



LEVEL UP YOUR ENERGY COOKBOOK

*Get excited about
food again*





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BREAKFAST



EGG SCRAMBLER OR FRITTATA

What's the difference between a scrambler and a frittata? An ovenproof pan! If you have a saute pan that can go from the stovetop to the oven, you can make a frittata a.k.a. a crustless quiche.

Ingredients

8 Farm raised eggs, large
½ cup Chopped onion
¼ tsp Salt
¼ tsp Pepper
2 Tbsp Organic butter

Optional Ingredients

2 cups Fresh organic spinach
½ cup Goat feta crumbles
½ diced Red pepper
1 cup Turkey sausage, cooked
½ Zucchini, diced
2 Tbsp Chives, chopped

Preparations

Preheat the oven to 350°F.

Whisk eggs in medium bowl and set aside.

In a 10" skillet melt butter and add chopped onion. Saute until soft and slightly browned.

If you are adding red pepper, zucchini or spinach add them and saute until softened.

Add whisked eggs, salt and pepper. Stir to mix the eggs and any vegetables you have chosen.

Cook just until edges start to pull away from the pan, about 5-7 minutes.

Remove from heat, sprinkle with goat cheese, (if desired) and place the pan in the oven.

Bake for 15-18 minutes until golden brown. Slice the frittata and serve warm or cold.

Egg Scrambler Variation

Whisk eggs in medium bowl, set aside

In a 10" skillet melt butter and add chopped onion.

Saute onion until soft and slightly browned.

If you are adding red pepper, zucchini or spinach add them and saute until softened.

Add whisked eggs, salt and pepper. Stir to mix the eggs and any vegetables you have chosen.

Gently stir egg and veggie mixture until eggs are cooked to desired doneness.

Sprinkle with goat cheese, stir once and serve at once.

QUINOA QUICHE MUFFINS WITH SPINACH AND CHEESE

This is the quick and easy version. You can find other recipes online that tell you how to cook the quinoa and use fresh spinach and fresh, chopped garlic. In this recipe, we are using the quickest alternatives! Make a bunch of these on Sundays and freeze so you have a quick high protein lunch for a couple days.

Ingredients

- 1 ½ cups Organic quinoa, frozen
- 2 Tbsp Olive oil
- 1 medium Onion, chopped
- 3 cups Chopped organic spinach, frozen
- 1 tsp Minced garlic (from jar)
- Salt & pepper to taste
- 1 cup Goat feta cheese, shredded
- 1 cup Goat cheddar cheese, shredded
- 4 Large eggs, lightly whisked

Preparations

Preheat oven to 375° F.

Use silicone muffin tins or line muffin tin with paper muffins cups.

Add onions and olive oil to large fry pan and sauté until soft.

Stir in spinach, quinoa and garlic. Cover and heat on medium until spinach and quinoa thaws, approx. 5-10 minutes.

Add salt and pepper. Remove from heat to cool.

When spinach/quinoa mix is cooled, stir in beaten eggs and cheeses, mix well! (Depending on the size of your pan, you may want to switch the whole mixture over to a large bowl)

Divide mixture evenly into muffin cups and bake for 35-40 minutes, or until tops are golden brown.

Remove from oven and cool on rack. Serve these beauties with a little layered salad and voila! Lunch is served.





OATMEAL

Makes 2 Servings

Ingredients

½ cup Rolled oats
¼-½ cup Pecans or walnuts
Butter
Cinnamon and vanilla
Nondairy milk or goat kefir
Unsweetened coconut flakes

Preparations

In a saucepan, bring 1 cup of water and a pinch of salt to a boil.

Add ½ cup rolled oats, reduce to a simmer and stir occasionally for 5-8 minutes to cook.

1-2 Tbsp Butter or coconut oil

1 tsp cinnamon and 1 tsp vanilla for extra flavor.

¼-½ cup pecans or walnuts.

Toast the pecans or walnuts for a few minutes in a pan for crunch and enhanced flavor.

Nondairy milk or goat kefir for the “just right” consistency.

Unsweetened coconut flakes are a yummy addition, especially toasted.

Yes, it can be reheated the next morning!

