



GUIDE TO 15 PLACES

TO EAT IN THE LOWCOUNTRY

(HILTON HEAD ISLAND &
BLUFFTON)

THAT FITS YOUR NUTRITION
(AND EXACTLY WHAT TO ORDER)

FUSION FIT TRAINING & COACHING

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Eat Well, Anywhere

"No Excuses, Just Empowerment"



You absolutely CAN dine out and still eat well, lose weight, be healthy, and reach your personal goals! And No, I'm NOT talking about bland, boring chicken and broccoli/asparagus. Enjoy your food and eat well. This guide will help you get going with where to eat and exactly what to order!

**Note: this is not an exhaustible list, there are plenty of other restaurants and alternative meals that also fit into a health and delicious diet.

Fusion Fit Coaching & Training

5 QUICK TIPS

For Dining Out

(that meet both enjoyment and nutrition)

- Choose *what's going to satiate (keep hunger and cravings at bay) AND satisfy (tames appetite and is enjoyable)*
- Go halvesies
- Dish out your food out onto a salad or app sized plate
- Go for a balanced plate or 5S meal, contains protein and produce, rounded out with some good fats and maybe some starch
- Hara hachi bu, 80%

CREATE

Your Perfect Plate

Nutritious meals contain a portion controlled balance of primarily produce and protein, rounded out with some good fats and maybe some starch

- Anytime salad – load up on the veggies and produce, add on some protein, garnish with some good fats and maybe some starches to round things out*
- A balanced plate – fill 1/2 your plate with veggies or produce, 1/4 plate with protein, then last 1/4 with some starch or garnish of good fats*
- 5S meal – shakes, scrambles, stir-fries, salads, soups.*

QUICK TIPS TO

Ordering Wisely

- *Go protein and produce rich*
- *Choose grilled, baked or broiled*
- *Ask for dressing or sauces on the side and use sparingly*
- *Go for broth or tomato based sauces, soups and condiments*
- *Watch out for sneaky fats and calories*

Zoe's Kitchen

Bluffton

- **Protein Power Plate with slaw and onions**
- **Mediterranean Chicken Plate with two sides**
- **Greek or Traditional Salad with Chicken, Shrimp, Steak, or Salmon**
- **Skewers + Two sides (chicken, shrimp, salmon)**
- **Sides: Roasted Vegetables, Marinated Slaw, Side Greek Salad, Fresh Fruit**

Moe's / Chipotle

Bluffton

Salad or Bowl - start with lettuce, then add protein,
cooked veggies, salsas, raw veggies of choice, cilantro; guac
on the side

Charbar

Bluffton

Salad or Bowl - start with lettuce, then add protein,
cooked veggies, salsas, raw veggies of choice, cilantro; guac
on the side

Fat Patties

Bluffton

Salad or Bowl - start with lettuce, then add protein, cooked veggies, salsas, raw veggies of choice, cilantro; guac on the side

Arugula Salad - with shrimp, chicken or burger patty

Sides: sauteed veggies, slaw, sweet potato fries

Try their spicy ketchup!!

Agave Side Bar

Bluffton

2 Tacos (+ Skinny Margarita, best in town!). - Ask for lettuce cups or corn tortillas as your taco shell

Fiesta Fresh

Bluffton and Hilton Head Island

Taco Salad with chicken or shrimp - no tortilla shell or flip the salad out onto a plate or bowl and skip the shell; add extra salsas, pico, cilantro

A m i g o s

Bluffton

BBQ Chicken Salad - no tortilla shell or flip the salad out onto a plate or bowl and skip the shell; add extra salsas, pico, cilantro

Jim 'n' Nicks

Bluffton

- **BBQ Plates (choose pulled pork, brisket, turkey, chicken) and two sides**
- **Pig in the Garden Salad with Pulled pork, or chicken or beef**
- **Sides: house salad, fresh fruit, coleslaw**

One Hot Mama's

Hilton Head Island and Bluffton

- **South in your Mouth or Blackened Chicken Salad with chicken, pork or brisket**
- **Meat and three sides (pick pork, brisket, bbq chicken)**
- **5-10 Grilled Wings + side or salad**
- **Cup of Chili + Side Salad**
- **Salmon with 2 sides**
- **Sides: green beans, coleslaw**

Wild Wing Cafe

Hilton Head Island and Bluffton

- **5 Wings, celery and carrots**
- **Chargrilled Chicken Feathers + 1 extra**
- **Chargrilled Shrimp Skewers + 2 extras**
- **Extras: Celery, Carrots, Side Salad, Steamed Broccoli, Coleslaw**

Crave By Daniels

Hilton Head Island

- **Steakhouse wedge salad with shrimp, chicken, or steak**
- **Greek salad with chicken, shrimp or steak**
- **Thai salad with chicken, shrimp or steak**
- **Cinnamon lamb kabobs + 1-2 sides**
- **Steak with 2 sides**
- **Chicken lettuce wraps**

- **Sides: spinach, side salad, roasted mushrooms, slaw**

Holy Tequila

Hilton Head Island

- **Caesar Salad with shrimp, steak or chicken**
- **2-3 Tacos, swap corn tortilla or lettuce leaves for flour**
- **+ a side**
- **Sides: slaw, soup,**

Tio's Latin Cuisine

Hilton Head Island

- **Ceviche**
- **Latin Tuna Poke**
- **Pinchos Steak or Chicken with side**
- **2-3 Tacos sub lettuce leaf or corn tortilla for flour**
- **Fajitas, skip the rice and beans or the tortillas, swap corn tortillas or lettuce leaves for flour**
- **Specialty chicken, steak or seafood dishes with 1-2 sides**
- **Sides: Seasonal veggies, fruit, side salad**

Hickory Tavern

Hilton Head Island

Cedar Planked Salmon + broccoli and salad

HOW TO CUSTOMIZE ANY MEAL

So It Fits Your

Nutritional Needs AND

Healthy Eating

*Of course the way you eat that works exactly for you takes
some tweaks and fine tuning.*

That's what I'm here for! Choose from one of my nutrition
ecourses or guides, coaching, or a combination of both!

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