

Companion · Vol. 02 ————— 14 Cards

Restaurant *Quick-Reference* Cards.

Simple protein-first ordering prompts for eating out — pocket-sized restaurant defaults you can screenshot and reuse.

FORMAT

14 cards

APPROACH

Protein-first

USE

On the go

SETUP

5 minutes

01

How to use these cards.

Use them as quick educational ordering prompts. Pick a protein-first option, keep portions realistic, save leftovers when appropriate. If you have allergies, pregnancy, digestion concerns, or a prescribed diet, talk it over with your provider.

FIVE-MINUTE SETUP

<p>STEP 01</p> <p>Screenshot your top 5 restaurant cards.</p>	<p>STEP 02</p> <p>Add them to a phone album called <i>Meal Defaults</i>.</p>	<p>STEP 03</p> <p>Star your two emergency cards: <i>Few foods sound appealing</i> and <i>Small portion</i>.</p>	<p>STEP 04</p> <p>Before ordering, scan the card and pick the simplest option.</p>	<p>STEP 05</p> <p>After eating, note whether the order is worth repeating.</p>
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QUICK WIN

Screenshot the airport, coffee shop, and fast casual cards first. Those tend to be the moments when fast decisions matter most.

02

Order anywhere, even without a card.

Two reusable structures – a 4-part ordering formula and a 30-second script – that work in any restaurant whether or not it's listed in this deck.

The 4-part ordering formula.

- 01 **PROTEIN ANCHOR**
Chicken, eggs, turkey, fish, shrimp, tofu, yogurt, beans, or another option that fits your needs.

- 02 **SMALL ADD-ON**
Rice, tortilla, toast, potato, fruit, soup, crackers, or vegetables.

- 03 **KEEP-LIGHT ITEM**
Sauce, fried side, creamy topping, or oversized portion if it does not sit well.

- 04 **SAVE-FOR-LATER PLAN**
Box half, split the meal, order a side, or choose an appetizer.

The 30-second script.

- 01 **PICK THE SIMPLEST PROTEIN-FORWARD ITEM**
Whatever the menu calls it – grilled, baked, roasted.

- 02 **CHOOSE ONE EASY SIDE**
Just one. Resist the upsell.

- 03 **KEEP RICH THINGS LIGHTER**
Sauces, fried sides, or oversized portions if they don't sit well.

- 04 **ASK FOR A BOX EARLY**
Before you start eating, if the portion is large.

- 05 **SAVE THE ORDER IF IT WORKS**
Add it to your defaults below.

MY DEFAULT ORDER – FILL IN AFTER A SUCCESSFUL MEAL

RESTAURANT _____

ORDER _____

MODIFICATION _____

WHAT I'D REPEAT _____

WHAT I'D CHANGE _____

CHAPTER THREE

03

Quick index.

15 cards across seven categories – 14 restaurant defaults plus one keep-light reference. Star the ones that match your week.

FAST CASUAL

Chipotle-style bowls.

DRIVE-THRU

Chick-fil-A-style fast food.

COFFEE SHOP

Starbucks-style breakfast and travel days.

SIT-DOWN MEALS

Mexican, Italian, steakhouse, diner, sushi/Japanese, Mediterranean.

TRAVEL

Airport food, gas station & convenience store.

LOW-EFFORT MOMENTS

Few foods sound appealing, small portion, hydration reminder.

The cards.

Each card has a best simple order, a protein-first modification, what to keep light, a small-portion version, and a reminder. Filter to find what you need. Designed to be screenshot one card at a time.

BRAND NAMES ARE USED FOR DESCRIPTIVE REFERENCE ONLY. THIS PRODUCT IS NOT AFFILIATED WITH OR ENDORSED BY ANY RESTAURANT BRAND.

CARD 01 / 14

Chipotle-style fast casual

FAST CASUAL

Build-your-own bowls and fast casual meals.

BEST SIMPLE ORDER

Bowl with chicken, steak, sofritas, or beans where tolerated.

PROTEIN-FIRST MOD

Choose protein as the anchor; keep rice smaller if that fits your preferences.

KEEP LIGHT IF IT DOESN'T SIT WELL

Large cheese, sour cream, queso, fried chips, oversized portions.

SMALL-PORTION VERSION

Protein, a few bites of rice, salsa, and lettuce.

Eat slowly, check in with comfort, save the rest if needed.

CARD 02 / 14

Chick-fil-A-style fast food

DRIVE-THRU

Drive-thru meals when a simple protein option is easiest.

BEST SIMPLE ORDER

Grilled nuggets or grilled chicken sandwich.

