



Options for Eating Out

Minimise sauces and dressings (you can dress with extra-virgin olive oil with lemon or lime)

Please always include vegetables or salads with your protein meals; most of these eateries will serve side salads.

***NB menus change seasonally and new additions may be added as the year goes on. Please contact lily@lilysouthernutrition.com if you would like advice on further menus.**

Pret a Manger

Breakfast

- Egg and spinach protein pot
- Smoked salmon and egg protein pot
- Poached egg, mushroom & beans power pot
- Five grain porridge (*no toppings, this is dairy free, please add yoghurt/seeds for more protein*)
- Porridge (*avoid honey and compote topping as high in sugar, opt for fresh fruit instead*).
- Pret's coconut porridge (*no toppings, this is dairy free, please add yoghurt/seeds for more protein*)
- Pret's egg white omelette (*high in salt – be mindful of having too often*)
- Mushroom, tomato & cheddar omelette (*high in salt – be mindful of having too often*)
- Ham and spinach omelette (*high in salt – be mindful of having too often*)

Lunch & Dinner

- Crayfish and avocado salad
- Tuna nicoise salad
- Kitchen garden salad
- Falafel Mezze
- Pret's protein box
- Sweet potato, falafel, smashed beets veggie box
- Roast beets, squash & feta veggie box
- Cauli & turmeric super veg salad
- Avo, broccoli & black rice
- Chefs Italian chicken salad
- Chicken, pesto & buffalo mozzarella



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NUTRITION

- Chicken, broccoli & brown rice soup (*if having a bread roll choose wholegrain*)
- No cream, cream of chicken soup (*high in salt – be mindful of having too often*)
- Vegetable tagine soup (*if having a bread roll choose wholegrain*)
- Vegetable chilli soup (*if having a bread roll choose wholegrain*)

Snacks

- Veggie sushi pot
- Smoked salmon & egg pot
- Crayfish and quinoa pot
- Egg and avocado protein pot
- Courgetti veggie pot
- Asian greens veggie pot
- Super greens veggie pot
- Rainbow veggie pot
- Beets beautiful veggie pot
- Cauli tabbouleh veggie pot
- Naked nuts
- Edamame beans
- Eggs & spinach protein pot
- Smashed beets & feta veggie pot
- Veggie miso
- Banana
- Apple

Drinks

- Carrot juice (*has a lower sugar content than fruit juice*)
- Beets beautiful, beetroot juice with a hint of ginger (*has a lower sugar content than fruit juice*)

EAT

Breakfast

- BBQ beans, poached egg, avocado & feta
- BBQ beans, poached egg and ham hock
- Omega poached eggs
- Mango and coconut chia pot (*this option is low in protein*)



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NUTRITION

- Classic porridge (*if you like it sweeter try adding fresh fruit over honey or compotes*)
- Coconut & quinoa porridge
- Skyr berry yoghurt

Lunch & Dinner

Salads

- Chicken & avocado salad
- Mexican guacamole & quinoa
- Ham hock and egg side salad
- Crayfish noodle salad
- Middle Eastern tabbouleh
- Houmous & falafel mezze salad
- Chicken satay & chargrilled broccoli protein pot
- Falafel, quinoa & tahini protein pot
- Chicken satay & chargrilled broccoli

Soups – *be mindful of salt content of some of the soups*

- Chicken laska
- Tomato (*low protein*)
- Wild mushrooms
- Spicy Moroccan vegetable
- Kashmiri chicken, spinach & sweet potato
- Italian meatball
- Jerk chicken
- Chicken & garden vegetable
- Fire roasted peppers & goats cheese
- Hungarian beef goulash

Hot Pots –

- Texan chilli (*add extra veg if you can*)
- Jerk chicken & butternut squash with rice & peas (*high in salt – be mindful of having too often*)
- Sweet potato & spinach dhal (*high in calories 655kcal for regular size*)

Snacks

- Hummus & crudité pot
- Beetroot, quinoa, hummous & seeds
- Free range egg & spinach
- Scottish smoked salmon & free range egg



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Marks & Spencers

Breakfast

- Porridge (*leave the topping as too high in sugar*)
- Egg & spinach pot

Lunch

- M&S edamame & black rice nourish bowl
- Avo & egg nourish bowl
- Any of their snack pots – egg & spinach pot, edamame bean & chicken protein pot, apple & peanut butter pot, sweet potato falafel,
- Hummus & other dips with crudites
- Poached salmon fillet
- Prawns
- Calamari
- Roast chicken breast
- Grain pots (*leave dressing, dress with olive oil & lemon juice*)

