

Dining *without damage*

A private guide to navigating restaurants, social events,
and travel without metabolic regression.



The Framework

You didn't rebuild your metabolism to spend the rest of your life eating steamed chicken breast alone at home. This guide exists so you don't have to choose between the work you've put in and an actual life: dinners, travel, hotels, the seat next to a colleague ordering bread.

Every section that follows is built around one working assumption: **you are not aiming for a perfect plate, you are aiming for a plate that doesn't undo the last six months.** That distinction matters. Perfection is what makes people quit low-carb eating the first time they travel. Damage control is what lets them stay on it for a decade.

The nutritional framework behind every recommendation is a broader, livable form of ketogenic eating: protein and natural fats doing most of the work, non-starchy vegetables allowed freely, dairy and small amounts of fruit or legumes treated as situational rather than forbidden, and refined sugar, flour, and rice treated as the actual threat to guard against. Nothing here requires you to interrogate a waiter for ten minutes. It requires you to know, before you sit down, which four or five things on any menu are safe defaults.

Where it's useful, we've included the actual numbers: how many grams of sugar are in the juice, how much of the naan is carbohydrate, what a tablespoon of teriyaki actually costs you. Not to make you anxious about food, but so the decision in the moment is automatic rather than negotiated.

Use this like a reference, not a script. Read the section for wherever you're headed next, ten minutes before you get there.

Five Non-Negotiables

Everything in this guide reduces to five habits. Learn these and you can improvise your way through any menu on earth without reading another page.

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- 01 PROTEIN FIRST**
Decide your protein before you look at anything else on the menu. Everything else (sides, sauce, bread) gets built around that decision, never the other way around.

 - 02 INTERROGATE THE SAUCE**
More diets are broken by sauce than by any visible carbohydrate. Reductions, glazes, "creamy" anything, and most things described as "tangy" or "sweet-and-savoury" are built on sugar. Ask before you assume.

 - 03 DECLINE THE BREAD BEFORE IT LANDS**
Bread baskets, chips, and papadum arrive by default in most cuisines. Tell the server up front: declining after it's on the table burns willpower you'll need later in the meal.

 - 04 ONE INDULGENCE, NOT THREE**
Wine, dessert, and bread in the same sitting is how a good week becomes a bad one. Pick at most one exception per meal, and let the other two go without negotiation.

 - 05 YOU'RE ALLOWED TO ASK**
Modifying a dish is not an imposition: it is completely normal restaurant behaviour, from a diner to a five-star kitchen. The scripts in this guide are worded so you never have to feel like the difficult table.
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Indian

The easiest cuisine on earth to eat well on if you order from the tandoor, and one of the most damaging if you default to the usual order of rice, naan, and a mango lassi.

● ORDER THIS

Tandoori or tikka protein: chicken tikka, tandoori chicken, seekh kebab, fish tikka, tandoori prawns. Char-grilled, marinated in yoghurt and spice, essentially carb-free.

Paneer tikka, not paneer butter masala: same protein, grilled instead of simmered in a sweetened gravy.

Saag paneer or saag gosht, asked for without added cream or sugar: a spinach base is one of the few genuinely vegetable-forward gravies on the menu.

Raita as your sauce, in place of the sweet chutneys.

Kachumber salad: cucumber, onion, tomato, lime.

● SKIP THIS

Rice in any form: biryani, jeera rice, pulao. Biryani rice alone can carry well over 60g of carbohydrate before the meat is counted.

Naan, roti, paratha, poori: a single plain naan runs close to **45g of carbs**, more than most candy bars.

Mango lassi: yoghurt, sugar, and mango puree in one glass.

Butter chicken / tikka masala: the same grilled chicken you wanted, simmered back down in a cream-and-sugar gravy.

Sweetened chutneys: tamarind and mint chutney are both routinely sugared to balance the sourness.

HIDDEN TRAP

Dal makhani reads as a "vegetarian, healthy" option, but a single cup carries roughly 24–30g of carbohydrate and is finished with cream and often a spoon of sugar to round out the lentil bitterness: treat it as a rich side, not a light one.

