

RESTAURANT GUIDE

- these suggestions are based on the general dietary guidelines to eat a diet rich in fruits, vegetables, and whole grains, low in saturated/trans-fats, added sugars, and sodium.
- all foods fit in a well-balanced, healthy diet. This guide is to help you choose foods that will support your fast-paced, busy lifestyle and provide you with the energy you need to rock your day. Listen to your body and your cravings and be kind and respectful to yourself.
- when ordering salads, order the dressing on the side. Before each bite, dip your fork in the dressing. This way, you get a taste of dressing with each bite without dowsing your greens in calorie-laden sauce.
- be vocal when ordering entrees or sandwiches with sauce/condiments. Ask for a light spread on sandwiches or for condiments and sauces on the side.
- there is nothing wrong with eating bread; however, processed carbohydrates will cause a spike in your blood sugar and a consequences, a sugar crash. Consider reducing carbohydrates moderately to help stabilize blood sugar levels. Most restaurants tend to provide large portions of carbohydrates since they are inexpensive

BANYAN TREE

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A WORD...

This isn't somewhere I would recommend going to get your meals often. It's a great place if you're craving something specific, like Orange Chicken and rice, or chicken tenders. If you happen to find yourself here for a meal, use my guide to help you choose something that will keep you energized and ready to keep tackling your busy schedule

PIZZA

VEGETABLE PIZZA

add a garden side
salad

SOUP

SOBA NOODLE SOUP

add a garden side salad

SANDWICHES

GRILLED CHICKEN

add a garden side salad

SALAD

CAESAR SALAD

GRILLED CHICKEN

add side order of fries or
spring rolls if you really
need something crunchy