

RESTAURANT DINING

AVOID THIS TRY INSTEAD



SALADS

Sugary/fruity dressings, balsamic vinegar (beware of dressings that have hidden sugar or corn syrup)

Caesar (without croutons), cobb, Nicoise (without potatoes), simple olive oil and vinegar, blue cheese or feta, and vinaigrettes.



ENTREES

Pastas, anything breaded, anything with a fruit sauce or other sweet sauce

Grilled or sauteed meat or fish

BREAKFAST

Pancakes, waffles, cereals, fruit juices, breads

Eggs benedict (sans English muffin and potatoes), omelet (bacon, ham, cheese, mushrooms, spinach), scrambled eggs, bacon

SIDES

Rice, potatoes, starchy vegetables

Sautéed or roasted brussels sprouts (no breadcrumbs), sauteed or creamed spinach, salad (see below), green beans, broccoli, broccoli rabe, cauliflower



DESSERTS

Cake, pie, ice cream

Cheese plate, berries, coffee with heavy cream

