

This Restaurant Guide is Just One  
Of the Ways I can  
Help You with You Health Journey  
At Best Weight On You, we believe in the  
power of knowledge to transform your  
health journey. That's why our approach  
integrates assessment and education,  
providing you with a comprehensive  
understanding of your unique wellness  
needs.

- Quick fat loss
- Maintain muscle
- All natural, no drugs
- Increase energy



# Restaurant Guide

*Keep your Goals & your social life.*

## Restaurant Guide



### Simply Grilled Mahi

Ask for No potatoes, no butter,  
substitute broccoli or asparagus

### Tuscan Grilled Sirloin



7 oz sirloin as for NO topping and  
substitute potato for a vegetable

You can always substitute  
proteins, fish, chicken and beef



### Grilled to Perfection

#### Chicken

Two grilled Chicken breasts  
served with choice of 2 sides. No  
Dinner rolls



### Grilled Pork Chop

With cucumber, tomato, onion  
Fresh Steamed broccoli



# Restaurant Guide



## Herb Grilled Salmon

Ask for plain broccoli or other steamed vegetable



## Atlantic Salmon



8oz. filet, grilled, blackened or broiled. Add 2 vegetables

You can always substitute proteins, fish, chicken and beef



## Herb Grilled Salmon

Ask for no sauce or queso fresco; no rice, substitute extra vegetable



## Victoria's Filet

With fresh steamed broccoli or seasonal mixed vegetables

## Grilled Salmon

Wood fire grilled and served with seasonal veggies



# Restaurant Guide



## Caesar Salad with Chicken

Chicken .. no cheese, no croutons use oil and vinegar



## Firewood Grill options

Anything from this section without the mango salsa or sauces, ask for double veggies..NO BREAD

You can always substitute proteins, fish, chicken and beef



## Grilled Salmon

Chicken .. extra veggies. NO SAUCES



Sirloin or any steak, broccolini replace potatoes with another veggie

# Restaurant Guide



## Chef Salad



**NO BACON** crumbles, oil & vinegar dressing



## Pulled Or Sliced Pork

Our famous slow-smoked pork, either pulled and piled or sliced and stacked. Served with No BBQ beans, coleslaw and No garlic bread. (substitute green beans.

## Beef Brisket



Certified Angus Beef® brisket. Sliced (lean) or chopped (marbled). Served with No BBQ beans, (substitute green beans) coleslaw and NO garlic bread.



## Signature BBQ NO Sauce

### St. Louis Ribs



House Dry-Rubbed Ribs. Served with BBQ no beans(substitute green beans) , coleslaw and no garlic bread.

# Restaurant Guide

FIRST WATCH

## Smoked Salmon & Roasted Vegetable Frittata



A classic frittata with Wild Alaska Smoked Sockeye Salmon, Served without ciabatta toast (if allowed) and lemon-dressed organic mixed greens.

## Frittata Rustica



A classic Italian-style omelet with kale, topped with Mozzarella and Parmesan (if allowed). Served with (if allowed) and lemon-dressed organic mixed greens.



ANOTHER  
Broken Egg Cafe



## Smoked Salmon Benedict

only if you are allowed a dairy, grain and fruit for the day then it will be a half of a bagel . add small cup of fruit.  
NO GRITS

## Skinny Omelette



Goat cheese-filled egg white omelette with asparagus, roasted red peppers and roasted garlic cloves. chopped with fresh herbs and green onions. If you are allowed ...Served with an ask 1/2 English muffin and fresh seasonal fruit.

You can always substitute proteins, fish, chicken and beef



FIRST WATCH

## Cobb Salad



Organic mixed greens, bacon, turkey breast, a hard-boiled cage-free egg, tomatoes, avocado and Bleu cheese crumbles (if allowed) with buttermilk ranch dressing, on the side

## Bacon & Egg

Two eggs cooked any way you like, turkey sausage, 1 slice sourdough toast (if allowed)



ANOTHER  
Broken Egg Cafe



## Traditional Day Starter

Two eggs any style with chicken sausage. If you are allowed... Served with add 1/2 English muffin and 1/2 cup fruit

## Veggie Delight Omelette



Goat cheese-filled omelette with fresh spinach, tomatoes and sautéed mushrooms. If you are allowed...1/2 English muffin add 1/2 cup of fruit.

# Restaurant Guide



## Renegade Sirloin or any grilled steak



Served with choice of side, mixed green salad fresh vegetable medley, steamed asparagus

## LongHorn® Salmon\*



Served with choice of side, mixed green salad fresh vegetable medley, steamed asparagus



## Grilled Salmon Salad

Mixed Greens, Grape Tomatoes, Red Onions, Sugar Snap Peas, Garlic Croutons, White Balsamic Vinaigrette - no vinaigrette or croutons ask for oil and vinegar



## SkinnyLicious® Grilled Salmon\*



Served with Assorted Fresh Vegetables

You can always substitute proteins, fish, chicken and beef



## Forrest's Ribeye & Shrimp

12oz Boneless Ribeye (only eat half), Grilled Shrimp, ask for no Mashed Potatoes, and extra vegetables



## 8 ounce Sirloin

Order with steamed broccoli and southern green beans



## Quick Tips for Going Out

- When ordering, always make sure your lean protein is up to 8 ounces (grilled, or sautéed, not breaded or fried.)
- When ordering a salad, remember to order it without croutons, cheese or bacon. Oil & vinegar are acceptable (except balsamic or red wine vinegar), but it's best to bring your own healthy dressing.
- Any entrée can be ordered with double veggies instead of potatoes or starchy food (refer to select vegetable list.)
- Tell the waiter or waitress not to bring bread to the table.

