

THE BODY RECOMP

EATING OUT GUIDE

Restaurant Cheat Sheet: High Protein, Macro-Friendly, Lower-Calorie Orders

How to use this guide

Pick the restaurant type, choose a “green light” order, use the swaps to reduce hidden calories, and aim for 30-50g protein at the meal. Calories and protein are estimates; restaurant portions, sauces, oils, and preparation methods vary.

The Body Recomp Ordering Formula	What to ask for	Why it works
Protein first	Double protein, grilled protein, lean protein, sashimi, eggs, steak, chicken, shrimp, tofu, turkey	Helps preserve/build muscle and improves fullness.
Control the extras	Sauce on the side, light cheese, dressing on the side, no mayo, no cream sauce	Saves 100-600+ calories without changing the main meal.
Choose 1 main carb	Rice, potato, beans, tortilla, fruit, sushi rice, pasta in a moderate portion	Fuels training without stacking too many calories.
Add volume	Vegetables, salad, fajita veg, broth soup, fruit, steamed veg	More fullness for fewer calories.

The “paid-guide” shortcut

Most restaurant meals become body-recomp friendly when you keep the protein, choose one carb, and move the high-calorie extras to the side. You do not need the lowest-calorie order; you need the highest-satiety order that fits your day.

Sushi Restaurants

Sushi can be one of the easiest restaurant categories for body recomp because the protein is obvious and portions are predictable. The biggest calorie traps are fried rolls, mayo-based sauces, cream cheese, and eel sauce.

Best strategy

Choose one main protein, one carb, and move the highest-calorie extras to the side. This keeps the meal enjoyable while making calories easier to manage.

Order	Estimated calories	Estimated protein	Best for
Tuna roll + miso soup	280-380	24-30g	Light meal, lower calorie dinner
Salmon roll + edamame	450-600	30-40g	Higher-satiety meal
6-8 pieces sashimi + rice + miso soup	450-650	45-60g	Highest protein option
Spicy tuna roll, sauce light/on side	320-450	24-32g	When you want flavor but want control
Nigiri combo: tuna + salmon + shrimp	400-650	35-55g	Balanced meal without fried extras

Best Choices

- Sashimi or nigiri
- Tuna roll / salmon roll
- Miso soup
- Edamame
- Cucumber salad
- Seaweed salad in moderation

Limit / Watch Out For

- Tempura rolls
- Crunch toppings
- Cream cheese rolls
- Heavy spicy mayo
- Eel sauce overload
- “Special” rolls with multiple sauces

Ask for this	What it does
Can I do the spicy mayo on the side?	Keeps flavor but gives you control over hidden calories.
Can I add sashimi or extra tuna/salmon?	Keeps flavor but gives you control over hidden calories.
Can I do a simple tuna or salmon roll instead of a tempura roll?	Keeps flavor but gives you control over hidden calories.
Can I get miso soup to start?	Keeps flavor but gives you control over hidden calories.

Mexican Restaurants

Mexican food can be extremely macro-friendly if you treat the bowl, fajita plate, or taco plate as the base and control cheese, sour cream, chips, queso, and creamy sauces.

Best strategy

Choose one main protein, one carb, and move the highest-calorie extras to the side. This keeps the meal enjoyable while making calories easier to manage.

Order	Estimated calories	Estimated protein	Best for
Chicken burrito bowl: chicken, beans, fajita veg, salsa, half rice	500-700	40-55g	Most reliable body recomp order
Double chicken bowl, half rice, light cheese	650-850	55-75g	Post-workout or high-protein dinner
Chicken fajitas, tortillas controlled, no queso	600-850	45-65g	Restaurant sit-down meal
3 chicken tacos, corn tortillas, salsa, no creamy sauce	450-650	35-50g	Lower-calorie taco option
Taco salad, no fried shell, dressing/sour cream on side	450-700	35-55g	High volume, lower carb option

Best Choices

- Chicken or steak bowl
- Fajitas
- Corn tortilla tacos
- Beans
- Fajita vegetables
- Pico de gallo / salsa

Limit / Watch Out For

- Queso
- Chips before the meal
- Fried taco shells
- Burritos with rice + beans + cheese + sour cream + guac
- Creamy chipotle sauces

Ask for this	What it does
Can I do half rice and extra fajita vegetables?	Keeps flavor but gives you control over hidden calories.
Can I get salsa instead of sour cream?	Keeps flavor but gives you control over hidden calories.
Can I get cheese light?	Keeps flavor but gives you control over hidden calories.
Can I add extra chicken?	Keeps flavor but gives you control over hidden calories.