OVERNIGHT SOAKED OATS WITH APPLES

Ingredients

2 cups Gluten-free, organic sprouted oats

1 $\frac{3}{4}$ cup Non-dairy milk (I like a non-dairy milk with vanilla)

$\frac{1}{4}$ cup Organic apple juice

Optional Add-Ins:

Organic apples, chopped

Dash of cinnamon

Roasted chopped pecans or walnuts

Ground flaxseeds or pumpkin seeds

Preparations

In a bowl or pan with a lid, mix oats, non-dairy milk and apple juice.

Place in the refrigerator overnight.

Divide into bowls and serve with apples and cinnamon.

Add any additional add-ins of your choice.



BREAKFAST BURRITO

Ingredients

Gluten free tortilla

Butter to saute spinach and eggs

2 eggs, whisked with salt and pepper

¼ cup Goat cheese, shredded Manchego or crumbled feta, for example

Baby spinach, 1 or 2 small handfuls

Salsa

Preparations

Melt butter in a pan and add the spinach. It will quickly start to wilt.

Add eggs to the wilted spinach, stirring while they cook

Add cheese.

Spoon egg mixture onto the tortilla and add salsa. Enjoy!



BREAKFAST BOWL

Ingredients

2 Eggs

1 cup Cooked rice (great use for leftover rice)

½ cup Cooked beans (rinsed canned beans are fine)

1 cup Spinach, fresh or sautéed

½ cup Goat cheese, shredded or crumbled

Roasted vegetables (leftovers work here)

Preparations

Warm up the rice, beans, vegetables and cheese in a bowl.

Saute eggs in butter, scrambled or sunny side up.

Add together and season with salt and pepper.

Experiment with herbs, dried or fresh, like oregano, basil or cumin for variation.



ROASTED SWEET POTATO EXTRAVAGANZA

Ingredients

1 Sweet potato, large

Butter

Broccoli

Nuts or pine nuts

Goat cheese

Preparations

Wrap the sweet potato in aluminum foil and bake in a 425° F oven until fork tender (about 45 minutes). Let cool, then peel.

Mash the warm sweet potato with 1-3 Tbsp butter.

Steam broccoli and lightly brown nuts in a dry pan.

Top sweet potato with broccoli, nuts and goat cheese. Yum!





LUNCH



BROTH POACHED FISH

Broth-based poaching is a quick, easy, and tasty way to cook just about any type of fish. It is a refreshing and relatively low-calorie way to get tender, tasty fish with the vegetables cooked with the fish.

Remember: poaching is not boiling! Boiling will make the fish tough.



Ingredients

1-1½ lbs Fish (cod, halibut, or salmon work well)

3 cups Liquid for poaching (vegetable broth or coconut milk)

½ Small onion finely chopped

3 Garlic cloves, finely chopped

3 Tbsp Olive oil

2 Tbsp Ginger, grated

2 Medium carrots cut into thin 2" long strips

1 cup Pea pods cut into thin strips

1 Leek cleaned and chopped

1 tsp Salt

½ tsp Black pepper

Rice or Quinoa of choice. (I use Black Rice for a color "pop")

Preparations

Cook rice or quinoa per package instructions, set aside.

In a large saute pan, add 2 Tbsp olive oil and onion, cook until soft, about 5-7 minutes.

Add garlic and ginger (if using) and an extra 1 Tbsp olive oil into the saute pan with the onion. Cook for about 1 minute on medium heat—make sure not to brown or burn the garlic.

Pour in 3 cups of broth. Allow to simmer for approx. 5 minutes to "meld" the flavors.

Add carrots, pea pods, and sliced leeks, simmer until carrots are fork-tender.

Lay fish fillet on top of vegetables in broth, cover, and cook for about 10 minutes or until fish flakes with a fork.

To serve, place a mound of rice or quinoa in a bowl, lay fish fillet on top of rice. Strain vegetables from broth and place on top of fish. If you desire more broth, add with a ladle around rice or quinoa mound.

ZUCCHINI NOODLES WITH CHICKEN OR TURKEY

Ingredients

Zucchini noodles (or gluten free noodles)

1 cup Pre-cooked chicken or turkey (deli or rotisserie chicken)

Assortment of vegetables from the fridge:

Grated carrots, chopped celery or cucumbers, artichoke hearts, steamed broccoli, baby spinach, etc.

¼ cup Canned organic beans

Olive oil and lemon juice for drizzling, or pesto for a switch

Preparations

Follow directions to prepare the zucchini noodles or “zoodles”.

