindful and focused when you are interacting with food and drink and ensure that you're making choices in the best interest of your healthy goals.

### **Don't go hungry**

Eating small, regular meals on the day of your event can help you stay full and energized so you're less likely to eat something on impulse. Bring your favorite **OPTAVIA** Fueling with you to the event or plan to have your Lean & Green Meal there.

### **Control your portions**

If you're served a larger-than-necessary portion at a sit down event, push the extra amount to the side of your plate and stop when you've eaten an appropriate amount. At a buffet, choose a small plate and stick to right-sized servings of lean proteins and non-starchy vegetables. Once you've finished, move away from the food and enjoy a lively conversation or the company of those around you.

*the life you want is waiting*



### **Search out the healthy**

Just about every party has healthy food. Lean roasted meats, shrimp cocktail without sauce, raw veggies and leafy greens are some good examples. For beverages, bring your favorite Flavor Infuser to drink with water or stick with calorie-free soda, sparkling water, sugar-free iced tea or coffee.

### **Rethink your drink**

Alcoholic beverages are loaded with empty calories and should be avoided on the **OPTAVIA** Program. Skip the alcohol altogether and volunteer to be a designated driver by choosing zero-calorie, zero-carbohydrate beverages. Your friends (and your health) will appreciate it.

### **Bring your own**

If you're attending a potluck, picnic or tailgate party, bring a Lean & Green dish that everyone will enjoy. Download the **OPTAVIA** App from the [Apple App Store](#) (for iPhone users) or [Google Play](#) (for Android devices) for access to a robust library of Lean & Green recipes.

### **Feed your spirit and your relationships**

Social gatherings strengthen bonds between people and food doesn't have to take center stage. Engage in good conversations and concentrate on really getting to know someone. Over the holidays, plan non-food-based activities like volunteering, attending parades, kids' arts and crafts or sports activities. You'll appreciate new traditions and make lasting memories to cherish.



### **Inspire others**

If being unhealthy has caused you to avoid the spotlight at social events in the past, you can find yourself a little nervous about joining the party. People may notice your positive changes in both appearance and attitude. Relax and enjoy the chance to model healthy behaviors such as wise nutrition choices. When you succeed, your transformation will be an inspiration to others. Share with others how **OPTAVIA** has helped you create space for the life you want.

## **When You're the Host or Hostess**

### **Modify your favorites**

You don't have to give up traditional party favorites when you can make healthier versions of them. For example, mashed cauliflower makes for a tasty alternative to mashed potatoes and baked buffalo cauliflower "wings" can spice up any tailgate or barbecue.

### **Be leery of leftovers**

When you're cleaning up, delegate the task of packaging leftovers to someone else while you wash dishes, sweep up or take out the trash. Send cake, pie and extra goodies home with friends, or take them into the office for co-workers. For healthy items, portion them out into ready-made Lean & Green Meal portions and refrigerate or freeze them to save you time later.

### **Focus on your non-favorites**

If you're preparing a party dessert, make it something that's easier for you to resist. For example, if your weakness is chocolate, go with a fruit-based treat. Keep your favorite sweet Fueling within reach for when your sweet tooth strikes!


# Healthy Ideas for Specific Cuisines

The next section of the Dining Out Guide provides suggestions on how to make healthy food choices while dining out at restaurants that feature a specific cuisine. The information found in this section is ideal for the weight maintenance phase of the **OPTAVIA** Program; these suggestions are not necessarily adherent to the Lean & Green Meal guidelines. During the weight loss phase, stick to the Lean & Green Meal guidelines as much as possible (5 to 7 ounces of cooked lean protein plus three (3) servings of non-starchy vegetables and up to two (2) servings of healthy fats, depending on your lean protein choices.)



## CHEESE CAULIFLOWER CRUST PIZZA

For a variety of **OPTAVIA** Lean & Green recipes, download the **OPTAVIA** App from the **Apple App Store** (for iPhone users) or **Google Play** (for Android devices).