Burger Restaurants

Burger spots are not off-limits. The key is deciding whether the calories go toward the burger, the fries, or the sauce. Usually, a simple burger with a protein-forward setup beats a giant specialty burger plus fries.

Best strategy

Choose one main protein, one carb, and move the highest-calorie extras to the side. This keeps the meal enjoyable while making calories easier to manage.

Order	Estimated calories	Estimated protein	Best for
Single burger, no mayo, side salad or fruit	400-650	25-40g	Balanced eating-out meal
Protein-style burger or lettuce wrap	300-550	25-40g	Lower-calorie option
Grilled chicken sandwich, sauce on side	400-650	35-50g	Higher-protein fast option
Burger bowl: patty, lettuce, tomato, pickles, light sauce	350-600	30-45g	Low-carb, high-satiety option
Single burger + small fries, no sugary drink	650-850	25-40g	When you want fries and still want control

Best Choices

- Single patty
- Grilled chicken
- Lettuce wrap
- Mustard/pickles/onions
- Small fries if planned
- Water or diet soda

Limit / Watch Out For

- Double/triple specialty burgers
- Mayo-heavy sauces
- Milkshakes
- Large fries
- Bacon + cheese + sauce stacked together

Ask for this	What it does
Can I get sauce on the side?	Keeps flavor but gives you control over hidden calories.
Can I do no mayo?	Keeps flavor but gives you control over hidden calories.
Can I make it lettuce-wrapped?	Keeps flavor but gives you control over hidden calories.
Can I get a side salad instead of fries?	Keeps flavor but gives you control over hidden calories.

Breakfast / Brunch Restaurants

Breakfast is where calories can get sneaky because sweet drinks, pancakes, pastries, butter, and oils stack quickly. Build around eggs or lean meat first, then add one carb like toast, fruit, potatoes, or a tortilla.

Best strategy
Choose one main protein, one carb, and move the highest-calorie extras to the side. This keeps the meal enjoyable while making calories easier to manage.

Order	Estimated calories	Estimated protein	Best for
Egg white omelet with veggies + turkey sausage	400-600	35-50g	Lean, high-protein breakfast
2 eggs + turkey sausage + fruit + toast	450-650	30-45g	Balanced brunch order
Breakfast burrito: eggs, turkey/chicken, salsa, light cheese	500-750	35-55g	Filling meal with controlled extras
Greek yogurt bowl, fruit, nuts on side	350-600	25-40g	Light breakfast or snack meal
Avocado toast + eggs / smoked salmon	450-700	25-40g	Cafe-style higher-quality option

Best Choices

- Eggs / egg whites
- Turkey sausage
- Chicken sausage
- Smoked salmon
- Greek yogurt
- Fruit

Limit / Watch Out For

- Pancake stacks with syrup
- French toast with toppings
- Large pastries
- Creamy coffee drinks
- Hash browns cooked in lots of oil
- Bottomless mimosas

Ask for this	What it does
Can I get egg whites or extra eggs?	Keeps flavor but gives you control over hidden calories.
Can I get fruit instead of potatoes?	Keeps flavor but gives you control over hidden calories.
Can I get syrup/butter on the side?	Keeps flavor but gives you control over hidden calories.
Can I do black coffee or unsweet tea?	Keeps flavor but gives you control over hidden calories.

Asian Restaurants

Asian restaurant meals can be excellent for body recomp, especially when you choose protein-forward bowls, pho, stir fries, sashimi-style options, or grilled meats. The main thing to control is oil, fried coatings, noodles/rice portions, and sweet sauces.

Best strategy
Choose one main protein, one carb, and move the highest-calorie extras to the side. This keeps the meal enjoyable while making calories easier to manage.

Order	Estimated calories	Estimated protein	Best for
Chicken pho or beef pho, broth-based	450-700	30-50g	High-volume, satisfying meal
Chicken teriyaki bowl, sauce light, half rice, extra veg	500-750	35-55g	Reliable macro-friendly bowl
Stir fry with chicken/shrimp, sauce light, rice controlled	550-800	35-55g	Sit-down restaurant order
Korean BBQ: lean meats, lettuce wraps, rice controlled	600-900	45-70g	Higher-protein dinner out
Thai basil chicken or curry, light coconut sauce if possible	550-850	35-50g	Flavor-forward option

Best Choices

- Broth soups
- Grilled chicken / shrimp / lean beef
- Steamed rice in moderate portion
- Extra vegetables
- Lettuce wraps
- Sauce light

Limit / Watch Out For

- Orange chicken
- General Tso's
- Tempura
- Fried rice as the base
- Heavy peanut sauce
- Coconut cream-heavy curries

Ask for this	What it does
Can I get the sauce light or on the side?	Keeps flavor but gives you control over hidden calories.
Can I do half rice and extra vegetables?	Keeps flavor but gives you control over hidden calories.
Can I add extra chicken/shrimp?	Keeps flavor but gives you control over hidden calories.
Can I get steamed instead of fried?	Keeps flavor but gives you control over hidden calories.

