



## Restaurant Eating

Many people find it challenging to eat out in restaurants when they start eating the High Nutrient Dense (HND) food plan because they can't find items on the menu that fit the plan.

We know exactly what that's like, so here are some tips we've found helpful when we go to restaurants. Often there isn't a single thing we see on the menu that fits the plan, but we've found most restaurants are happy to make substitutions or leave some things out of a dish listed on the menu that puts it into the HND plan.

Many restaurants are also happy to create a simple dish from the sides they have prepared, like a dish of their garlic mashed potatoes with a side of asparagus or other fresh vegetables they're offering that day.

Also, we sometimes take things with us to the restaurant that simplifies getting what we want. Consider taking some of these next time you go and see what you think:

- Oil free dressing in a small jar so you can order a salad without their dressing ([find recipes here](#))
- Parmesan Cheese (vegan-[recipe here](#)) to add flavor to a salad or other dishes
- Cooked grain, lentils or beans in a small tub to add to a salad or side of veggies and make it hearty

Below we've listed some of the ways we've found to enjoy a meal from the menu that's on the HND plan. Try these for starters and then make up your own. There's a whole new world out there once you see you're not stuck in a box, the "menu box" at restaurants. Bon Appétit!

### North American style restaurants

- A large Salad, hold the dressing. Add nuts and seeds or some cooked grain or lentils that you bring, along with your own dressing.
- Order a Baked Potato and add a Veggie Plate from the vegetables they're serving. Ask them to use as little oil as possible with the veggies, and add your own dressing to the veggies and potato.
- At some health food stores with delis you can order a bowl of brown rice and a fresh vegetable juice. Include a salad and add your own dressing.

## Italian

- Salad. One of the “safest” things to order at any restaurant is a big salad. Have them hold the dressing and add your own that you bring from home. Commercial dressings have chemicals, like MSG and artificial flavourings, sugar, poor quality oils, etc. Bringing your own dressing can make a world of difference.
- Order a type of Pasta you enjoy that is available on the menu and have them garnish it only with fresh tomato, garlic, and olives. Ask them to use as little oil as possible in the dish. Bring your own [Parmesan Cheese \(vegan\)](#) to add flavor.
- Or order a type of Pasta that you enjoy and ask it to be garnished with lots of fresh veggies and olives. Remember to ask them to use as little oil as possible in the dish, and bring lemon slices and black pepper so you can adjust its flavor.
- You can often ask them to put together a “Veggie Plate” from the vegetables they’re using that day. Just ask them to use as little oil as possible in the dish. Garnish with [Parmesan Cheese \(vegan\)](#).
- Soup and Salad is often available at Italian restaurants. Again, have them bring the salad without dressing and add your own from [these suggestions](#).

## Chinese

- Vegetable Fried Rice is a favorite of ours. We have them add almonds or cashews and cook it in as little oil as possible. Lemon slices can add a nice taste.
- Vegetable Stir Fry works as a great choice. Add almonds or cashews and very little oil.
- Vegetable Chop Suey is another option.
- Steamed Greens with Garlic is a great dish.

## Japanese

- Greens with Black Sesame Sauce
- Vegetable Sushi
- Avocado Sushi
- Miso Soup
- A large Salad, hold the dressing and add your own.

## Mexican

- Rice and Beans with salsa and guacamole. Add a side of corn tortillas and you can layer these ingredients on them and roll up like little burritos.
- A large Salad, hold the dressing and add your own. Add a side of guacamole.

## Breakfast ideas

- Cooked cereal with raisins and nuts. A small fruit bowl can be a nice compliment as well.

- Egg white omelette with lots of veggies and salsa. Hold the cheese! (We don't recommend eggs for high nutrient food. And if breakfast eggs are all that are served, best to choose an egg white omelette.)