PROTEIN-FIRST MOD

Eat the chicken first, then decide how much bun or side you want.

KEEP LIGHT IF IT DOESN'T SIT WELL

Fried items, creamy sauces, large fries, milkshakes.

SMALL-PORTION VERSION

Grilled nuggets plus fruit cup.

Eat slowly, check in with comfort, save extras if needed.

Starbucks-style coffee shop

COFFEE

Breakfast, travel days, and coffee shop meals.

BEST SIMPLE ORDER

Egg bites, protein box, Greek yogurt, or a smaller sandwich.

PROTEIN-FIRST MOD

Choose the egg, cheese, yogurt, or turkey/chicken part first.

KEEP LIGHT IF IT DOESN'T SIT WELL

Large sweet drinks, pastries alone, heavy cream drinks.

SMALL-PORTION VERSION

Egg bites or yogurt cup.

Pair coffee with water if hydration has been hard.

Mexican restaurant

SIT-DOWN

Tacos, fajitas, bowls, and shared plates.

BEST SIMPLE ORDER

Fajitas, grilled chicken tacos, shrimp tacos, or a small burrito bowl.

PROTEIN-FIRST MOD

Start with grilled protein; add a small amount of beans, rice, salsa, or tortilla.

KEEP LIGHT IF IT DOESN'T SIT WELL

Fried chips, queso, creamy sauces, large portions.

SMALL-PORTION VERSION

One taco with extra protein, or a small fajita plate.

Eat slowly and check in with comfort.

Italian restaurant

SIT-DOWN

Sit-down meals with large portions.

BEST SIMPLE ORDER

Grilled chicken, salmon, shrimp, meatballs, or soup with protein.

PROTEIN-FIRST MOD

Start with the protein; keep pasta or bread as a smaller side.

KEEP LIGHT IF IT DOESN'T SIT WELL

Cream sauces, fried appetizers, oversized pasta portions.

SMALL-PORTION VERSION

Meatball appetizer, soup, or grilled protein with a few bites of pasta.

Box leftovers early if the portion is large.

CARD 06 / 14

Steakhouse

SIT-DOWN

Shared entrees, appetizers, and protein-forward plates.

BEST SIMPLE ORDER

Small steak, grilled fish, shrimp, chicken, or a protein appetizer.

PROTEIN-FIRST MOD

Choose a smaller cut or share an entree.

KEEP LIGHT IF IT DOESN'T SIT WELL

Heavy sauces, fried sides, large loaded potatoes.

SMALL-PORTION VERSION

Shrimp cocktail, small steak bites, or grilled chicken with vegetables.

Eat slowly and pause between bites.

Diner / breakfast spot

SIT-DOWN

Breakfast meetings, brunch, and travel mornings.

BEST SIMPLE ORDER

Eggs, omelet, cottage cheese, Greek yogurt, turkey sausage, or grilled chicken salad.

PROTEIN-FIRST MOD

Eat eggs or protein first, then decide on toast, potatoes, or pancakes.

KEEP LIGHT IF IT DOESN'T SIT WELL

Greasy skillets, large fried portions, heavy syrup.

SMALL-PORTION VERSION

One egg with toast, or cottage cheese and fruit.

You can order sides instead of a full platter.

Sushi / Japanese restaurant

SIT-DOWN

Lighter restaurant meals and shared plates.

BEST SIMPLE ORDER

Sashimi, sushi with salmon/tuna/shrimp, edamame, miso soup, tofu, or chicken teriyaki.

PROTEIN-FIRST MOD

Start with fish, tofu, chicken, or edamame.

KEEP LIGHT IF IT DOESN'T SIT WELL

Fried rolls, heavy mayo sauces, large rice-heavy portions.

SMALL-PORTION VERSION

Miso soup plus a few pieces of sushi or sashimi.

Eat slowly and check in with comfort.

Mediterranean restaurant

SIT-DOWN

Bowls, grilled proteins, and simple sides.

BEST SIMPLE ORDER

Chicken kebab, salmon, shrimp, gyro meat, falafel if tolerated, hummus, Greek yogurt sauce.

PROTEIN-FIRST MOD

Build a plate around grilled protein with a small portion of rice or pita.

KEEP LIGHT IF IT DOESN'T SIT WELL

Large amounts of fried falafel, creamy sauces, oversized pita portions.

SMALL-PORTION VERSION

Chicken skewer with cucumber salad, or hummus with a few pita bites.

Save leftovers without pressure.

Airport food

TRAVEL

Travel days when options are limited.

