

Eating Out Healthy is Easy

By Richard Berle

People usually say how difficult it is to eat out in a healthy way. In fact, it is quite easy. Almost every restaurant has healthy offerings. Even when dishes are not healthy, most restaurants will accommodate and modify their standard fare.

I regularly have lunch in restaurants with close proximity to Body By Berle. The following are selections of what I might order at these neighborhood eateries. All choices are nutritious, filling, low in calories and carbohydrates.

Boston Market

Large sliced turkey (7 ounces) or half a chicken with a double order of mixed vegetables. I do not have the cornbread. When I have the chicken, I do eat the skin.

Applebees

Sirloin Steak or Tilapia. I replace the unhealthy appetizers with a Caesar salad, no croutons and dressing on the side. The unhealthy sides are replaced with a double order of steamed broccoli.

Blue Bay Diner

Bison burger deluxe. I order it without the bun, with lettuce and tomato, and a vegetable. I enjoy stewed zucchini, pickled beets, or steamed broccoli.

Jade Fountain House

Mixed steamed vegetables with steamed chicken. I order extra chicken for additional protein. I order it with black bean sauce on the side. No rice.

Soy Kitchen

The Box - I order extra protein (4 large spoonfuls). I skip the base (rice, noodles), and choose 3 vegetables rather than 2. Usually broccoli, kale and mushrooms. I avoid the sugary sauces and choose a healthy garnish, such as toasted sesame seeds.

Tokyo Hibachi Steakhouse & Sushi

Hibachi steak or chicken with vegetables. No rice. If I am with another person, we share one order of hibachi steak, and one of hibachi chicken.

I look for dishes which are tasty, healthy, and filling, while also being low calorie and low carb. Remember: every meal need not be a culinary sensation. Some people who eat out frequently say that is impossible to eat well. They are not really trying. They are simply trying to justify their bad habits.

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