Caffé Nero

Breakfast

- Fruit salad (*add a protein element such as natural yoghurt & seeds*)
- Porridge (*leave honey or jam toppings, opt for fresh fruit instead*)
- Scrambled egg with Portobello mushroom & spinach breakfast pot

Lunch

- Tomato & mascarpone soup
- Rustic chicken & rice soup
- British chicken, butternut squash & lentil salad pot
- British chicken, roasted root veg & grain salad
- Chargrilled veg & mixed grain salad pot
- Chargrilled vegetable & supergreen salad

Snacks

- Fruit & nuts
- Crudite & red pepper houmous
- Lightly sea salted popcorn
- Totally nuts
- Seasonal fruit salad (*add a protein element such as natural yoghurt & seeds*)
- Mango & lime (*add a protein element such as natural yoghurt & seeds*)





Drinks

- Tea, unsweetened coffee, herbal tea

Sainsbury's

Breakfast

- Sainsbury's porridge pot, no added sugar
- Egg & spinach pot
- Natural yoghurt & fruit

Lunch

- Sainsbury's chicken, bacon & avocado salad
- Sainsbury's honey roast salmon leaf & potato salad
- Sainsbury's smokey BBQ chipotle chicken & bean salad
- Sainsbury's giant cous cous & feta salad
- Sainsbury's chargrill vegetable cous cous
- Sainsbury's edamame & butter bean salad

Itsu

Breakfast

- Fit'eggs
- Fit'eggs spinach
- Fit'eggs ham
- Eggs Florentine (*ask for no hollandaise sauce*)
- Eggs benedict (*ask for no hollandaise sauce*)
- Porridge power (*ask for no agave syrup*)
- Blueberry boost (*ask for no agave syrup*)
- Superseed supreme (*ask for no agave syrup*)

Lunch & Dinner

- Hot dishes (*you can ask to swap white rice with extra veg*)
- Mixed sashimi
- Salmon sashimi
- Edamame beans
- Losing your vegan'ity
- Well'being warrior bento
- Len chicken machine
- Chicken bento salad
- Omega 3 poke zero salad
- Lean chicken satay zero salad
- Salmon and tuna tartare salad



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- Crispy seaweed
- Tenderstem broccoli
- Edamame

Rice bowls: at the counter they have introduced a new option for you to be able request extra veg in replace of rice:

- Korean BBQ chicken rice' bowl (*high in calories **714cal** - split portion in half and serve with extra veg*)
- Chicken teriyaki rice' bowl (**580 cal**)
- Chicken thai rice' bowl (*high in calories **711 cal** - split portion in half and serve with extra veg*)
- Quinoa burgers & greens rice' bowl (*high in calories **762 cal** - split portion in half and serve with extra veg*)
- Famous coconut chicken pot'soup
- Katsu chicken pot'soup
- Tahi coconut veggie pot'soup
- Chicken noodle soup

Drink

- Cucumber & mint zen'water
- Citrus & juniper zen'water
- Peach & lychee zen'water

Tortilla

- They do salad boxes (it operates like a canteen so you can choose what goes into your salad boxes) – choose lettuce, peppers & onions, any type of beans, any meat (chicken, pork, beef – they have a variety to choose from so you won't get bored), you can ask for a dollop of guacamole and a slice of lemon to dress.

Chipotle

- This is exactly the same set up as Tortilla





Wasabi

- Wakame Seaweed Salad
- Turmeric tofu potto
- Niji summer salad
- Tamago potto
- Salmon poke potto
- Spicy mini chirashi
- Edamame
- Sashimi Set (tuna & salmon)
- Salmon Sashimi Set
- Miso sachet
- Wasabi superfood salad
- Wasabi house salad
- Asian green salad
- Chukka wakame salad
- Surimi crabmeat salad
- Avocado & baby spinach salad
- Peach & grilled chicken salad
- Poached chickens salad
- King prawn and avocado salad
- King prawn and broccoli salad

Gails

Breakfast

- Porridge with a dollop of nut butter
- Eggs – scrambled, fried, poached with smoked salmon, mushrooms

Lunch

- Beetroot, lentil & goats bowl
- Lamb & beef kofta, roasted summer vegetables & wholemeal couscous bowl
- Vegetable cakes, raw cauliflower & green tahini
- Summer greens, wild rice & roasted broccoli bowl





Pizza Express

Salads:

- Leggera Superfood Salad (*ask for dressing on the side, dress with lemon juice and 1 tbsp olive oil*)
- Nicoise (*ask for dressing on the side, dress with lemon juice and 1 tbsp olive oil*)
- Pollo Verdure (*ask for dressing on the side, dress with lemon juice and 1 tbsp olive oil*)
- Bosco (if avoiding dairy, ask for it without mozzarella (*ask for dressing on the side, dress with lemon juice and 1 tbsp. olive oil*))

