



# Low Carb Restaurant Plan

Asian, Italian, Mexican, Fast Food

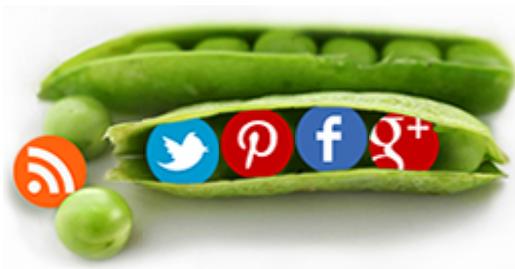
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## Low Carb Restaurant Plan: Asian, Italian, Mexican, Fast Food

Dining out low carb? Learn the best low carb choices, hidden carbs and dangerous menu items to avoid. Low carb restaurant strategies to know BEFORE you go.

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# Dining Out: Low Carb Restaurant Plan



Eating out low carb is easy. You CAN have it your way.

**Dining out low carb** at restaurants is tricky without a solid strategy. With a little preparation, it's easy to **find low carb restaurant** foods away from home.

Most restaurants are easy to navigate, as long as you're comfortable being polite (but firm) with the staff about your diet. Here's what you should know, and where you should go for **low carb dining**:

## Before Dining Out Low Carb

### What You Must Know

For a sure-fire positive experience, do a little research beforehand.

#### Get On The Web:

- Google is rich with easy-to-find information about the places you'll be passing along the way.

- Visit some of the restaurant websites and browse through the menus. Five to ten minutes of research will save you time and money on the road.

### Get On The Phone:

- Call restaurants ahead of time and ask how they prepare specific meals. Patiently explain in a simple way that your diet is low in sugar. Ask if modifying the dish or substituting side dishes is acceptable.

### When You Get There:

- Don't forget to smile. The key here is being very polite to everyone involved. The staff is doing you a favor by cooking special food to meet your dietary requirements.

## Low Carb Dining Out: Where to Go

At steakhouses and seafood restaurants, meat is the main event. **Dining out low carb** here is easy. You'll be able to enjoy most of the entrées with very little change.

Low carb vegetables or a salad are acceptable side items that make the meal complete.

Buffet-style restaurants and salad bars with custom salad options can also be very low carb-friendly. At Chipotle or Subway, you can order a vegetable salad topped with meat and guacamole.

If necessary, you can even pack your own salad dressing. Both restaurants offer brochures with nutritional information about their menu items.

### An App for That

What if a restaurant suddenly catches your eye, but you're not familiar with the brand? Well, there are several low carb diet apps for that.

The newest low carb apps feature low carb-friendly menu items, nutritional information, calorie/carb counts, favorites, restaurant locators and a variety of helpful diet tools.

# Make the Best Low Carbohydrate Choices

## Easy Low Carb Restaurant Ordering

If your restaurant doesn't have many low carbohydrate options on the menu, don't worry. Order a salad or any cut of meat/seafood with a side of vegetables, prepared in a low carbohydrate-friendly way: grilled, roasted, poached, or steamed.

Pan-fried is also an option if the chef is using an acceptable type of oil.



## Dining out low carb foods to order:

- If the restaurant serves breakfast all day, order an omelet with low carb vegetables
- Order a burger or steak sandwich without the bun. Enjoy it with a side salad.
- Ask for any sandwich minus the bread, and add it to the top of a green salad.

Don't see your usual low carbohydrate favorites on the menu? Use the opportunity to experiment and try something new.



## Avoid Low Carb Dining Out Dangers

To keep the meal heart healthy, order lean cuts of red meat, choose poultry and fish most often and limit cheeses. Foods smothered in cheese or cream sauces are low in carbs, but not very heart healthy.

Order more vegetables as side dishes but keep portion sizes in check. If you consume more calories than you need, you will gain weight.

## Think Outside the Low Carb Restaurant Box

For low carbohydrate meals on the road without the hassle of finding or researching a restaurant, try a health food store or market.

- Health food stores often have a café or hot buffet lines that allow you to mix and match for variety.
- The staff is typically well-versed in special diets, and the food is usually heart-healthy and highly nutritious, removing most of the guess-work.

Before you travel, find health or farmer's markets on your route and near your destination. Search for markets with healthy prepared foods as a quick solution.