Add the rest of ingredients, stir and enjoy your culinary creation!



LAYERED SALAD

Chop/shred all ingredients and have them ready in containers in the fridge. It will make all the difference in how good your salad turns out!

Ingredients

Go crazy, sky's the limit

Leaf lettuce and baby spinach, chopped

Cucumber

Walnuts or pecans

Jicama, shredded

Carrots, shredded

Butternut squash chunks, roasted

Salt

Olives

Hard boiled egg, chopped or meat choice cut into chunks



Instructions

Add olive oil and lemon juice to the bottom of salad container.

Place salad contents from heaviest, to lightest: cucumbers, squash chunks, nuts, carrot, protein, olives with lettuce on top.

When you are ready to eat, turn salad bowl over several times to stir dressing. Always carry sea salt with you!

GLUTEN FREE TORTILLA WRAP

Ingredients

Tortilla wraps that are gluten free

Hummus (fun to try different flavors)

Arugula or baby spinach

Deli Turkey

Carrot strips, use the peeler to make these

Extra vegetables: slices of avocado, pepper or jicama, sprouts, etc.

Preparations

Spread the hummus on the wrap.

Add the meat and veggies in a line in the lower half of the wrap.

Carefully roll the wrap,

HEALTHY TUNA SALAD

Ingredients

1 can or jar Responsibly-caught tuna (Wild Planet, American Tuna, Whole Foods Market 365 or Tonnino get the best grades)

½ - ¾ cup Mayonnaise

2 stalks Celery, chopped small

Capers or chopped pickles

1 small Carrot, grated

Salad greens

Preparations

Drain the tuna.

Add remaining ingredients and serve on salad greens or with gluten free crackers.

CREAMY WHITE BEAN SALAD

Ingredients

1 (19-ounce) Can cannellini beans, drained aTbspy rib, large, finely chopped

1 Tbsp Red onion, finely chopped

2 Tbsp Lemon juice

1 Tbsp Extra virgin olive oil

⅛ tsp Grain salt, coarse (Maldon)

Ground pepper, fresh

½ cup Basil leaves, roughly chopped



Preparations

Place lemon juice in a small mixing bowl. Add salt and whisk to dissolve. Whisk in olive oil. Set aside.

Place beans, celery, onion, and basil in a small mixing bowl.

Pour lemon/olive oil dressing over the bowl of beans, celery, onion, and basil.

Stir gently to combine.

Note: For a fast white bean dip, place finished salad in the food processor. Blend until smooth. Serve with veggies for dipping.

QUINOA AND ROASTED VEGETABLE SALAD

Ingredients

4 cups Organic red quinoa, cooked (I like pre-washed)
2 Organic beets, large, chopped and roasted
1 Bunch organic asparagus (sliced into 1" pieces and steamed)
½ cup Walnuts, chopped and roasted
4 Tbsp Lemon juice
4 Tbsp Olive oil
1 tsp Salt

Note: You can choose any root vegetables to roast in this dish.

Preparations

Preheat the oven to 400°F.

Place walnuts on a rimmed baking sheet and roast for 7-9 minutes, stirring once. Watch nuts closely, they will burn quickly!

Chop peeled beets into small/medium chunks and place on parchment paper on a rimmed baking sheet. Drizzle with olive oil and a dash of salt. Bake for 25 minutes. Beets will be done when soft and have a roasted look.

Steam asparagus until just cooked and fork can be inserted in the stalk easily.

Cook quinoa according to package. (Using vegetable broth or chicken broth will enhance the flavor!) Quinoa is done when there is no visible liquid.

In a large bowl, add lemon juice and salt. Whisk until salt dissolves. Whisk in olive oil. Set aside.

Place cooked quinoa, baked beets, steamed asparagus, and chopped walnuts into a bowl with the lemon olive oil. Stir all ingredients with lemon dressing. Add extra salt, lemon zest, and extra olive oil to taste.

Note: You can zest some of the lemon peel into the quinoa mixture. If you don't, it will still taste delicious!

MINESTRONE WITH QUINOA AND KALE

Some will say that Minestrone with quinoa is NOT Minestrone, but it does taste delicious! Minestrone means “thick soup” so we can get away with quinoa for a gluten-free rendition.

