



# RESTAURANT CHEAT SHEET

## ITALIAN

- For pizza, opt for thin crust, tomato sauces, and less cheese. Incorporate veggies and lean meats for your toppings, and avoid fattier options like pesto, bacon, salami, sausage, or extra cheese.
- For pasta, stick with tomato sauces over Alfredo or pesto and try to incorporate veggies and lean proteins like chicken or seafood.
- Salads can be great but watch for oily dressings!
- Skip the garlic bread since they have added butters and oils.

## SUSHI

- Stick with lean proteins like tuna, yellowtail, and shrimp. Salmon and eel tend to be fattier, and we want to keep our fat macros in check.
- White rice isn't bad for you, but keep in mind that 1 roll contains about 1 cup of cooked rice (size of a closed fist).
- Sashimi and nigiri are more macro-friendly than rolls, which have a lot of extra macros through sauces and other toppings.
- Edamame is a great appetizer since it is a low-density food with both carbs and protein.
- Opt for ponzu or soy sauce over eel sauce, teriyaki, or spicy mayo.
- Skip the tempura since this is made with fried batter.

## MEXICAN

- Stick with lean proteins like chicken breast, fish, or shrimp while avoiding high-fat proteins like beef and pork.
- Try and keep an eye on your carb portions by eyeballing single servings, like 1 cup of cooked rice, 1 flour tortilla, or 3 small corn tortillas.
- Incorporate extra veggies like bell peppers in fajitas or pico de gallo, and even black beans which are a good source of protein.
- Skip the extra cheese, sour cream, and refried beans!

## STEAK HOUSE

- Opt for lean cuts like top sirloin or filet mignon instead of T-bone, porterhouse, or rib eye which are fattier, marbled cuts. Remember that a standard 3-ounce serving is just the size of your palm.
- For sides, opt for steamed or grilled veggies, or a regular baked potato.
- Avoid fattier extras like fries and bacon since there will be a lot of fat in the main course already!