- Whole Foods has many prepared low carb options, an attached café for sit-down dining and the ability to pack prepared foods in containers.
- **TIP:** Rotisserie chicken is an inexpensive, convenient way to eat a hot meal the night you arrive, and provides leftovers for breakfast and snacks the next day.

# Low Carb Asian, Italian, Mexican, Fast Food



## Eating Out Low Carb: Dangerous Foods vs. Smart Choices

### Dining Out Low Carb?

Don't play around with your diet. Make smart choices with our **low carb restaurant** cheat sheet.

Uncover hidden carbs in restaurant foods and learn to order your favorite foods in a new, low carbohydrate way.

But what if you're going to dinner in a more formal setting? **Our low carb restaurant and dining out plan** lets you think outside the box.

**The pros and cons are more flexible than you think.**

# Low Carb Dining | Asian Food

## The Pros:

- Menu is abundant with vegetables and fresh ingredients.

## The Cons:

- Rice and noodles make most Asian dishes high in carbs.
- Hidden carbs in sauces, which often contain cornstarch.

## How To Order:

- Skip the rice, noodles, fried noodles, wonton, breading and most sauces.
- **Soups:** Order hot and sour, egg drop or chicken broth with scallions.
- **Egg Rolls, Spring Rolls, Mu Shu:** Eat only the inside— no wrapper.
- **Steamed foods without sauces:** Use a side order of chicken broth or egg drop soup as a sauce.
- **Stir-fried dishes:** Order without sugar or starch.
- **Asian Barbecue:** Choose your own meats/veggies, but order without sauce.

# Low Carb Dining | Italian Food

## The Pros:

- Wide choice of meats, vegetables and seafood.
- **Variety of meal preparations:** grilled, sautéed, broiled.

## The Cons:

- Menu is heavy with pasta and side starches.
- Heavy cream sauces (although low in carbs) are high fat and high calorie.

## How To Order:

- **Salads:** Choose dark field greens, olive oil, Parmesan cheese and crushed garlic.
- **Antipasti:** Try a variety of meats, cheeses, marinated veggies and olives.
- **Soups:** Order chicken broth with spinach, simple vegetable soup, Italian wedding soup without pasta and Italian egg drop soup.
- **Seafood, Chicken, Veal, Steaks:** Order with sauce on the side, adding just a touch for flavor.
- **Pizza:** You may enjoy most toppings— cheese, peppers, onions, tomatoes, mushrooms, spinach or broccoli. Avoid the crust.

# Low Carb Dining | Mexican Food

## The Pros:

- Menu is abundant with chicken, beans (slow carbs), vegetables and fresh ingredients.

## The Cons:

- Most dishes are high in carbs, containing rice, beans, corn, tortillas or breads.
- Hidden carbs are in rich tomato-based sauces.

## How To Order:

- **Salad:** Order any salad without the tortilla shell.
- **Guacamole and Cucumber Slices:** Avocado is heart-healthy.
- **Grilled Seafood, Chicken, Steak and Vegetables:** Enjoy with any light salsa.
- **Machaca:** A low carb traditional breakfast of beef, eggs and fresh vegetables.
- **Fajitas:** Order shrimp, chicken or steak with guacamole, cheese, salsa, sour cream, tomato, lettuce and onion. Order without the soft tortilla shells.

# Low Carb Dining | Fast Food

## The Pros:

- Fast, cheap and easy.

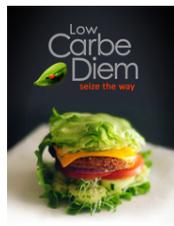
## The Cons:

- Limited (and often boring) options.

## How To Order:

- **Grilled Chicken or Burger without the bun:** Top with bacon, mushrooms, onion, cheese, pickles, lettuce and tomato.
- **Salads:** Add chicken or a small amount of nuts, steak, cheese and/or eggs, low-fat Ranch, Blue Cheese or Vinaigrette dressing.
- **Egg McMuffin:** Order sandwiches without the bread or muffin.
- **Hoagie, Sub, Sandwiches:** Eat only the inside— chicken, ham, cheese, turkey, roast beef, lunch meats, lettuce, tomato, oil and vinegar, etc.

## Want MORE Low Carb Restaurant Choices?



### Low Carb Restaurant & Fast Foods Guide

Dining Out Low Carb?  
Use this complete guide of 25 restaurants and menu items, all with 14 carbohydrates or less.