Ingredients

1 Yellow onion, large, chopped
 2 Tbsp Olive oil
 3 Medium organic carrots, peeled and diced
 2 Stalks organic celery, diced
 2 cups Zucchini, diced
 1 Large organic red pepper, diced
 3 Garlic cloves, minced
 7-8 cups Organic vegetable broth
 3 Tbsp Parsley, chopped
 1 tsp Dried rosemary, finely chopped
 1 tsp Dried thyme
 1 cup White quinoa
 2 cups Organic green beans, cut into 1" pieces. (this is an optional ingredient, based on availability, the soup will taste just as great with or without).
 1-15 oz. can of organic cannellini beans, drained and rinsed OR
 2 cups of soaked and cooked cannellini beans.
 2-3 cups chopped kale, stems removed
 1 Tbsp Lemon juice
 Optional: 1 Parmesan rind

Preparations

In a large stock pot (6 qt or larger) heat olive oil and add diced onions. Brown slightly, then add carrots and celery. Cook on medium heat until softened, about 3 minutes.

Add diced red pepper and minced garlic. Cook for 2 more minutes or until peppers are softened.

Add zucchini and stir gently.

Add vegetable broth, green beans & parmesan rind (both optional), rosemary & thyme. (The soup will look kinda thin at this point, but don't worry, the quinoa will thicken it right up!)

Bring to simmer and cook covered for 20 minutes.

Add in quinoa, cover and cook 10-15 minutes longer.

Finally, add cannellini beans, kale, parsley and lemon juice. Stir and cook until kale is wilted.

The soup will get thicker as it cooks and cools. You can add more vegetable broth to thin it before the next meal.



DINNER

KALE, SAUSAGE AND WHITE BEAN SOUP

Ingredients

1 Onion, chopped
1 bunch Kale, de-stemmed and coarsely chopped
1 quart Chicken or vegetable broth (1 box)
1 can White beans like Great Northern or cannellini
1 can Fire-roasted tomatoes, diced
½ lb Turkey Italian sausage, ground
Salt & pepper to taste
Pecorino Romano cheese, grated

Preparations

Sauté onion in butter or olive oil in 6 qt soup pan until soft.
Add ground turkey sausage and cook until no longer pink.
Add carrots and cover pan for 5-10 minutes, until carrots are soft.
Add kale, tomatoes, beans and chicken stock. Stir and cover pan.
Cook until kale is wilted, at least 10 minutes. (The longer the soup can simmer, the deeper the flavors will be. 30-60 minutes on low heat.)
Salt & pepper to taste.
Serve with shredded Parmesan cheese on top of each bowl.



ROASTED VEGETABLES WITH RICE AND A PROTEIN (FISH, MEAT OR BEANS)

Ingredients

- 1 Onion, coarsely chopped
- 1 Sweet potato, peeled and cut into bite-size pieces
- 1 Red or yellow pepper, chopped into bite-size pieces
- 1 Medium or 2 small zucchini, cut into ½ inch 'coins'
- 1 cup Rice, white or brown
- Olive oil, about ½ cup
- Protein of choice: canned beans, chicken breast, steak, etc.

Preparations

Preheat the oven to 400 degrees. Prepare veggies and lightly coat with olive oil, easier if the veggies are in a large bowl and you use your hands!

Spread oiled veggies onto a rimmed cookie sheet, with or without parchment paper. Bake for 30-40 minutes, stirring every 10 minutes.

Meanwhile, cook the rice:

Bring 2 cups of water to boil in a covered saucepan.

Add the cup of rice and ½ tsp of salt, stir, replace the cover and lower the heat so that the rice cooks at a simmer.

20 minutes cooking time for white rice; 40 minutes for brown rice.

While the rice and veggies are cooking, prepare your protein.

Have fun with different herbs for extra flavor!

BAKED GINGER SALMON

Serves 4

Purchase wild caught salmon which is rich in omega 3 and fatty acids. Omega 3's are essential for cell health and are an important part of an anti-inflammatory food plan.

Ingredients

2 tsp Olive oil
1 Tbsp Local honey
2 tsp Dijon mustard
1 Tbsp Fresh ginger, grated
¼ tsp Sea salt
1.5 lbs Salmon fillets (King salmon is mild)



Preparations

Preheat oven to 350°F.

In a small bowl, mix together: olive oil, honey, dijon mustard, salt and ginger.

Brush bottom of shallow baking dish with olive oil.