Italian Restaurants

Italian food can still work for body recomp when you do not make the entire meal pasta, bread, cheese, and cream. Anchor the meal with chicken, seafood, lean steak, or salmon, then keep pasta or bread as the controlled carb.

Best strategy

Choose one main protein, one carb, and move the highest-calorie extras to the side. This keeps the meal enjoyable while making calories easier to manage.

Order	Estimated calories	Estimated protein	Best for
Grilled chicken or salmon + vegetables + small pasta side	550-800	40-60g	Best overall body recomp order
Chicken piccata, sauce light, vegetables	500-750	40-55g	Flavorful but controlled
Shrimp marinara over pasta, moderate portion	550-800	35-55g	Higher-protein pasta option
Chicken parmesan, baked/grilled if available, half portion pasta	700-950	45-65g	Higher-calorie but manageable
Minestrone + grilled protein entree	500-750	35-55g	High-volume restaurant meal

Best Choices

- Grilled chicken
- Salmon
- Shrimp
- Tomato-based sauces
- Vegetable sides
- Minestrone

Limit / Watch Out For

- Alfredo
- Carbonara
- Cream sauces
- Unlimited bread + oil
- Fried appetizers
- Cheese-heavy baked pasta

Ask for this	What it does
Can I get the sauce light?	Keeps flavor but gives you control over hidden calories.
Can I do marinara instead of cream sauce?	Keeps flavor but gives you control over hidden calories.
Can I get vegetables instead of half the pasta?	Keeps flavor but gives you control over hidden calories.
Can I box half the pasta before it comes out?	Keeps flavor but gives you control over hidden calories.

Fast Food Body Recomp Orders

Fast food is not ideal every day, but it can absolutely fit into a body recomp plan when you choose protein first, skip sugary drinks, and avoid stacking fries, sauces, desserts, and creamy drinks in the same meal.

Situation	Order template	Estimated calories	Estimated protein	Best move
Breakfast	Egg sandwich + Greek yogurt or fruit	350-550	25-40g	Choose coffee/zero-cal drink.
Lunch	Grilled chicken sandwich + side salad or fruit	400-650	30-50g	Sauce on side; skip creamy drink.
Dinner	Burrito bowl with double chicken, half rice, beans, fajita veg, salsa	600-850	50-75g	Use salsa instead of queso/sour cream.
Snack	Greek yogurt, jerky, cottage cheese, protein shake, protein coffee	150-350	15-35g	Use to hit protein without a full meal.
Higher-calorie planned meal	Single burger + small fries + diet soda/water	650-900	25-45g	Enjoy the meal; do not add shake + dessert.

The “Green, Yellow, Red” Method

Green light: order often	Yellow light: plan around it	Red light: limit or share
Grilled proteins, sashimi, broth soups, burrito bowls, fajitas, egg breakfasts, protein bowls	Specialty rolls, burgers with small fries, pasta with lean protein, teriyaki bowls, breakfast burritos	Creamy cocktails, milkshakes, loaded fries, queso + chips, fried appetizers, Alfredo, giant dessert drinks
Usually high protein and easier to control	Can fit, but calories rise quickly if portions are large	Easy to add 500-1000+ calories before fullness catches up

Quick Ordering Scripts

Goal	What to say
Lower calories without making it “diet food”	Can I get the sauce and dressing on the side?
More protein	Can I add extra chicken, shrimp, steak, or eggs?
Still enjoy carbs	Can I do half rice or a smaller pasta portion?
More fullness	Can I add extra vegetables or a side salad?
Avoid drink calories	I’ll do water, sparkling water, unsweet tea, black coffee, or diet soda.

Restaurant Meal Builder

Pick 1 protein	Pick 1 carb	Add volume	Control extras
Chicken, steak, salmon, shrimp, tuna, turkey, eggs, tofu, lean beef	Rice, beans, potato, tortilla, sushi rice, pasta, fruit, toast	Vegetables, salad, broth soup, fajita veg, lettuce wrap, fruit	Sauce on side, dressing on side, light cheese, light sour cream, no mayo, light oil

Final reminder

Eating out is not the problem. Guessing is the problem. A body recomp-friendly order should give you enough protein, enough satisfaction, and enough control over hidden calories that you can enjoy the meal and still stay consistent.