SAY THIS

"Could I get the tandoori chicken with a side of raita and a simple salad instead of rice, and could the saag be made without any added cream or sugar?"

Italian

The danger in Italian food is the format, not the ingredients: pasta and bread are structural, built into nearly every course, while the proteins and vegetables sitting underneath them are usually excellent on their own.

● ORDER THIS

Antipasti: bresaola, prosciutto, buffalo mozzarella, olives, roasted or grilled vegetables.

Any secondi: branzino, bistecca fiorentina, pollo al mattone, osso buco. This is the strongest course on any Italian menu for you.

Caesar salad, no croutons: ask for extra protein on top.

Sauteed spinach, broccoli rabe, or grilled vegetables requested in place of the pasta or potatoes that come bundled with a main.

● SKIP THIS

The bread basket / focaccia / grissini that arrives automatically before you've ordered anything.

Pasta as a main, in any sauce.

Risotto: it feels lighter than pasta but isn't: rice and pasta carry almost identical carbohydrate per 100g (roughly 30g each), and risotto's glycemic load is actually higher.

Pizza crust, breaded cotoletta or piccata, and tiramisu.

HIDDEN TRAP

"Light" tomato sauces are frequently sweetened to cut the acidity of the tomato: a classic marinara can carry a spoonful of sugar per portion. If a sauce tastes rounder than a tomato has any right to, ask.

SAY THIS

"I'll skip the bread: could I get the branzino with a side of sauteed greens instead of the potatoes it usually comes with?"

Japanese

Sushi rice is the single most underestimated carbohydrate source in modern dining: a plate that looks like clean protein is usually sitting on a bed of sugared rice most people never think to count.

● ORDER THIS

Sashimi: any fish, tuna, salmon, yellowtail, sea bream. No rice, no wrapper, essentially zero carbohydrate.

Yakitori or robata skewers, ordered **shio** (salt) style rather than **tare** (glaze) style.

Miso soup, edamame, seaweed salad: check the seaweed salad dressing isn't sweetened.

Sashimi salad in place of a roll.

● SKIP THIS

Sushi rolls and nigiri: a standard 6–8 piece roll carries roughly **30–50g of carbohydrate** from the rice alone, seasoned with rice vinegar and sugar.

Tempura: the batter alone adds **20–25g of carbs** to a small serving of shrimp; the shrimp itself is virtually carb-free.

Teriyaki: one tablespoon of a typical bottled teriyaki carries **3–5g of sugar**; a properly glazed skewer or salmon fillet can easily carry **15–20g** by the time it's plated.

Gyoza: the wheat wrapper alone runs close to **4g of carbs per piece**, so a standard order of six is 20g before the filling is counted. Ramen and katsu for the same reason.

HIDDEN TRAP

Unagi sauce and most "sweet soy" glazes are reduced sugar syrups by another name: a dish described as "glazed" or "caramelised" in a Japanese menu is almost never carb-neutral, regardless of how the protein underneath looks.

SAY THIS

"Could I get the salmon and tuna as sashimi, no rice, and the yakitori shio-style rather than tare? I'll skip the rolls and noodles entirely."

Mexican & Tex-Mex

Mexican food is built on excellent, simple proteins: the damage almost entirely comes from the tortilla, the rice, and the chip basket that lands on the table before you've said a word.

● ORDER THIS

Any protein "bowl" or "plate": carne asada, al pastor, carnitas, grilled chicken or fish, served over greens instead of rice.

Fajitas, eaten off the skillet without building them into the tortillas.

Guacamole: order extra, use it in place of the chips as your fat source.

Salsa, pico de gallo, and grilled vegetables as your toppings.

Ceviche where available: citrus-cured fish, essentially carb-free.

● SKIP THIS

The chip basket that arrives automatically: ask for it not to be brought, rather than rationing yourself against it.

Flour tortillas: a large 12-inch burrito tortilla alone can carry **35–65g of carbs**, before any filling.

