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Take-Out Tactics

Optimizing nutrition is crucial for achieving specific fitness goals like fat burning. A diet that is high in protein, low in fat, moderate in carbs, and rich in micronutrients is ideal for fat loss, performance, and recovery. Here's a curated list of 100 healthy ordering alternatives from popular cuisines that align with these nutritional requirements:

American Cuisine

1. **Grilled Chicken Salad** - Protein-rich chicken breast with leafy greens. Ask for the dressing on the side.
2. **Turkey Burger** - Order it without the bun or with a whole-grain bun for better carb control.
3. **Veggie Wrap with Grilled Chicken** - Opt for a whole-grain wrap and light dressing.
4. **Quinoa Salad with Tofu** - High in protein and micronutrients.
5. **Sweet Potato Fries** - A healthier carb option than regular fries.
6. **Salmon Steak** - High in protein and good fats, great for muscle repair.
7. **Buffalo Chicken Wrap** - Choose grilled chicken and a whole-grain wrap.
8. **Philly Cheesesteak** - Opt for lean steak and whole-grain bread.
9. **Roast Beef Sandwich** - Choose whole-grain bread and skip the mayo.
10. **Fish Tacos** - Opt for grilled fish and whole-grain tortillas.



Italian Cuisine

1. **Grilled Chicken Caesar Salad** - Opt for a low-fat dressing and hold the croutons.
2. **Whole Wheat Pasta with Marinara Sauce and Chicken** - The chicken adds protein, and the whole wheat pasta offers better carbs.
3. **Minestrone Soup** - Rich in vegetables and relatively low in fat.
4. **Chicken Piccata** - Opt for grilled chicken and hold the butter in the sauce.
5. **Risotto with Seafood** - Carbohydrate-rich risotto with protein from seafood.
6. **Veal Marsala** - A protein-rich option, just go easy on the sauce to control fat.
7. **Fettuccine Alfredo** - Choose a whole-wheat pasta and add grilled chicken for protein.
8. **Eggplant Parmesan** - Opt for baked rather than fried eggplant and go easy on the cheese.
9. **Calzone with Spinach and Chicken** - A protein and micronutrient-packed filling.
10. **Spaghetti Carbonara** - Opt for whole-wheat spaghetti and lean cuts of pork.



Chinese Cuisine

1. **Steamed Chicken and Broccoli** - Choose the sauce on the side to control fat content.
2. **Moo Goo Gai Pan** - A chicken and vegetable dish that's generally lower in fat.
3. **Shrimp Stir Fry** - Order with extra veggies and request a light sauce.
4. **Hot and Sour Soup** - A low-fat option that's rich in flavor.
5. **Kung Pao Chicken** - Ask for extra chicken for more protein and fewer peanuts to lower fat.
6. **Beef and Broccoli** - Opt for steamed brown rice for a balanced carb option.
7. **Sweet and Sour Chicken** - Opt for grilled chicken and ask for sauce on the side.
8. **Lo Mein** - Choose whole-grain noodles and extra vegetables.
9. **General Tso's Chicken** - Ask for it to be grilled and sauce on the side.
10. **Peking Duck** - A protein-rich option, just go light on the skin.



Mexican Cuisine

1. **Chicken Fajitas** - Opt for whole grain tortillas and go light on the cheese.
2. **Grilled Fish Tacos** - Make sure to ask for a less fatty sauce or get it on the side.
3. **Vegetable Enchiladas** - Opt for corn tortillas and light cheese.
4. **Ceviche** - High in protein and rich in micronutrients.
5. **Chiles Rellenos with Chicken** - Stuffed peppers with protein.
6. **Carnitas Bowl** - High in protein, opt for brown rice and black beans for quality carbs.
7. **Quesadilla** - Use whole-grain tortillas and lean meats like chicken or turkey.
8. **Nachos** - Opt for whole-grain chips, lean meats, and load up on veggies.
9. **Burrito Bowl** - Use brown rice and opt for lean proteins like chicken or fish.
10. **Tamales** - Choose lean meats for the filling and opt for a vegetable-based sauce.



Japanese Cuisine

1. **Grilled Teriyaki Chicken** - Order it with steamed vegetables and brown rice.
2. **Sashimi** - High in protein, virtually carb-free, and rich in micronutrients.
3. **Edamame** - A great source of plant-based protein.
4. **Seaweed Salad** - Low in calories and rich in micronutrients.
5. **Unagi Bowl** - Eel is high in protein and calories, pair with brown rice.
6. **Tempura Vegetables** - While fried, this offers a calorie-dense veggie option. Eat in moderation.
7. **Tempura Shrimp Sushi Roll** - Opt for brown rice and light on the tempura.
8. **Yakitori Skewers** - Choose lean meats and limit the sauce to control sugar intake.
9. **Okonomiyaki (Japanese Pancake)** - Use less batter and more protein-rich ingredients.
10. **Katsu Curry** - Opt for a baked option rather than fried and pair with brown rice.