Pizzas:

- Any wholemeal legarra options which are all under 600 cal

Sides

- Mixed salad - mixed leaves, tomatoes and cucumber

Intro

- Roasted tomatoes
- Olives (high in salt)

Chop'd

Breakfast

- Plain porridge (*choose toppings or nuts & seeds to add protein*)
- Steamed eggs (*choose smoked salmon & avocado as toppings*)
- Sourdough or rye toast (*ensure that the toast is wholegrain and choose avocado or peanut butter as topping*)

Salads – (*choose lemon/lime juice as a dressing and a little olive oil*)

- Smoked mackerel super food salad (*ask for no dressing and no super grain*)
- Tuna nicoise



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- Healthy chicken and avocado
- Jerk chicken
- Jerk jackfruit taco
- Raw shiitake satay
- Avocado and freekah grains (*higher in calories – 639cal*)
- Chicken and avocado
- Onion bhaji and superbeets
- Chop'd classic cobb

Soups + Stews

- Butternut squash stew with caramelised onion
- Red thai chicken curry
- Chicken katsu curry (*add extra veg leafy greens*)
- Beef pho
- Hot and sour satay soup
- Chicken gumbo
- Chicken ramen
- Shiitake mushroom
- Korean vegetables dumpling

Snacks

- Green pot - courgetti, kale, edamame beans, beansprouts, sesame soy dressing & red chilli
- Orange pot – baked sweet potato, quinoa, carrot, mixed peppers & pomegranate
- Purple pot – 3 bean mix, red cabbage, tomato, jalapeno, beetroot, roast peppers & coriander





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NUTRITION

LEON

Breakfast

- Veggie breakfast box
- Truffle mushroom poached egg pot
- Smoked salmon & avocado egg pot
- Halloumi & mushroom pot
- Porridge, plain (*ask for no topping and add fresh fruit if you like sweet*)

Lunch & Dinner

- Lebanese mezze salad (*no sauce*)
- Chicken kale caesar (*no sauce and with sauce it's 600cal*)
- The new original salad (*no sauce*)
- Lentil masala
- Brazilian black bean burger
- Chargrilled chicken & chorizo club super salad (*no sauce*)

Snacks

- Hummus pot
- Crushed pea salad
- Fresh slaw
- Chargrilled chicken super pot

Wagamamas

Breakfast

- Black bean and avocado pot
- Salmon and avocado egg pot
- Greek yoghurt pot (*no honey*)
- Porridge, plain (*ask for no topping and you may want to add yoghurt and seeds to increase protein content*)



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NUTRITION

Lunch & Dinner

- Sirloin & shiitake salad
- Chicken harusame glass noodle salad
- Tofu harusame glass noodle salad
- Pad thai salad
- Seared nuoc cham tuna

Snacks or sides

- Edamame beans
- Wok-fried greens
- Raw salad
- Miso
- Japanese pickles

Desserts

- Pink guava and passion fruit sorbet (very high in sugar but low in calories)
- Lemon grass and lime sorbet (very high in sugar but low in calories)

Protein Haus

Smoothies

- Strawberry Warrior
- Lean PB
- Coffee Pump
- Vegan Coffee Pump
- Basic Bitch
- Vegan Lean PB
- The Real Jaffa
- Body Fuel With QNT
- Body Fuel
- Vegan Bad Ass
- G.I. Joe
- Berry Protein



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- Bruce Lean
- English Breakfast
- Snickers

Lunch/dinner

- All of their lunch/dinner options are great

Sweet Treats – low sugar

- All Day Protein plus Berries
- Carrot Stick
- Coco Tunnel
- Diet Mars
- Vegan Green Protein
- Protein Pie
- Raw Carrot
- The Yoghurt Pot
- No Nuts

Juices

- Weight loss
- 3 Green
- Green Detox
- Slim Body

Pure

Breakfast

- Super eggs – with any topping or flavour. They are all great options.
- Protein bowls
- Any porridge (*apart from the honey & maple syrup option*)



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Lunch

- Salads (*dress with lemon juice*)
- Vietnamese Veg Curry, Thai Red Chicken, High Protein Chilli (*540 cal*), Moroccan Chicken (*wholesome and filling but higher in carbohydrates, so may not be suitable for those who find high carb lunches make them sleepy*)
- Chicken & Veg Protein Box
- Halloumi Protein Box
- Miso Salmon Deli Pot

Snacks

- Carrot & Hummous
- Simply Veg
- Norba The Beet
- Pip & Pure (*apple & nut butter*)
- Cho'Avo Mousse (*slightly healthier in comparison to your typical mousse but still think of as a sweet treat*)
- Fruit Salad
- Raw Cashew Nuts
- Raw Almonds