Rice and refried beans as the automatic sides: ask for extra grilled vegetables or a side salad instead.

Margaritas: see the Cocktail Parties section; the same 30–40g carb load applies here.

Queso and creamy sauces poured over an otherwise clean protein bowl.

HIDDEN TRAP

A "burrito bowl" at a fast-casual chain still defaults to a full scoop of rice unless you say otherwise: the bowl format looks like a modification but the kitchen builds it exactly like the wrapped version underneath. Ask for extra lettuce or fajita vegetables in place of the rice specifically.

SAY THIS

"Could I get the carne asada as a bowl with extra lettuce and grilled vegetables instead of rice and beans, and guacamole on the side instead of chips?"

Thai & Chinese

Both cuisines are built around the same trap: an excellent stir-fried protein, buried under a sweet sauce and served over rice or noodles that double or triple the carbohydrate load of the dish.

● ORDER THIS

Clear or hot & sour soup to start, in place of spring rolls or crispy starters.

Any "stir-fried" or "dry" protein dish: dry chilli chicken, dry chilli paneer, Thai basil chicken (ask for no added sugar in the sauce), satay skewers without the sweet peanut glaze.

Larb (Thai minced meat salad): naturally low-carb, built on lime, herbs, and protein.

Steamed vegetables requested as the side, in place of rice or noodles.

Steamed momos or dumplings in moderation: steamed carries a meaningfully lower carb load than fried or the noodle-based alternatives.

● SKIP THIS

Pad Thai and fried rice: a typical restaurant serving runs **50–70g of carbohydrate**, largely from the noodles or rice plus the sugar in the sauce.

Sweet & sour, orange, or General Tso's-style dishes: Panda Express orange chicken alone carries roughly **20g of sugar** per serving from the sauce; sit-down versions run similar or higher.

Manchurian gravy, honey chilli potato, and other Indo-Chinese sauce-forward dishes: sugar and cornstarch-thickened by design.

Spring rolls, crispy wontons, and fried starters.

Hakka noodles and Schezwan fried rice as a "side": these are mains in disguise.

HIDDEN TRAP

Sauces described as "sweet chilli," "sweet and sour," or "honey" are, functionally, sugar syrups with a protein suspended in them: the cornstarch slurry used to thicken most Chinese-restaurant sauces also adds carbohydrate independent of any sugar. When in doubt, ask for the protein dry or "sauce on the side."

SAY THIS

"Could I get the chicken dry-style with chilli and garlic, no sauce or cornstarch coating, and steamed vegetables instead of rice or noodles?"

Middle Eastern & Mediterranean

Grilled meat, olive oil, and fresh vegetables make this one of the most naturally low-carb cuisines available: the pita and rice are the only real hazard, and both are easy to simply set aside.

● ORDER THIS

Any grilled skewer: shish tawook, kofta, lamb or chicken shawarma off the spit, plated rather than wrapped.

Hummus and baba ganoush as a dip for vegetables rather than pita: roughly 3–4g of carbs per two-tablespoon serving on their own.

Greek salad, fattoush without the fried pita chips, or tabbouleh in a small portion (tabbouleh is bulgur-based, so treat it as a side, not a salad).

Grilled halloumi and other grilled cheeses common on Mediterranean starter menus.

● SKIP THIS

Pita bread: one standard piece carries **30–38g of carbs**, more if it's the larger "family style" round often served free with dips.

Shawarma or falafel wrapped in bread rather than plated: ask for the "protein plate" version instead.

Falafel itself: chickpea and often wheat-flour based, meaningfully more carb-dense than the grilled meat options beside it.

Rice pilaf as the automatic side.

Baklava: a single standard piece carries roughly **10g of sugar** and 25–30g of carbs from the syrup-soaked phyllo alone.

HIDDEN TRAP

The free bread and dips that arrive at the start of a Mediterranean meal are one of the easiest ways to eat 40g of carbohydrate before your order even reaches the kitchen: ask for extra vegetables (cucumber, pepper) to dip instead, or ask for the bread to not be brought at all.