# American

## Healthy Ideas

- Choose lean protein, like boneless, skinless chicken, fish, seafood, venison, buffalo or lean beef that is blackened, mesquite grilled, charbroiled or broiled.
- Fill up on non-starchy vegetables, like broccoli, green beans or cauliflower that is grilled, steamed or roasted.
- Stick with broth-based soups; avoid creamy soups.
- Enjoy seltzer or plain water with fresh lemon or lime slices.
- Replace high-calorie sides like potato chips, fries and coleslaw with fresh fruit, extra vegetables or a side salad.
- Healthier Options: a grilled chicken or fish sandwich with a whole wheat bun (or none at all), salad with grilled chicken, shrimp or steak (no croutons, cheese or other high-calorie toppings), grilled sirloin steak with steamed vegetables.

## Avoid

- Fried, golden and crispy foods.
- Creamy sauces, garlic butter and Alfredo sauce.
- High calorie condiments like mayonnaise and barbecue sauce.
- Sandwiches, burgers or subs with high-fat and high-sodium meats like salami, bologna, pastrami, crispy chicken, etc.
- Sugar-sweetened beverages like soda, sweet tea, juice and alcoholic beverages.
- Large and jumbo meal options.



## Chinese

### Healthy Ideas

- Choose lean protein, like boneless, skinless chicken, shrimp, scallops, lean beef or tofu with non-starchy veggies that have been steamed, grilled, baked or roasted.
- Select broth-based soups like egg drop, wonton or hot & sour.
- Always ask for sauce on the side. Use low-sodium soy sauce when available.
- Eat with chopsticks to slow down the eating process.
- Ask for extra vegetables in place of rice.
- Healthier Options: Moo Goo Gai Pan (stir-fried chicken and vegetables), shrimp with lobster sauce, Buddha's Delight, Ma Po (Hunan) tofu, veggie spring rolls or Szechuan prawns, shrimp, chicken, beef or lean pork.

### Avoid

- Crispy, golden brown, or sweet-and-sour deep-fried foods.
- Fried egg rolls and fried rice.
- Lo Mein and Chow Fun, due to its oil-covered noodles and fatty marbled meat.
- High fat meats, like barbecue spare ribs.
- Any meats that are breaded, like General Tso's Chicken, Sweet and Sour Chicken and Crab Rangoon.



## French

### Healthy Ideas

- Choose roasted, poached, grilled, broiled or braised lean protein, like fish and shellfish.
- Fill up on non-starchy vegetables, like steamed asparagus, roasted tomatoes or fresh salad greens.
- Select broth-based soups.
- Enjoy vinaigrettes on the side as a salad dressing.
- Look for menu items that are en brochette (cooked or served on a skewer) or nouvelle cuisine (lighter, more delicate dishes).
- Healthier Options: a salad with vinaigrette dressing and grilled chicken, Bouillabaisse (fish stew), Navarin (lamb and vegetable stew), ratatouille, fish and vegetables en papillote.

### Avoid

- Cheese and crème fraîche.
- Quiche, cordon bleu and stuffed foods/casseroles.
- Creamy soups and rich sauces.
- Au gratin.
- High fat meats like sausage and foie gras or pate.
- Farce (bread-based stuffing with added fat).

---

FEATURED LEAN & GREEN RECIPE: SPAGHETTI SQUASH GRATIN



## Greek

### Healthy Ideas

- Choose lean cuts of meat, lamb and fish that are roasted or baked.
- Replace a side of rice or pasta with a small salad or extra vegetables.
- Squeeze lemon juice onto your veggies, meat and fish instead of using traditional cream sauces.
- Ask for low-fat Greek yogurt in place of traditional Greek yogurt.
- Limit nuts and feta cheese.
- Healthier Options: hummus, tzatziki, fish or chicken souvlaki with raw, grilled or roasted vegetables, a Greek frittata (skip the cheese and potatoes and ask for olives on the side), plaki (fish cooked in tomatoes, onions, and garlic).

### Avoid

- Traditional béchamel sauces that are rich with milk or cream and butter.
- Spanakopita (spinach pie with egg and cheese).
- Moussaka (lamb and beef casserole) and other creamy or cheese entrées.
- Fried foods, like fried calamari.
- Phyllo pastry dishes.

