

BRENT BOSWELL
MODERN LIFE NUTRITION

RESTAURANT CHEAT SHEET

WHAT TO WATCH FOR WHEN EATING OUT



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When eating out, watch for excess fat content & surgery sauces. Double-check and ask the restaurant how things are prepared.

SIZZLER:

- Salad bar, with steak and steamed broccoli. That is just one option.

FLAME BROILER:

- Chicken veggie bowl with broccoli and cabbage, no carrots, no rice, no teriyaki sauce, (optional green onions, soy sauce, hot sauce)

SUBWAY SALAD:

- Spinach salad with steak, any green vegetables, olive oil, sea salt and pepper. (I like to add lots of cucumbers)

JERSEY MIKES SUB IN A TUB:

- Turkey, roast beef, mustard, onions, pickles, lettuce, olive oil, white vinegar

CHIPOTLE:

- Double chicken or steak bowl with lettuce, hot sauce, veggies no grilled onions.

IN-N-OUT:

- Protein style double-double with onions, pickles, mustard, Add Walden Farms dressing(Optional)

CARL’S JR:

- Two lettuce wrapped turkey burgers with onions, pickles, mustard.

SUSHI:

- Sashimi salad with side spicy tuna hand rolls no rice. You can ask to make cucumber rolls filled with crab and tuna as well as make other spicy hand rolls out of salmon/albacore.
- Order Sashimi and ask for a side of sea weed paper. Make your own hand rolls with hot sauce, lemon juice, sprouts and sashimi. Yummy!

WHOLEFOODS:

- Salad bar has amazing foods that include: lean meats, veggies, and healthy fats. Beware of hidden sugars/dressings. Use olive oil and apple cider vinegar.

FLEMINGS:

- Petite Filet Mignon 8 oz, you can also order the sharable size of asparagus.

CHEESECAKE FACTORY:

- Fresh grilled salmon with a double side of broccoli.

ISLANDS:

- The Big Wave- lettuce wrapped (raw unions, not grilled) with a side of steamed vegetables (no carrots) instead of fries.
- The Kaanapali Cobb- with no blue cheese crumbles and instead of the dressing; ask for olive oil.

POLLY’S:

- ½ Rotisserie Chicken- with one side of “homestyle” green beans and one side of steamed vegetables (no carrots)

CALIFORNIA PIZZA KITCHEN:

- Roasted Veggie Salad- no corn and no sundried tomatoes or artichoke hearts, ask for extra veggies instead.

SLATER’S 50/50:

- “Design your own burger” – beef patty lettuce wrapped with pickles and mustard.

GYU-KAKU JAPANESE BBQ:

- Bistro hanger steak with garlic marinade (you may get any of the meats just make sure that you ask for the garlic marinade because the other marinades have sugar.),steamed broccoli, and steamed spinach.

TRUE FOODS:

- Spaghetti Squash Casserole- with no mozzarella and add an extra protein of your choice.

CLAIM JUMPER:

- Top Sirloin - with no glaze; ask for 2 sides of vegetables (no carrots or caramelized onions)

CALIFORNIA FISH GRILL:

- Grilled Mahi Mahi – instead order a side a grilled zucchini.

GREEN LEAF:

- Greenleaf lettuce cups with your choice of protein (Chicken, Steak, Salmon, or Ahi Tuna)

EL POLLO LOCO:

- Skinless Breast Meal - (no tortilla strips)
- Skinless Chicken Breast and add a loco side salad (no dressing, no tortilla strips) – ask for lemon on the side to use as a dressing.

THE HABIT BURGER GRILL:

- Santa Barbara Cobb - (no crumbled cheese, no vinaigrette dressing)