SAY THIS

"Could I get the chicken shawarma as a plate rather than a wrap, with extra salad instead of rice, and could I get some extra vegetables for the hummus instead of pita?"

Breakfast

Breakfast should be the easiest meal on earth to get right, anywhere in the world, because eggs are universal: the only danger is the toast-juice-cereal trio that shows up as the default.

● ORDER THIS

Eggs, any style: omelet with cheese and vegetables, scrambled with smoked salmon, poached with avocado.

Bacon or sausage: most cures carry negligible sugar; ask if unsure.

Avocado requested in place of toast.

Full-fat, unsweetened Greek yoghurt with a small portion of berries, if dairy is on the table for you.

Smoked salmon plate.

● SKIP THIS

Toast, pastries, pancakes, waffles.

"Fresh" orange juice: an 8oz glass carries roughly **21–26g of sugar**, essentially the same sugar load as a can of cola, with none of the fibre that whole fruit provides.

Granola or cereal: labeled servings often carry **7–12g of added sugar** per quarter-cup, and hand-poured bowls routinely run double the labeled serving.

Hash browns or breakfast potatoes: swap for extra vegetables or avocado.

HIDDEN TRAP

Hotel and cafe breakfast buffets are, on average, roughly half calories from refined carbohydrate: pastries, white bread, and bagels dominate the table by design because they hold well under a heat lamp. Ask the kitchen for eggs even when the buffet doesn't obviously offer them; almost every kitchen will make a plate to order.

SAY THIS

"Could I get a three-egg omelet with spinach and cheese, avocado on the side instead of toast, and just water or black coffee: no juice?"

Coffee Shops & Cafes

This is the blind spot most people never audit: a daily coffee order can quietly carry more sugar than dessert, several days a week, without ever feeling like a "treat."

● ORDER THIS

Black coffee, Americano, or espresso: effectively zero carbohydrate regardless of size.

Latte or cappuccino with whole milk or cream, unsweetened: the dairy carries some carbohydrate but nothing close to a flavoured syrup drink.

Unsweetened iced tea or plain sparkling water in place of a bottled "healthy" drink.

If something sweeter is wanted: **one pump of syrup** rather than the standard three or four, and ask for it on the side so you control the amount.

● SKIP THIS

Frappuccino-style blended drinks: a grande caramel frappuccino carries roughly **54g of sugar**, more than most desserts on the same menu.

Flavoured lattes: a grande vanilla latte carries roughly **35g of sugar**, almost entirely from four pumps of syrup at around 5g of sugar each.

Pastry-case items sold as a "light" breakfast: muffins and scones are cake by another name.

Bottled "protein" or "wellness" drinks in the fridge case: read the label; many carry as much sugar as the frappuccino they're positioned against.

HIDDEN TRAP

Oat milk and "plant-based" milk alternatives are frequently sweetened by default at cafes to improve the taste of the foam: ask for unsweetened oat or almond milk specifically, since the standard barista pour is not the same product as what's on the supermarket shelf.

SAY THIS

"Could I get a latte with whole milk, no syrup: or if I want it sweeter, just one pump on the side so I can add it myself?"

Hotels

A hotel is a more controllable environment than it feels like at 7am the first morning: hotel kitchens will almost always accommodate a request that never appears on the printed menu, at breakfast or otherwise.

● DO THIS

Email or call the hotel **before arrival** to ask that eggs, meat, or fish be available at breakfast even if not part of the standard spread.

Do a **minibar audit** on arrival: remove trigger foods from sight rather than negotiating with them at 11pm.

Ask the front desk which restaurant on property is most flexible with substitutions; there is almost always one.

● WATCH FOR

Buffet default carbs: bread rolls, pastries, and cereal stations are positioned front and centre for a reason.

Executive lounge snacks: almost always crackers, cookies, and chips rather than anything protein-forward.

Poolside menus: fries, pizza, and sandwiches by default; ask what protein options exist off-menu.