---

FEATURED LEAN & GREEN RECIPE: CHICKEN GYRO SPAGHETTI SQUASH NESTS



## Indian

### Healthy Ideas

- Choose lean protein such as boneless, skinless chicken, seafood and lamb that is braised, steamed, baked or grilled.
- Fill up on non-starchy vegetables like eggplant, cauliflower and spinach.
- Ask for your dish without nuts.
- Skip the rice and flatbread and ask for extra vegetables or roti (generally made from whole wheat flour rather than white flour).
- Healthier Options: burtha (minced vegetables), boti kabab (lamb in tandoor), chicken tandoori, raita (yogurt dip), dal (lentil dishes), mulligatawny soup or chicken tikka with steamed vegetables.

### Avoid

- Foods containing ghee (clarified butter).
- Foods with malai, which means cream, and makhani, which is made with butter.
- Fried appetizers and entrées with crispy or golden in the name.
- Soups or dishes made with full-fat coconut milk.
- Fried foods, like puri (fried bread), samosas and pakora.
- Fried, stuffed, leavened breads.



## Italian

### Healthy Ideas

- Choose lean protein, like boneless, skinless chicken, shrimp, calamari or octopus, free of any breading or other coating. Make sure your protein is baked, broiled or grilled.
- Have a lighter appetizer like mussels, clams or marinated vegetables.
- Ask for whole wheat pasta or a whole wheat crust if available.
- Select broth-based soups, such as minestrone or Italian wedding soup.
- Have extra vegetables or a side salad in place of pasta.
- Healthier Options: an Italian salad (insalata) with grilled shrimp or scallops and dressing on the side (skip the croutons and cheese), grilled fish with steamed vegetables, grilled chicken spiedini.

### Avoid

- Bread baskets.
- Casseroles and pastas with cream based sauces.
- Cheesy dishes, like mushrooms or pasta shells stuffed with cheese.
- Anything breaded and/or fried (fritti), like fried calamari or mozzarella sticks.
- Creamy soups, filled pastas and sauces like fettuccini alfredo, pesto sauce or carbonara.
- Bolognese or parmesan, like lasagna
- Bolognese or chicken parmesan.
- Skip dishes where pasta is the main focus, like lasagna or tortellini.



# Japanese



## Healthy Ideas

- Choose lean protein that is steamed, sautéed, braised, grilled, barbecued, broiled or served in broth.
- Fill up on non-starchy vegetables, like bell pepper, snap peas, cabbage, and mushrooms or a side salad (dressing on the side).
- Select broth-based soups, like miso soup.
- In place of white rice, ask for extra veggies, brown rice or soba noodles (made from whole grain buckwheat) instead.
- Ask for low-sodium soy and teriyaki sauce.
- Stick with classic sushi rolls since they are usually easy on the extras.
- Healthier Options: unsweetened green tea, salmon sashimi with a side salad (dressing on the side), Shabu-Shabu (meat and vegetables dipped into a simmering broth), seaweed salad, grilled calamari with steamed vegetables, tuna & avocado roll.

## Avoid

- Battered and fried foods, like tempura shrimp and crunchy shrimp roll.
- Creamy sauces, including those served with special rolls.
- Large portions of white rice.
- Chawanmushi (chicken and shrimp in egg custard).
- Agemono (deep fried foods), like tempura.
- Tonkatsu (breaded, deep-fried pork cutlet).
- Fried bean curd and fried dumplings.
- Sushi with crispy, crunchy, tempura, mayo, cream cheese or similar words in the title or description.