BEST SIMPLE ORDER

Turkey sandwich, chicken salad, Greek yogurt, egg bites, tuna pack, protein box, or soup.

PROTEIN-FIRST MOD

Eat protein first and save the rest for later.

KEEP LIGHT IF IT DOESN'T SIT WELL

Fried fast food, large pastries, oversized creamy drinks.

SMALL-PORTION VERSION

Yogurt, cheese stick, egg bites, or turkey roll-up.

Carry water and choose familiar foods when travel feels stressful.

Gas station / convenience store

TRAVEL

Road trips, late arrivals, and quick stops.

BEST SIMPLE ORDER

Greek yogurt, cheese stick, boiled eggs, tuna packet, jerky if appropriate, protein shake, or nuts.

PROTEIN-FIRST MOD

Choose one protein item before reaching for snacks.

KEEP LIGHT IF IT DOESN'T SIT WELL

Large fried foods, candy-only meals, very greasy snacks.

SMALL-PORTION VERSION

Cheese stick, yogurt, or half a protein shake.

Choose the easiest adequate option, not the perfect option.

Few foods sound appealing

LOW-EFFORT

Days when appetite is low or food feels off.

BEST SIMPLE ORDER

Soup, yogurt, egg bites, turkey roll-up, protein shake, or a simple sandwich.

PROTEIN-FIRST MOD

Choose the simplest protein-forward option.

KEEP LIGHT IF IT DOESN'T SIT WELL

Rich, greasy, or very large meals.

SMALL-PORTION VERSION

A few bites of a protein food, fluids nearby.

If eating or drinking enough feels difficult on an ongoing basis, discuss it with your provider.

CARD 13 / 14

Small portion

LOW-EFFORT

Anytime a full entree feels like too much.

BEST SIMPLE ORDER

Choose appetizer-sized protein, or split a meal.

PROTEIN-FIRST MOD

Start with a protein-forward bite if that feels realistic.

KEEP LIGHT IF IT DOESN'T SIT WELL

Foods that feel too rich, dry, greasy, or bulky.

SMALL-PORTION VERSION

A few bites of protein plus a sip of water.

Eat slowly and check in with comfort.

Hydration reminder

HYDRATION

Pairing fluids with meals, all day long.

BEST SIMPLE ORDER

Water, unsweetened tea, broth, or another beverage that fits your needs.

PROTEIN-FIRST MOD

Keep the drink visible beside your meal.

KEEP LIGHT IF IT DOESN'T SIT WELL

Very large sweet drinks or heavy cream-based drinks.

SMALL-PORTION VERSION

Small sips throughout the meal.

Ask your healthcare provider about electrolytes if hydration is a concern.

15

Card 15 · The keep-light reference.

A bonus card. What some people prefer to keep lighter when rich foods don't sit well – preference-based, not medical advice.

15

CARD 15 · KEEP-LIGHT

Some people prefer to keep **fried foods, creamy sauces, greasy meats, very large portions, heavy desserts, and carbonated or very sweet drinks** lighter when they don't sit well. This is a planning prompt based on personal preference, not medical guidance. Discuss ongoing discomfort or digestion concerns with your healthcare provider.

Your 5 saved restaurant defaults.

After trying a few cards, lock in five places you actually visit. This is the page you screenshot and keep on your phone.

DEFAULT 01 / 05

SAVED RESTAURANT

PLACE

DEFAULT ORDER

TINY APPETITE VERSION

WHAT I KEEP LIGHT

WOULD I REPEAT THIS?

DEFAULT 02 / 05

SAVED RESTAURANT

PLACE

DEFAULT ORDER

TINY APPETITE VERSION

WHAT I KEEP LIGHT

WOULD I REPEAT THIS?

DEFAULT 03 / 05

SAVED RESTAURANT

PLACE

DEFAULT ORDER

TINY APPETITE VERSION

WHAT I KEEP LIGHT

WOULD I REPEAT THIS?

PLACE

DEFAULT ORDER

TINY APPETITE VERSION

WHAT I KEEP LIGHT

WOULD I REPEAT THIS?

DEFAULT 05 / 05

SAVED RESTAURANT

PLACE

DEFAULT ORDER

TINY APPETITE VERSION

WHAT I KEEP LIGHT

WOULD I REPEAT THIS?

Final disclaimer.

Read before using this guide.

This guide is for educational purposes only and is not medical advice. It is not intended to diagnose, treat, cure, or prevent any disease. Always consult your physician, registered dietitian, or qualified healthcare provider before making changes to your diet, medication, supplements, or health routine.

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