HIDDEN TRAP

The scrambled eggs sitting in a steam tray at a breakfast buffet are frequently diluted with milk or a starch binder to hold their volume and texture under heat for hours: ask for eggs cooked to order instead. It takes the kitchen the same three minutes either way.

SAY THIS: ON ARRIVAL

"I'm keeping to a low-carb, high-protein way of eating during my stay: is it possible to have eggs, meat, or fish available at breakfast, and could the kitchen put together a protein-and-vegetables plate for room service if I need it?"

Airport Food — *International*

Airports are the single worst-designed environment for this way of eating: everything is built for shelf life and speed, which defaults to starch, sugar, and seed oil. The goal here is triage, not a perfect meal. This page covers Western/international terminals; see the next page for Indian domestic airports specifically.

● ORDER THIS

Boiled eggs, jerky, cheese or charcuterie boxes, plain nuts: never honey-roasted.

Rotisserie chicken, where a grab-and-go counter has one.

Sashimi-only orders at any airport sushi bar: the rice-free version of the same counter.

Build-your-own salad bars: protein plus greens, skip the croutons, dried fruit, and candied nuts.

● SKIP THIS

Any "grab and go" **sandwich, wrap, or bagel.**

Smoothies: chain smoothies commonly run **25–90g of sugar** per cup, largely from fruit concentrate and added syrup, even when marketed as a health option.

Pretzels and chips as the default terminal snack.

Most **lounge buffets:** same pastry-heavy pattern as a hotel breakfast buffet.

HIDDEN TRAP

Airport "protein boxes" are usually the safest-looking option on the shelf, but most include crackers and a sweetened dip, honey mustard or a fruit compote, that quietly adds significant sugar. Eat the meat and cheese, leave the crackers and the dip in the box.

THE REAL FIX

"Pack a small travel kit before you fly (nuts, jerky, hard cheese, olives) as insurance so a bad terminal never gets to make the decision for you. If buying: ask for a protein box without the crackers, or extra meat and cheese instead."

Airport Food — *Indian Domestic*

Indian domestic terminals run on a different menu entirely: tiffin counters and QSR chains, not protein boxes and sashimi bars. The good news: the tiffin counter is one of the best low-carb options in any airport anywhere.

● ORDER THIS

Curd, sambar, and a dry sabzi from the South Indian tiffin counter (Vaango and similar): skip the idli/dosa itself and ask for extra curd, egg, or a side of chicken if available.

Grilled or tandoori items at any Dilli Streat / Punjabi-style counter: tikka, kebab, tandoori chicken.

Omelette or egg bhurji, common at most North Indian counters and standalone breakfast stalls.

At Western QSR chains (Subway, McDonald's, KFC): the **salad bowl or grilled option, unwrapped**, same logic as the international page.

Filter coffee or plain chai, unsweetened or lightly sweetened, over any bottled juice or cold coffee.

● SKIP THIS

Idli, dosa, vada, poori, uttapam: all rice- or refined-flour-based; a plain dosa alone runs close to 30g of carbohydrate before the potato filling.

Samosa, kachori, and vada pav counters: a single samosa carries roughly **20–25g of carbs** from the fried refined-flour wrapper alone.

Biryani and fried rice bowls sold at food-street counters as a "quick meal."

Sweetened cold coffee, fruit juices, and lassi sold at every second kiosk.

Bakery counters (puffs, biscuits, pastries) that dominate most terminal snack stalls.

HIDDEN TRAP

The tiffin counter looks like the healthiest option in the terminal, but the sambar and chutneys served alongside idli/dosa are often sweetened, and the "small" dosa is rarely small: ask for double curd and a boiled egg on the side instead of the starch itself, rather than trying to eat "just half."

SAY THIS

"Could I get a bowl of curd and sambar with a boiled egg or a side of chicken, no idli or dosa, and is there any grilled chicken or paneer available at the counter?"

Room Service

A room service menu is just the hotel restaurant's menu in miniature: the same flexibility applies, because you are still ordering from a working kitchen, not a vending machine.

● ORDER THIS

A **club sandwich, deconstructed**: ask for the fillings plated, no bread.

