

Restaurant Meal Builder™

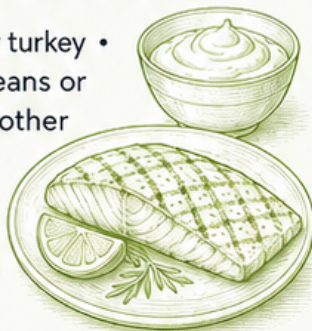
Choose balanced restaurant meals with a flexible framework that leaves room for enjoyment and personal preference.

Use this as a guide, not a set of rules. Choose the parts that fit your appetite, the occasion and what sounds satisfying.

1 Find a Protein Anchor

Fish or seafood • Chicken or turkey • Eggs • Tofu or tempeh • Beans or lentils • Greek yogurt • Another protein you enjoy

Look across entrées, bowls, salads, soups and sides.



2 Add Colorful Plants

Side vegetables • Salad • Vegetable soup • Roasted vegetables • Salsa or pico de gallo • Fruit • Vegetable toppings

Choose vegetables you genuinely enjoy rather than adding them out of obligation.



3 Choose a Satisfying Carbohydrate

Rice • Potatoes • Whole grains • Beans or lentils • Bread • Tortillas • Pasta • Fruit

Your portion may change with hunger, activity and the rest of the meal.



4 Include Flavor and Healthy Fat

Olive-oil dressing • Avocado • Olives • Tahini • Seeds • Pesto • Sauce or dressing you enjoy

Ask for sauces on the side only if that helps you enjoy the amount you prefer.



Easy Ways to Put It Together

- Grilled fish + vegetables + rice or potatoes
- Chicken or tofu bowl + vegetables + beans or grains
- Eggs + vegetables + toast + fruit

- Soup + salad + a protein-rich side
- Sandwich or wrap + vegetables or fruit
- Pasta + protein + vegetables

Before You Order

- ☐ What am I actually hungry for?
- ☐ Which choice is likely to satisfy me?
- ☐ Do I want leftovers, or would a smaller portion suit me?
- ☐ Is there anything I need to communicate about an allergy?

If the Menu Feels Limited

Choose the closest option, make one useful adjustment if needed and enjoy your meal.

Every plate does not need to follow the same formula.



Martine's Midlife Wellness Tip

Dining out is also about pleasure, culture and connection. One restaurant meal does not define the quality of your overall eating pattern.

For food allergies, clearly communicate your needs and ask about ingredients, preparation and cross-contact.