





EATING OUT TOOL

While eating out, it is very important to make the right combination so that you enjoy

the meal smartly!

Try to eat more of fiber sources like Salads / Soups

[You can always have some salad from home before going to eat out]

Guidelines:

- Start Your Meal With A Bowl Of Soup/ Salad
 Opt For Either Roti/ Rice
- Please Follow The Portion Sizes Mentioned
 Avoid Anything With The Word Crispy
- 5. Eat Mostly Tandoori / Roasted/ Grilled Items

MAKE YOUR MEAL AS FOLLOWS:

1 Bowl Soup/ 1 Bowl Salad + 1 Katori Rice / Roti / Pasta + 1 Katori Gravy /
2 -3 Pcs Starter (You Can Have 1 Beverage From The List Along With The Meal)





BEVERAGES: [1 Glass]

[Avoid Aerated Drinks]

Fresh Lime Water/Soda (Salted)
Thin Buttermilk
Coconut Water
Iced Tea (Sugar Free)
Salted Lassi (No Malai)
Vegetable Juice

SOUPS: [1Bowl]

[Please Avoid Any Soups That Contain Corn Flour, Sugar, Cream]

VEG

Tomyum Soup
Mushroom Soup
Lemon And Coriander Soup
Clear Vegetable Soup
Garlic Vegetable Soup
Tofu And Vegetable Soup

NON-VEG

Chicken Clear Soup
Chicken Hot And Sour Soup
Chicken Manchow Soup [Without Fried Noodles]
Egg Drop Soup



SALADS: [1Bowl]

[Please Ask To Serve The Dressing Of The Salad Separately. Take 1 Tsp Of The Dressing And Mix With The Salad]

VEG

Green Salad Caesar Salad Simple Chop Salad Bean Salad

NON-VEG

Spicy Mustard Chicken Salad Smoked Chicken Salad Egg Salad

STARTERS: [2 - 3 Pieces]

VEG

Paneer Chilly
Stir Fried Veggies
Mushroom Tikka
Tofu With Stir Fried Vegetables

NON-VEG

Chicken Tikka [Avoid Reshmi Tikka]
Chicken Chilly
Grilled Chicken/ Fish
Pepper Chicken
Spicy Mustard Chicken



RICE/PASTA: [1 Katori]



Jeera Rice
Veg Fried Rice
Hakka Noodles [Try To Opt For Whole Wheat Variety If Possible]
Red Sauce Pasta [Avoid White/ Pink Sauce Pasta]
Veg Biryani

NON-VEG

Chicken Fried Rice Chicken Pulao Chicken Biryani Burnt Garlic Rice

OR

ROTI & IT'S ALTERNATES: [1 No]

[Please Avoid Naan's And Paratha's]

1 Tandoori Roti [No Butter]
1 Phulka / 1 Whole Wheat Roti
1 Pita Bread
1 Slice Whole Wheat Bread

*Please Have Either Roti Or Rice



GRAVY: [1KATORI] [LOW IN OIL]

*Anything That Is Makhana, Malai Avoid

VEG

Chana Masala
Dal [Avoid Dal Fry]
Veg Kolhapuri
Veg Jalfrezi
Paneer Chilly Gravy

[In Place Of Any Gravy You Can Also Have Vegetable Raita]

NON-VEG

Chicken Masala Chicken Handi Tikka Masala Fish Curry Chicken Chilly Gravy

HAPPY EATING SMART!