

FMP'S GUIDE TO **EATING OUT** *vegetarian*

General Tips

- Keep portions similar to what you would have at home - It pays to serve your takeaway meal out of the container and serve it on a plate
- Stop eating when you are satisfied - you can always save the rest for lunch the next day
- Add extra lean protein e.g. tofu, egg, cheese, edamame (if needed) - often takeaway menus have the option to do this
- Opt for grilled, steamed, pan-fried, braised, poached, baked, roasted or grilled over deep-fried, battered or crumbed choices
- Select wholegrains when you can e.g. brown rice sushi, wholemeal pitas etc.
- Bulk up the veggies - ask for extra or add a side salad
- Go easy on the sauces and condiments - ask for them on the side if possible and add sparingly

Japanese



Tofu Poke bowl



Vegetarian Sushi with edamame



Vegetarian Ramen with egg/tofu



Teriyaki/Miso Tofu Don

Turkish



Falafel Doner Kebab



Vegetarian Mezze Plate

Pita pit and Subway



Falafel Wrap



Falafel Sub



Wholemeal falafel pita or salad

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Indian



Jalfrezi



Chana masala



Madras



Add a side of Kachumber or salad

Mexican



Vegetarian Burrito Bowl



Vegetarian Burrito

Vietnamese and Thai



Tofu stir-fry with extra veggies on rice



Vegetarian Tom Yum Soup

Supermarket Takeaways



Soup pouch (choose a high protein one) and 1-2 snack cans chickpeas



Ready made Falafel (or hummus), Wraps and a bag of salad

Italian



Thin base pizza with and side salad



Tomato based pasta or gnocchi with side salad (ideally lentils)

Get in touch!

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