



OPTAVIA®

Dining Out Guide

Order Healthy and
Think Healthy

Table of Contents

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



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 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

APPLEBEE'S	
COMPLETE LEAN & GREEN MEALS:	PORTION SIZE
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
BONEFISH GRILL	
COMPLETE LEAN & GREEN MEALS:	PORTION SIZE
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
BUBBA'S 33	
COMPLETE LEAN & GREEN MEALS:	PORTION SIZE
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.

MISSION BBQ (CONTINUED)	
COMPLETE LEAN & GREEN MEALS:	PORTION SIZE
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
THE OLIVE GARDEN	
COMPLETE LEAN & GREEN MEAL:	PORTION SIZE
Chicken Margherita	Half or Lunch Portion
ON THE BORDER	
COMPLETE LEAN & GREEN MEALS:	PORTION SIZE
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.

OUTBACK STEAKHOUSE	
COMPLETE LEAN & GREEN MEALS:	PORTION SIZE
Brisbane Caesar Salad with Grilled Chicken*	Half Portion
PERKINS	
COMPLETE LEAN & GREEN MEALS:	PORTION SIZE
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
P.F. CHANG'S	
COMPLETE LEAN & GREEN MEALS:	PORTION SIZE
Asian Caesar Salad with Chicken or Salmon and Caesar Dressing*	Half Portion
Beef with Broccoli	Regular Portion
Miso Glazed Salmon	Regular Portion
RED HOT & BLUE	
COMPLETE LEAN & GREEN MEALS:	PORTION SIZE
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

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

VIVA CHICKEN	
COMPLETE LEAN & GREEN MEALS:	PORTION SIZE
Viva Salad with Pulled Chicken (white meat)*	Regular Portion
Half Chicken (white, dark, or dark/white meat) with House Salad*	Regular Portion
WAHOO'S FISH TACO	
COMPLETE LEAN & GREEN MEALS:	PORTION SIZE
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
WENDY'S	
COMPLETE LEAN & GREEN MEALS:	PORTION SIZE
Parmesan Caesar Chicken Salad (includes dressing)*	Half Portion
Southwest Avocado Chicken Salad* (includes dressing)	Half Portion
ZOE'S KITCHEN	
COMPLETE LEAN & GREEN MEAL:	PORTION SIZE
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](#)).



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: ≥ 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 (≤ 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 (≤ 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)
	Lower Carbohydrate	celery cucumbers white mushrooms radishes sprouts (alfalfa, mung bean) turnip greens	arugula nopales escarole jalapeño (raw) Swiss chard (raw) bok choy (cooked)
½ cup	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: ⅓ oz. (~8 pieces)

Brazil nuts: ⅓ oz. (~2 pieces)

Cashews: ⅓ oz. (~6 pieces)

Hazelnuts: ⅓ oz. (~6 pieces)

Macadamia: ⅓ oz. (~3 pieces)

Peanuts: ⅓ oz. (~12 pieces)

Pecans: ⅓ oz. (~5 halves)

Pistachios: ⅓ 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	Fiesta Salsa Ranch	Simply Ranch Classic Ranch
	Cucumber Ranch	Cracked Peppercorn Ranch	Simply Ranch Chili Lime
2 Tbsp	Sweet Chili Ranch	Simply Ranch	
	Roasted Garlic Ranch	Cucumber Basil	
1 Tbsp	Buttermilk Ranch Light	Original Ranch	Greek Yogurt Lemon Garlic
	Cucumber Ranch Light	Homestyle Light	Greek Yogurt Ranch
2 Tbsp	Fiesta Salsa Ranch Light	Greek Yogurt	Greek Yogurt Cucumber
		Spinach & Feta	Dill
Ken's			
1 Tbsp	Balsamic Vinaigrette	Honey Mustard	Three Cheese Italian
	Creamy French	Italian	Chef's Reserve French
2 Tbsp	Greek	Red Wine Vinegar & Olive Oil	Chef's Reserve Italian
	Light Options Balsamic Vinaigrette		
Kraft			
1 Tbsp	Buttermilk Ranch	Classic Ranch	Ranch with Bacon
	Red Wine Vinaigrette	Classic Caesar	Cucumber Ranch
2 Tbsp	Peppercorn Ranch	Roka Blue Cheese	Thousand Island
	Sun Dried Tomato	Greek Vinaigrette	Caesar Vinaigrette
2 Tbsp	Tuscan House Italian	Zesty Lime Vinaigrette	Zesty Italian

Healthy Fats List: Salad Dressing (cont.)

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



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 of a hand holding a clear glass pitcher and pouring water into a blue-tinted glass. The pitcher contains water with slices of lemon 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[®]*

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.

FEATURED LEAN & GREEN RECIPE: WONTON ZOODLE



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 fraiche.
- 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 S QUASH 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.

FEATURED LEAN & GREEN RECIPE: EGGPLANT CURRY WITH EGGS



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.

FEATURED LEAN & GREEN RECIPE: ITALIAN SEAFOOD STEW

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.

FEATURED LEAN & GREEN RECIPE: JAPANESE OYSTER SOUP



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).

FEATURED LEAN & GREEN RECIPE: VIETNAMESE CHICKEN PHO

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.





OPTAVIA®



0 17642 37898 5

1.888.OPTAVIA
www.OPTAVIA.com
Baltimore, Maryland
37898-OPTAVIA-Dining-Out_020223



© 2023 OPTAVIA LLC. All Rights Reserved.