Caesar salad with grilled chicken or shrimp added, no croutons.

A **burger as a bowl**: patty and toppings, no bun, side salad instead of fries.

Omelets: on nearly every 24-hour room service menu, at any hour.

● SKIP THIS

Fries as the automatic side: ask for a salad or steamed vegetables instead; nearly every hotel kitchen will swap this at no charge.

Sandwiches served on bread, and pasta dishes generally.

The **turn-down dessert** left in the room: decline it, or hand it off rather than eating it out of politeness to housekeeping.

HIDDEN TRAP

The "healthy" section of a room service menu is often just as carb-heavy as the indulgent section: a wrap or a grain bowl reads lighter than a burger but frequently isn't. Read the actual listed ingredients, not the menu category it's filed under.

SAY THIS

"Could I get the burger as a plate with no bun, and a side salad or steamed vegetables instead of the fries?"

Fine Dining

Fine dining is, counterintuitively, the single best environment for this way of eating: a kitchen that builds every course individually is already equipped to adapt one, if you're willing to ask before you sit down rather than at the table.

● DO THIS

Call ahead **24–48 hours** for a tasting menu, rather than negotiating course by course at the table.

Let **protein-centric courses** (raw bar, fish, meat) run untouched; these usually need no modification at all.

Ask the kitchen to swap the **starch element of any course** (potato, grain, bread) for extra vegetables or a larger portion of the protein and sauce.

Ask for a **cheese course** in place of dessert: nearly every fine dining kitchen already offers this as a standard alternative.

● WATCH FOR

The **bread service** that arrives automatically: ask for it not to be brought at all, rather than resisting it once it's on the table.

The **amuse-bouche and palate cleanser**: frequently built around a sorbet or fruit reduction.

A "**vegetable course**" on a tasting menu can still mean risotto or gnocchi: "vegetable" often refers to the hero ingredient, not the format it's served in.

HIDDEN TRAP

Fine dining sauces are frequently built on reduced balsamic, port wine, or fruit gastrique: concentrating the sugar of the original ingredient down to a syrup. A sauce that tastes faintly sweet on a savoury dish almost always is.

SAY THIS: CALL AHEAD

"I'd like to enjoy the tasting menu, but I eat low-carb, without sugar or grains. Could the chef substitute the starch elements for additional vegetables or protein, and swap dessert for a cheese course?"

Cocktail Parties & Alcohol

Alcohol itself is rarely the problem: what's mixed into it is. A clear spirit on the rocks and a sugary cocktail can carry a thirty-gram carbohydrate gap despite looking equally "boozy" in the glass.

● ORDER THIS

Spirits, straight or on the rocks: vodka, gin, whisky, tequila, rum. Essentially zero carbohydrate on their own.

Spirit with soda, water, or a splash of fresh lime: a vodka soda or whisky soda carries the same near-zero carb load as the spirit alone.

Dry wine: a 5oz glass of brut champagne or dry prosecco carries under 2g of carbs; dry reds and whites sit in a similar range.

A handful of nuts or olives from the canape tray instead of the bread-based hors d'oeuvres.

● SKIP THIS

Beer: a regular 12oz beer carries roughly **10–15g of carbs**; even a "light" beer still carries 3–7g, and it's rarely just one.

Margaritas and frozen cocktails: a standard restaurant margarita carries **30–40g of carbs**, almost entirely from added syrup and mixer, not the tequila.

Sweet or demi-sec sparkling wine: 6–10g of carbs per glass, several times the carb load of a dry brut.

Cocktails built on juice, syrup, or cream: mojito, piña colada, espresso martini, anything with a dessert-menu name.

HIDDEN TRAP

The canape tray at a cocktail party is almost always more damaging than the bar: mini sliders, pastry-wrapped bites, and skewered starches circulate all night and are easy to eat without registering as a "meal." Treat the passed tray with the same scrutiny as a bread basket.

SAY THIS

"Could I get a vodka soda with lime, and could you point me toward whichever passed tray is grilled or skewered rather than fried or pastry-wrapped?"