# Mexican



## Healthy Ideas

- Choose lean protein, like boneless, skinless chicken or fish that is grilled, barbecued or baked.
- Select soups like gazpacho, chili con carne or black bean soup.
- Skip the rice and refried beans; ask for more non-starchy vegetables instead.
- Ask for your food to be prepared without the use of added butter or lard.
- Flavor your meal with pico de gallo, fresh salsa or jalapeños. Use guacamole in moderation. Typically, 2 tablespoons of guacamole will be equivalent to one healthy fat serving.
- Instead of refried beans, have plain red beans, black beans, borracho beans or frijoles a la charra.
- Choose corn tortillas instead of flour for more fiber and less sodium.
- Healthier Options: a taco salad without a tortilla bowl, cheese, sour cream, guacamole and any other high calorie toppings, chicken fajitas (avoid or limit tortillas, cheese, sour cream), grilled fish with salsa and steamed vegetables.

## Avoid

- Sour cream, cheese, refried beans and baskets of tortilla chips.
- Nachos, chimichangas, chalupas, taquitos, chile relleno and quesadillas.
- Items with melted cheese or chili con queso.
- Crunchy tortilla shells and bowl-shaped tortillas.
- High fat meats, like chorizo.

---

FEATURED LEAN & GREEN RECIPE: MEXICAN SHRIMP SALAD (AGUACHILE)



# Thai

## Healthy Ideas

- Choose lean protein, like chicken or tofu, that is stir-fried, sautéed, braised or steamed.
- Fill up on non-starchy vegetables like eggplant, squash and tomatoes.
- Select lighter soups, like tom yum goong and pak taek.
- Enjoy a fresh salad or vegetable-filled dish.
- Stick with lighter, stir-fried dishes and fresh spring rolls.
- Request low-sodium soy sauce.
- Limit peanuts, sesame seeds and other nuts/seeds to save calories.
- Healthier options: Fresh spring rolls, satay, steamed mussels, stir-fried dishes, neua pad prik (pepper steak), hot and sour shrimp soup (tom yum goong), cashew chicken.

## Avoid

- Deep fried, crispy golden brown foods, like fried spring rolls and fried rice.
- Limit dishes made with coconut milk and heavy sauces.
- High-sodium soups, like tom ka gai (chicken coconut soup).

---

FEATURED LEAN & GREEN RECIPE: THAI MINCED PORK WITH LETTUCE WRAP



## Vietnamese

### Healthy Ideas

- Choose dishes that are steamed or simmered.
- Stick with lean protein, like seafood, chicken breast, tofu or pork tenderloin that is stir-fried, steamed, roasted or grilled.
- Fill up on non-starchy vegetables like spinach, broccoli, cabbage and cucumber.
- Look for Goi (salads), like Goi Tom (shrimp salad), that contain non-starchy vegetables. Skip the rice and ask for your dressing on the side.
- Enjoy broth-based soups that contain non-starchy vegetables and lean protein.
- Ask for sauces and dressing to be served on the side and consume sparingly.
- Limit peanuts and other nuts/seeds to save calories.
- Healthier Options: salads (Goi), shrimp salad (Goi Tom), lotus root salad (Goi Ngo Sen), sour soup (Canch chua), bouillabaisse, stir-fried water spinach (Rau Muong), brown rice (Gao Luc), Pho (with lean protein and vegetables), fresh fruit, satay (grilled meat on a skewer; often called Nuong), beef fondue (Bo Nhung Dam) and fresh spring or summer rolls (Goi Cuon).

## Vietnamese (continued)

### Avoid

- High fat meats or meats with added sugar, like barbecued spare ribs, pork meatballs served inside a rice paper (Nem Nuong Cuon) and meat with honey sauce (Xao gung).
- Caramel sauce (nuoc duong thang).
- Anything deep-fried or crispy, such as Cha gio (fried Vietnamese egg rolls).
- Dishes that contain a lot of peanuts or other nuts/seeds and/or that are made with coconut milk and heavy sauces.
- Sugary beverages, like Ca Phe, a sugary iced coffee prepared with a significant amount of sweetened condensed milk.



[illegible]

[illegible]



OPTAVIA®



0 17642 37898 5

1.888.OPTAVIA

[www.OPTAVIA.com](http://www.OPTAVIA.com)

Baltimore, Maryland

37898-OPTAVIA-Dining-Out\_020223

© 2023 OPTAVIA LLC. All Rights Reserved.