BBQ SURVIVAL GUIDE
TIPS + TACTICS FOR NAVIGATING THE NUTRITIONAL OBSTACLES OF THIS SUMMERTIME FARE.

[make smart choices to ensure those BBQs don't turn into LBs!]

obstacle: burgers + buns

go grass-fed: not only are they happier cows, but the grass-fed moos are packed with more omega-3s, contain 1/3 less fat, and is green – better for the environment, that is. ever tried bison? this is the leanest cut of beef on the range!

fungi filler: slash calories and ensure a juicy patty by adding diced mushrooms to your beef before grilling.

poultry blunders: think going for the birds is healthy? often times ground turkey is more fatty than beef patties so make sure it's the lean or extra-lean variety. pass on any fried or breaded chicken... but grilled is a stellar choice!

veggie lovers: vegetarians beware – there's not always a meatless option, so come prepared with your box-o-veggie burgers in tow. toss 'em on the grill and you're golden!

grab yur' buns: while you may love a little curve to your buns, opt for the thinner option when it comes to wrapping your patty. try the 100% whole wheat orowheat sandwich thins for only 100 calories vs. the big buns that can pack in 200+!

toppers galore: lettuce, tomato, onion... have at it. avoid mayo, go easy on sugar-laden ketchups and bbq sauce, and opt for light options like mustard, salsas, and even a little layer of avocado. go sans cheese, bacon, and all those other fat-laden toppers that camouflage the taste of the burger anyway!

obstacle: side dish stand-off

veg it up: an easy, healthy option, veggie platters are great to snack on to fill up before digging in. instead of ranch dip, try adding a pack of the powdered ranch seasoning to non-fat greek yogurt which adds some serious protein while cutting calories & fat – without sacrificing the creamy yumminess of sour cream!

beans beans: ...the musical fruit (you know the rest)! these protein and fiber-packed side dish are a solid choice, however watch out for little calorie-creepers like bacon, cheese, and or sour cream. [fyi: beans are a vegetable – not a fruit]

mayo may-day: you know the culprits – cole slaw, potato salad, and veggie pasta salads. good rule of thumb: if it's got a hint of white creaminess to the dressing, skip it! one option to enjoy: the de-liteful little devil(ed) eggs which actually have very little mayo and have only 140 calories and 7g protein in 2 halves.

grill 'em: toss veggies in a little olive oil and a dash of salt and pepper and they're a healthy and easy side dish – asparagus, corn, squash, tomatoes, onions, lil red potatoes all work great (veggie skewers anyone?). or try fruit too: peaches, pineapple, and even bananas are tasty picks!

obstacle: dessert dilemma

fresh n' fruity: summer is the best time to enjoy all the fruits in season. so whether it's sliced cantaloupe & watermelon, or a fruit salad of peaches, kiwi, & blueberries tossed in a little lemon juice – enjoy nature's dessert, but do avoid calorie-laden fruit pies!

go frozen: whether you like fruity popsicles or (our fave) skinny cow ice cream sandwiches, these single-serving lighter options clock in at 100-150 calories. frozen yogurt and sorbet are the better options over ice cream which can pack in 400-500 calories per cup! dip 'em: so easy – 1) melt a bar of dark chocolate in a sauce pan, 2) dip the big juicy ripe strawberries, and 3) cool on wax paper. enjoy 3 strawberries for about 120 calories!

sip it: wanna tip back a (light) brew, sip some wine, or any other summertime beverage? just don't have your cake and it too – literally: choose between dessert or drinks! alcoholic or not – enjoy all beverages in moderation to avoid taking in too many calories that can be hidden in cocktails, punch, and soda. stay hydrated too with good ol' h20!