Office Parties & Catered Meetings

Catered spreads are designed to look generous and travel well under a warming tray: which means bread, pasta salad, and cookies dominate the table by default, with protein as an afterthought.

● ORDER THIS

Deli platter fillings, unwrapped: meat and cheese off the sandwich tray, left off the bread.

Any salad with visible protein: Cobb, Caesar with chicken, grain bowls with the grain scraped aside.

Vegetable and crudite trays, used with hummus or a protein dip rather than crackers.

If you're the one ordering the catering: request a **protein or salad platter alongside the standard spread:** most caterers already offer one.

● SKIP THIS

Sandwich and wrap platters as served: the bread is the default, not the protein.

Pasta salad and potato salad, the standard "side" at almost every catered lunch.

The cookie and pastry tray that anchors most afternoon meetings.

Soda and juice service: request water or unsweetened iced tea be added to the order if it isn't already there.

HIDDEN TRAP

Grazing through a two-hour meeting on "just a few" crackers or trail mix from the snack bowl adds up faster than a plated meal would, precisely because it never feels like eating: treat the snack table with the same one-plate rule as a buffet, not as background noise.

SAY THIS: WHEN YOU'RE ORDERING

"Could we add a protein or salad platter to the order alongside the sandwiches, and swap the soda for sparkling or still water?"

The One-Page Recap

Everything above, condensed. Read this on the way to the table if you don't have time for anything else.

CATEGORY	DEFAULT TO	DECLINE BY DEFAULT
Indian	Tandoori / tikka protein, saag (no cream/sugar), raita, kachumber	Rice, naan/roti, mango lassi, butter chicken, sweet chutneys
Italian	Antipasti, grilled secondi, Caesar (no croutons), extra greens	Bread basket, pasta, risotto, breaded cutlets, tiramisu
Japanese	Sashimi, yakitori shio-style, miso soup, edamame	Rolls / nigiri, tempura, teriyaki, gyoza, ramen, katsu
Mexican	Protein bowl, fajitas off the skillet, guacamole, ceviche	Chips, tortillas, rice/refried beans, margaritas, queso
Thai / Chinese	Clear soup, dry stir-fry, larb, steamed veg, momos	Pad Thai/fried rice, sweet-sour/orange sauces, spring rolls
Mediterranean	Grilled skewers, hummus w/ veg, Greek salad, halloumi	Pita, wrapped shawarma, falafel, rice pilaf, baklava
Breakfast	Eggs any style, avocado, bacon/sausage, smoked salmon	Toast/pastries, juice, granola/cereal, hash browns
Coffee Shops	Black coffee, unsweetened latte, one syrup pump on the side	Frappuccino-style drinks, flavoured lattes, pastry case
Hotels	Pre-arrival request for eggs/protein, made-to-order eggs	Buffet pastry stations, lounge crackers, poolside fries
Airport Intl	Boiled eggs, jerky, cheese box, plain nuts, sashimi	Sandwiches/wraps, smoothies, pretzels, lounge buffets
Airport India	Curd + sambar + egg, tandoori counter, filter coffee	Idli/dosa/vada/samosa, biryani bowls, sweet cold coffee
Room Service	Deconstructed sandwich, salad + protein, burger as a bowl	Fries, bread, pasta, the turn-down dessert
Fine Dining	Protein courses as served, cheese course, veg swap for starch	Bread service, sorbet courses, reduction-based sauces
Cocktails	Spirits neat/soda, dry wine, brut champagne, nuts/olives	Beer, margaritas, sweet sparkling wine, syrup cocktails
Office Parties	Unwrapped deli fillings, salad + protein, crudite + hummus	Sandwich platters, pasta/potato salad, cookie tray, soda

Figures referenced throughout this guide are typical ranges drawn from standard restaurant and USDA-style nutrition data: always variable by kitchen, brand, and portion. When in doubt, ask.



This is a living document.

Questions about a specific restaurant, menu, or trip between sessions:
reach out directly, we'll work through it together.

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