

RESTAURANT DINING

CHEAT SHEET

In General Avoid Carbs: starches and sugar, such as bread, potatoes, pasta, fruits & sweets

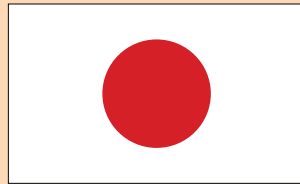
Mojo Tip: it's always best to ask your server for ingredients information, as often restaurants will add starch or sugar to sauces and dressings.



CUISINE



MEXICAN



JAPANESE



INDIAN



ITALIAN



THAI

AVOID

Rice • Beans
Tortillas • Chips

Sushi • Teriyaki
Rice • Noodles

Rice • Naan
Potatoes

Pasta • Breaded
Dishes • Bread
(Focaccia, Breadsticks)

Pad Thai • Fried Rice
Salads with Sweet
Dressings • Sweetened
Peanut Sauce

TRY INSTEAD

Fajitas
(skip the tortillas)
Carnitas
Carne Asada
Salad Bowl
Ceviche
Grilled Peppers & Onions
Guacamole
Salsa
Sour Cream

Sashimi
Yakitori
Shirataki Noodles
Seaweed
Bean Sprouts
Grilled Veggies

Broccoli
Spinach
Curry
Tikka Masala
Saag Paneer
Kebabs
Raiata
(yogurt dip)

The components of the
pasta dishes served
over vegetables

Carpaccio
Meats
Fish
Extra Olive Oil
Parmesan

Coconut Curries
(sans rice)
Beef
Chicken
Pork Larb
(beef salad; basil chicken)
Chicken Satay
(skip the sugary peanut sauce)
Soups
(ask which don't include sugar)