Arrange 4 fillets in a shallow baking dish.

Spoon ginger mixture on top of fillets. Set aside until finished with salad or steamed vegetable of choice.

When vegetables are almost cooked, place the dish in a preheated oven and bake for 15 minutes or until salmon flakes with a fork.

Ginger is an important antioxidant and anti-inflammatory spice and local raw honey also antioxidant properties and contains pollen from flowers of your surrounding area. If you cannot find local honey, look for a pure honey product in a glass jar.

SPAGHETTI SQUASH WITH TURKEY SAUSAGE AND SWISS CHARD

Ingredients

1 Spaghetti squash, medium to large
1 lb Turkey sausage
¼-½ cup Olive oil
1 Onion, chopped
1 Bunch of swiss chard, cleaned well and chopped coarsely
Hard goat cheese, grated (optional)
Salt and pepper to taste

Preparations

Preheat the oven to 400° F.

Cut spaghetti squash in half lengthwise and remove the seeds.

Rub insides of the squash with olive oil and place the cut sides down on a cookie sheet lined with parchment paper.

Bake at 400° F. for 45 minutes or until the outer rind can be pierced with a fork.

While the squash is cooking, add the loose turkey sausage to a large sauce pan and brown turkey sausage in 2 Tbsp of olive oil.

Remove sausage from pan and set aside.

In the same pan, sauté the onion with 1 tsp olive oil until soft.

Add the cleaned and chopped Swiss chard and cook until wilted and soft, about 5-10 minutes.

When the spaghetti squash can be pierced with a fork and is slightly brown on the outside, remove from oven.

Using a fork, shred the inside of the squash into “spaghetti” away from the outer rind.

Place a serving of squash on each plate. Add a heaping Tbsp of sausage, then layer the Swiss chard/onion mixture on top of the sausage and top each plate with shredded goat cheese if desired.



CARROT AND CELERY ROOT SOUP

Celeriac root tastes like mild celery. It is jam-packed with nutrients: vitamin C, B6, potassium, vitamin K, and a host of antioxidants. It is high in fiber and can be eaten raw, mashed, grated in salads, and even made into noodles with your spiralizer! This is a great time to add a new veggie to your life!

Ingredients

- | | |
|---|---|
| 2 Small/medium (celeriac) celery root, peeled and chopped | 2 Tbsp Italian seasoning |
| 6 Large carrots, peeled and chopped | 4 cups Organic vegetable broth |
| ½ Large onion, chopped | 2 cups Water |
| 3 Garlic cloves, minced | 3 Tbsp Olive oil OR 2 Tbsp olive oil with 1 Tbsp ghee |
| 1 tsp Paprika | Salt & pepper to taste |



Preparations

In a 6 quart stock pot, saute onion in olive oil or olive oil/ghee combo until lightly brown.

Add garlic and saute gently for 30 seconds, making sure not to burn it.

Add the vegetable broth, water, carrots, celeriac, Italian seasoning, and paprika to the pot.

Increase heat to a boil. Reduce heat to a rolling simmer and cover with a tight fitting lid. Cook veggies for 15-20 minutes or until they are fork tender.

Remove from heat and let cool for 10 minutes.

Use either an immersion blender or blend soup in batches in the blender until smooth.

A close-up photograph of a light blue ceramic bowl filled with sliced vegetables. The bowl contains several bright orange carrot sticks and green celery sticks, cut into uniform lengths. The vegetables are arranged in a slightly overlapping manner, with some sticks pointing upwards. The background is dark and out of focus. A semi-transparent white horizontal band is overlaid across the middle of the image, containing the word "SNACKS" in a dark blue, serif font.

SNACKS

ROSEMARY, SEA SALT ALMOND FLOUR CRACKERS

Sure, you can buy store bought crackers, but try these for bragging rights at your next gathering! Rosemary is high in powerful antioxidants.

Ingredients

2 cups Almond Flour
½ tsp Sea salt
1 Egg, beaten
2 Tbsp Olive oil
1 Tbsp Dried rosemary
1 tsp Flaky sea salt for finishing

Preparations

Preheat the oven to 350°F.

In a large bowl, mix almond flour and salt.

Add beaten egg and olive oil. Mix dry and wet ingredients to form a dough ball. You can also use a food processor to mix the almond flour, salt, olive oil and beaten egg.

