

# EAT OUT GUIDE



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# About This Guide

This guide is designed for real-life eating situations such as restaurants, weddings, parties, buffets, and outdoor dining where food is served as-is and cannot be customised.

The focus is on better selection, portion awareness, and frequency control — not special requests, ingredient changes, or cooking modifications



# FAST FOOD

## McDonald's

### Lower-Calorie Choices to Prefer ✓

- Veg Mc Burger
- McChicken Burger
- Mc Aloo Tikki Burger
- Egg Burger
- Corn Cup
- Veg Wrap
- Chicken Wrap
- Black Coffee



### Higher-Calorie Choices to Limit ✗

- McSpicy Chicken Burger
- McSpicy Paneer Burger
- Double Patty Burgers
- Large Fries
- Cheese Fries
- Chicken Nuggets (large portion)
- McFlurry
- Chocolate Shake

# FAST FOOD

## Domino's

### Lower-Calorie Choices to Prefer ✓

- Thin crust Margherita (1–2 slices)
- Thin crust veggie pizza
- Thin crust chicken pizza
- Veggie-loaded pizza (thin crust)
- Plain garlic breadsticks
- Taco veg / chicken (1 piece)
- Red sauce pasta (small portion)



### Higher-Calorie Choices to Limit ✗

- Cheese burst pizzas
- Double cheese Margherita
- Thick crust pizzas
- Stuffed cheesy garlic bread
- White sauce pasta
- Lava cake
- Choco brownie
- Combo meals

# FAST FOOD

## KFC

### Lower-Calorie Choices to Prefer ✓

- Grilled chicken (where available)
- Chicken popcorn (small portion)
- Hot wings (limited)
- Chicken strips (small portion)
- Veg rice bowl
- Chicken rice bowl
- Corn on the cob



### Higher-Calorie Choices to Limit ✗

- Fried chicken buckets
- Zinger burger
- Double down burger
- Loaded rice bowls
- Large fries
- Cheese sauces
- Chocolate mousse

# INDIAN CUISINE

## Indian – Starters & Main Course

### Lower-Calorie Choices to Prefer ✓

- Paneer tikka
- Chicken tikka
- Tandoori chicken
- Tandoori fish
- Dal tadka
- Rajma / chole
- Bhindi sabzi
- Lauki / tori sabzi



### Higher-Calorie Choices to Limit ✗

- Paneer butter masala
- Shahi paneer
- Malai kofta
- Butter chicken
- Korma-based gravies
- Fried starters
- Stuffed parathas
- Heavy curries

# WEDDING FOOD COUNTERS

## Vegetarian Options

### Lower-Calorie Choices to Prefer ✓

- Paneer tikka
- Tandoori vegetables
- Dal (any variety)
- Dry sabzi
- Plain rice
- Jeera rice (small portion)
- Salad counter
- Fruit counter



### Higher-Calorie Choices to Limit ✗

- Aloo tikki chaat
- Raj kachori
- Malai kofta
- Shahi paneer
- Veg biryani
- Butter naan
- Stuffed kulcha
- Multiple dessert

# WEDDING FOOD COUNTERS

## Non-Vegetarian Options

### Lower-Calorie Choices to Prefer ✓

- Tandoori chicken
- Chicken tikka
- Fish tikka
- Grilled fish
- Plain chicken curry
- Egg curry
- Chicken stew
- Clear soup



### Higher-Calorie Choices to Limit ✗

- Butter chicken
- Chicken korma
- Mutton curry
- Biryani
- Fried chicken
- Creamy gravies
- Fried starters
- Multiple meat dishes

# INTERNATIONAL CUISINES

## Italian (Restaurant Menu)

### Lower-Calorie Choices to Prefer ✓

- Red sauce pasta
- Arrabbiata pasta
- Marinara pasta
- Thin crust pizza (few slices)
- Veggie pizza
- Grilled vegetables
- Minestrone soup



### Higher-Calorie Choices to Limit ✗

- White sauce pasta
- Alfredo pasta
- Cheese-loaded pizzas
- Four cheese pizza
- Garlic bread with butter
- Cream soups
- Carbonara pasta

# INTERNATIONAL CUISINES

## Chinese (Restaurant Menu)

### Lower-Calorie Choices to Prefer ✓

- Clear soup
- Hot & sour soup
- Steamed momos
- Veg stir fry
- Chicken stir fry
- Dry chilli paneer
- Dry chilli chicken
- Steamed rice (small portion)



### Higher-Calorie Choices to Limit ✗

- Fried rice
- Hakka noodles
- Manchurian gravy
- Honey chilli potato
- Crispy starters
- Schezwan fried rice
- Combo platters

# DESSERTS

## Indian Desserts

### Lower-Calorie Choices to Prefer ✓

- Fruit chaat
- Kheer (small portion)
- Phirni (small portion)
- Rasgulla (1 piece)
- Sandesh
- Mishti doi (small)
- Kulfi (½ stick)



### Higher-Calorie Choices to Limit ✗

- Gulab jamun
- Jalebi
- Malpua
- Rabri
- Gajar halwa
- Moong dal halwa
- Laddu
- Barfi

# DESSERTS

## Western Desserts

### Lower-Calorie Choices to Prefer ✓

- Fruit platter
- Sorbet
- Dark chocolate (1–2 squares)
- Ice cream (1 scoop)
- Yogurt-based desserts
- Panna cotta (small)



### Higher-Calorie Choices to Limit ✗

- Chocolate cake
- Cheesecake
- Tiramisu
- Brownie with ice cream
- Waffles
- Donuts
- Milkshakes

# ALCOHOL

## Lower-Calorie Choices to Prefer ✓

- Vodka
- Gin
- Whisky
- Scotch
- Tequila
- Dry red wine
- Dry white wine

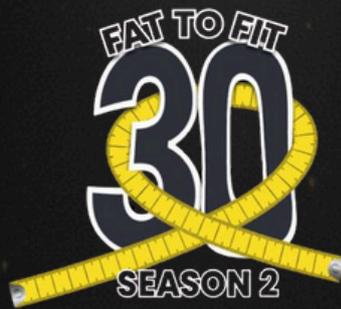


## Higher-Calorie Choices to Limit ✗

- Beer
- Sweet wines
- Mojitos
- Margaritas
- Long Island Iced Tea
- Cocktails with syrups
- Hard liquor with cola

# PRO TIPS FOR A BALANCED PLATE

1. Start with fiber-rich items: Load up on salads and grilled starters first.
2. Mind the portions: Keep servings small, especially for high-calorie dishes.
3. Hydrate: Sip water to stay full and avoid overeating.
4. Prioritize protein: Focus on grilled proteins and fiber-rich options.
5. Skip seconds: Fill your plate once and avoid going back for more.
6. Don't eat too late: Eating late can lead to overeating and indigestion. Plan meals to finish early.



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