

Mind & body

The 400-calorie lunch

After getting into the holiday spirit with a few glasses of eggnog, who really knows how many pigs in a blanket, brownies and other waistline-destroying items you managed to shove into your piehole? Mitigate evening excess by limiting your calories midday.

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The average Thanksgiving meal can rack up 3,000 calories, which, unless you're as active as a teenage boy, is well over the average recommended daily intake of an adult—not to mention a semisedentary one whose heart rate is elevated only by the thought of leftover stuffing. Post-Turkey Day, you'll be hit by the onslaught of seasonal soirees, where there will be a bevy of irresistible fat-filled goodies such as your brother's nut-covered cheese loaf. And you know, the freezing weather won't inspire you to forsake a warm bed for running off your indulgences on a treadmill. So how does one avoid developing a belly that jiggles like a bowl full of jelly? "Since dinners can get complicated with parties, we advocate controlling what you can, and that means lunch," explains nutritionist Lauren Slayton. To prevent you from gaining unwanted weight, Slayton and registered dietitian Caren Tishfield—the duo behind diet-friendly takeout guide *Mindful Menus* and eating education company Foodtrainers (foodtrainers.net)—have picked healthy midday grub from easily accessible NYC chain restaurants. Each meal hovers at a paltry 400 calories and offers a mix of protein, vegetables and whole grains with a smidgen of good fat to sustain you through the afternoon. Scrooging on calories early sort of justifies seconds of Mom's pumpkin pie.

→ On a diet and have a favorite spot for lunch? E-mail it to us at mindandbody@timeoutny.com and we'll tell you what you can and cannot eat.

Burritoville

Bare Naked Burrito

450
calories

→ **ASK FOR** Romaine lettuce, black beans, soy cheese, grilled vegetables, chicken and lime cilantro dressing on the side.

→ **TIP** Go "light on the soy cheese" and slash 50 calories.

Various locations throughout the city; go to seamlessweb.com for more info.

Pita Grill

Tofu stir-fry with brown rice

464
calories

Various locations throughout the city; go to pitagrill.com for more info.

Energy Kitchen

Bison burger

on a whole-wheat bun,
no condiments
(270 calories)

small Caesar salad
(100 calories)370
calories

Various locations throughout the city; go to energykitchen.com for more info.

Hale & Hearty Soups

Medium three-lentil chili

420
calories

Various locations throughout the city; go to haleandhearty.com for more info.

Haru

Miso soup
(85 calories)393
caloriesyellowtail and scallion
roll
(215 calories)three pieces tuna
sashimi
(93 calories)

Various locations throughout the city; go to harusushi.com for more info.

Deli

Turkey sandwich

381
calories

→ **ASK FOR** Whole-wheat toast with lettuce, tomato, deli mustard and five to seven slices (5oz) of meat (ask if fresh turkey is available; low-sodium brands such as Sky Top or Applegate Farms are best) with a pickle on the side.

→ **TIP** If you lose a slice of bread and make your sandwich open-faced, you can eat an apple and you'll still only be inhaling a mere 353 calories.

Starbucks

Fiesta Salad
(320 calories)380
calories

tall nonfat cappuccino
(60 calories)

Various locations throughout the city; go to starbucks.com for more info.