Place dough between two pieces of parchment paper and flatten.

Roll dough to approx. ¼" inch thickness. Try to create a rectangle with the dough when rolling to make square crackers.

Peel off the top sheet of parchment paper and sprinkle with rosemary and flaky sea salt.

Place the top sheet back on dough and roll to press rosemary and salt into the dough.

Remove the top sheet of parchment paper and slide rolled dough on parchment paper onto a cookie sheet.

Using a pizza cutter, cut dough into cracker size pieces. You will have some irregularly shaped pieces also, but that's the fun of making your own crackers!

Check crackers after 10 minutes, you don't want them to burn! They usually take about 15 minutes to cook. Allow to cool and serve with goat and sheep cheese.





ZESTY WALNUT VEGAN PESTO

Ingredients

3 cups Basil densely packed
1 Garlic clove, finely minced
 $\frac{1}{3}$ cup Walnuts, toasted
4 Tbsp Olive oil (add more if pesto is too thick)
1 Tbsp Nutritional yeast
1 tsp sea salt
Black pepper, if desired

Preparations

Preheat the oven to 375°F

Place walnuts on a rimmed baking sheet and roast for 7-9 minutes, stirring once. Watch nuts closely because they will burn quickly! (Note: Toast extra walnuts to add to salads or as a snack).

In the food processor bowl add: basil, garlic, walnuts, nutritional yeast, olive oil, and salt. Add black pepper, if desired.

Pulse until the mixture is smooth and thick.

Add more olive oil carefully until desired consistency. Adding too much olive oil at once can make the pesto separate

Cooking Option: Roast Salmon with Walnut Pesto

In a preheated oven from walnuts, place 1lb fillet of salmon on parchment paper, sprinkle with salt and pepper.

Cook for 15-20 minutes. Spread Walnut Pesto on salmon fillet and serve immediately.

CRISPY KALE CHIPS

Ingredients

1 Bunch of curly leafed kale

2 Tbsp Olive oil

Maldon Flaky sea salt for sprinkling

*If you aren't familiar with Maldon flaky sea salt, get some and see how great it tastes!

Preparations

Preheat oven to 275°F

Rinse kale thoroughly (it can be gritty) and dry with paper towels.

Cut down both sides of the thick spine of the leaves.

Then cut the kale leaves in smaller pieces, 1-2".

Place chopped kale in a bowl and drizzle with olive oil.

Toss to coat.

Place kale on the cookie sheet in a single layer. Sprinkle with sea salt.

Bake for 10 minutes and stir. Bake for 10 more minutes or until the kale is crisp.



ZIPPY CARROT DIP

Ingredients

- 5 Medium carrots, peeled and chopped into chunks
- 1 Tbsp Olive oil
- 1 Garlic clove, finely minced or crushed
- 1 tsp Ground cumin
- ¼ cup Lemon juice
- 1 Tbsp Honey
- 1 Tbsp Fresh parsley, chopped



Preparations

Place carrots in a saucepan with enough water to cover. Add 1 tsp salt. Cook carrots until a fork inserts easily through a carrot.

Remove carrots from heat and drain.

Place all ingredients in a food processor or high speed blender. Process until ingredients are smooth and creamy. If the mixture is too thick, add 1 extra Tbsp of olive oil.

Note: This dip tastes great with celery root slices (celeriac) or jicama slices. Both are great sources of fiber. You can also use it as a spread on fish.

EATING OUT

If you are going to a “sit down” restaurant, order your protein of choice with a green vegetable and no sauce. (Sauces often contain hidden sugar.)

When ordering a salad, ask for lemon and olive oil on the side to replace the dressing. Many vinaigrettes contain sugar and vinegar.

The protein will probably not be grass-fed or wild caught; however, you have to do the best with what you have to work with.

Most importantly, stay away from the bread and dessert.

FAST FOOD

There are several fast food options that won't ruin your Level Up Energy efforts.

Chipotle: Order the salad with protein, some beans and the stir-fried onions and peppers. Use salsa or guacamole as the dressing for your salad.

Panera Bread: Order the grain bowl, with no yogurt (chicken is ok though). Or the turkey chili with no cheese. And no bread.

Burger or sandwich place: Request no bun or bread and ask if they offer a lettuce wrap. French fries are technically allowed, but try to avoid unless there are no other choices.