How to Cut the Carbohydrates:  
Hold the bun.  
Order any sandwich without the bun.  
Skip the Ketchup.  
You'll save three grams of carbohydrates per packet.  
Avoid Sugars.  
Drink diet soft drinks or water instead of regular sodas. Use sweetener in your coffee or tea, or drink it plain.  
Go Green.  
Order a side salad instead of fries.

#### Arby's ®

**Chicken Fingers**  
Cal: 290 Fat: 16 g Protein: 16 g Carbs: 14 g

**Side Salad**  
Cal: 23 Fat: 0 g Protein: 1 g Carbs: 4 g

**Garden Salad**  
Cal: 127 Fat: 2 g Protein: 9 g Carbs: 11 g

**Chef Salad**  
Cal: 205 Fat: 4 g Protein: 12 g Carbs: 13 g

**Chicken Salad**  
Cal: 204 Fat: 4 g Protein: 13 g Carbs: 13 g

**Beef Soup, 6 oz.**  
Cal: 95 Fat: 1 g Protein: 5 g Carbs: 14 g

**Chicken Noodle Soup, 6 oz.**  
Calories: 99 Fat: 2 g Protein: 6 g Carbs: 14 g

**Tomato Soup, 6 oz.**  
Cal: 66 Fat: 2 g Protein: 3 g Carbs: 14 g

#### Blimpie's ®

Blimpie's new Carb Counter menu has many great low carb items to choose from.  
**Note:** Official calorie, fat and protein information was not available at the time of publishing.

#### SANDWICHES

**Roast Beef, Cheddar**  
Cal: n/a Fat: n/a Protein: n/a  
8 grams net carbs for 6" sandwich.

Tender roast beef and real cheddar cheese with lettuce, tomato and tangy wasabi sauce on 7-grain onion bread.

**Turkey, Provolone**  
Cal: n/a Fat: n/a Protein: n/a  
7 grams net carbs for 6" sandwich.

Oven roasted turkey, provolone cheese, lettuce and tomato topped with FRENCH'S GOUR Mayo Southwestern Chipotle sauce on 7-grain onion bread.



#### Buffalo Chicken, Provolone Sun-Dried Tomato

Cal: n/a Fat: n/a Protein: n/a  
8 grams net carbs for 6" sandwich.  
Tender sliced buffalo chicken topped with provolone, lettuce and tomato and finished with sun-dried tomato sauce on 7-grain onion bread.

**Ham, Swiss**  
Cal: n/a Fat: n/a Protein: n/a  
8.5 grams net carbs for 6" sandwich.

90% fat free ham with aged Swiss and yellow mustard with tomato and lettuce on 7-grain onion bread.

#### SALADS

**Buffalo Chicken Salad**  
Cal: n/a Fat: n/a Protein: n/a  
5 grams net carbs for standard size.

4 ounces of tangy buffalo chicken on a bed of lettuce with rich blue cheese dressing.

**Antipasto Salad**  
Cal: n/a Fat: n/a Protein: n/a  
7 grams net carbs for standard size.

Meats and cheeses from the BLIMPIE Best Sub combined with fresh lettuce in this meat lover's salad.

#### SIDES

**Alfalfa Crancherón Chips**  
Cal: n/a Fat: n/a Protein: n/a  
Approximately 3 grams net carbs per bag.

Available in Original Flavor, Nacho, BBQ, Sour Cream.

#### DESSERT

**BLIMPIE Biscuits**  
Cal: n/a Fat: n/a Protein: n/a  
Approximately 5 grams net carbs.

A new version of BLIMPIE's popular dessert - moist, chewy and absolutely delicious!

**BEVERAGES**

**Softie Lean**  
Cal: n/a Fat: n/a Protein: n/a  
1 gram net carbs/no sugar for 8 oz. Serving.

A refreshing Cranberry-Grapefruit flavored beverage with no carbohydrates.

**Complete Guide:** 25 Restaurants, 354 Menu Items, 14 Carbs or Less  
(22 pg .pdf) **It's FREE!** [See Inside >>](#)



## **Do You Have a Great Low Carb Idea?**

Share your best low carb strategy with us.

[Contact | Low Carbe Diem](#)