Indian Cuisine

1. **Tandoori Chicken** - Comes without a heavy sauce and is rich in protein.
2. **Chana Masala** - Chickpeas provide protein and fiber. Choose brown rice as a side.
3. **Dal Tadka** - Lentil soup that's high in protein.
4. **Raita** - A yogurt-based side dish, good for protein and probiotics.
5. **Paneer Tikka** - High in protein, great for vegetarians.
6. **Lamb Biryani** - Lamb is a good source of protein, and the rice offers carbs for energy.
7. **Butter Chicken** - Ask for less butter and cream but keep the chicken.
8. **Rogan Josh** - A rich, aromatic curry usually made with lamb; opt for lean cuts.
9. **Dosa with Lentil Curry** - Lentils are high in protein; opt for a smaller dosa portion.
10. **Aloo Paratha** - Whole-wheat Indian bread stuffed with potatoes; go easy on the butter.



Mediterranean Cuisine

1. **Greek Salad with Grilled Chicken** - Packed with veggies and protein.
2. **Grilled Seafood** - Opt for items like grilled fish rich in protein and omega-3s.
3. **Tabbouleh** - A healthy grain salad rich in micronutrients.
4. **Hummus and Veggie Platter** - A good source of protein and fiber.
5. **Falafel Wrap with Tahini** - Chickpeas for protein, opt for a whole-grain wrap.
6. **Moussaka** - A more calorie-dense option; opt for a smaller portion if concerned about fat content.
7. **Baklava** - High in calories, enjoy in moderation for a treat that aligns with calorie surplus goals.
8. **Lamb Souvlaki** - Opt for lean cuts of lamb and pair with a salad.
9. **Shawarma Plate** - Choose lean meats and pair with whole-grain pita and hummus.
10. **Paella with Seafood** - Rich in protein and carbohydrates.



Thai Cuisine

1. **Chicken Satay** - Stick to the chicken and peanut sauce on the side.
2. **Green Papaya Salad with Grilled Chicken** - Fresh, full of micronutrients and protein.
3. **Tom Yum Soup** - A shrimp-based soup that's high in flavor and protein.
4. **Pad Pak** - Stir-fried vegetables with a protein of your choice (chicken, shrimp, or tofu).
5. **Massaman Curry with Chicken** - Rich in protein and calories; pair with brown rice.
6. **Duck Stir-Fry** - High in protein; request a veggie-heavy mix for micronutrients.
7. **Pad Thai** - Opt for whole-grain noodles and add extra protein like chicken or shrimp.
8. **Red Curry** - Choose lean meats and pair with brown rice.
9. **Sticky Rice with Mango** - A calorie-rich dessert; eat in moderation.
10. **Tom Kha Soup** - Made with coconut milk and usually chicken; opt for a smaller portion due to high fat.



Korean Cuisine

1. **Bulgogi** - Opt for lean cuts of beef and serve over brown rice for extra fiber.
2. **Bibimbap** - A mixed rice dish that you can load with vegetables and lean protein like chicken or tofu.
3. **Japchae** - Korean stir-fried glass noodles; opt for extra lean meats and vegetables.
4. **Samgyetang** - Ginseng chicken soup, a high-protein and nutritious option.
5. **Kimchi Jjigae** - Kimchi stew usually made with pork; opt for lean cuts and add tofu for extra protein.
6. **Grilled Mackerel** - High in protein and good fats; just go light on any added sauces.
7. **Soondubu Jjigae** - Soft tofu stew; you can add seafood or lean meat for extra protein.
8. **Dak Galbi** - Spicy stir-fried chicken; opt for more chicken and vegetables to make it filling yet healthy.
9. **Tteokbokki with Seafood** - The traditional dish features rice cakes in a spicy sauce. Add seafood like shrimp or squid for a protein boost. Opt for a less sugary sauce to control carb intake.
10. **Galbitang** - This is a clear soup made with beef short ribs. The beef provides a good amount of protein needed for muscle growth. Pair it with brown rice instead of white to make it even healthier.



Pizza (for cheat days but still healthy)

1. **Whole Wheat Crust with Veggie and Chicken Toppings** - Skip the extra cheese or choose a low-fat option.
2. **Spinach and Feta Cheese on Whole Wheat Crust** - Offers better fats and micronutrients.
3. **Chicken and Veggie Pizza with Thin Crust** - Skip the extra cheese to keep it low-fat.
4. **BBQ Chicken Pizza on Whole Wheat Crust** - Chicken for protein and BBQ for extra calories.
5. **Meat Lover's Pizza with Thin Crust** - Choose lean meats like chicken and turkey sausage to keep it lower in fat.
6. **Mushroom and Sausage Pizza on Whole Wheat Crust** - Opt for turkey sausage.
7. **Pesto Chicken Pizza** - Pesto and chicken offer a protein and calorie-rich option.
8. **Hawaiian Pizza with Chicken Instead of Ham** - A leaner meat choice.
9. **Four Cheese Pizza with Whole Wheat Crust** - Add a protein like grilled chicken.
10. **Buffalo Chicken Pizza on Whole Wheat Crust** - Spicy buffalo chicken adds protein, and the whole wheat crust provides a healthier carb option. Opt for light cheese to control fat content.

Remember to order water, unsweetened iced tea, or other low-calorie drinks to accompany your meal. This list is just a starting point, and it's always a good idea to check the nutritional information when available. Enjoy fueling your fitness journey!

