



RESTAURANT *guide*

Starbucks

At some point in your post-op career, it's bound to happen. You're going to end up in a place where Starbucks is your closest and best option for food and beverages. Here are your best choices! [And here's a link to their complete nutrition info!](#)

BLENDED COFFEE/TEA DRINKS

Sugar-Free Skinny Latte

A latte is a drink made with a little bit of strong coffee and a lot of milk!

Calories	100	Commentary Alterations Substitutions <ul style="list-style-type: none"> This information is for a Tall (12 oz.) drink. Starbucks offers sugar-free, no-calorie syrups to flavor your drinks. BONUS TIP: They also sell whole bottles of those syrups so you can use them at home. Make sure you say "skinny!" In Starbucks lingo that means non-fat milk and no sugar. Most of the carbs in this drink come from the milk, which is also the main source of sugar (lactose). If you are lactose-intolerant, Starbucks offers both soy and almond milk as substitutions. Lattes can be served iced or hot.
Fat	0	
Sodium	120 mg	
Carbs	19 g	
Sugar	12 g	
Fiber	0	
Protein	10	

Skinny Mocha

A mocha is a coffee drink that is mixed with cocoa and milk.

Calories	160	Commentary Alterations Substitutions <ul style="list-style-type: none"> This information is for a Tall (12 oz.) drink. Be sure to say "skinny!" In Starbucks lingo that means non-fat milk and no sugar. Most of the carbs in this drink come from the milk, which is also the primary source of sugar. If you are lactose-intolerant, Starbucks offers both soy and almond milk as substitutions. Mochas can be served iced or hot.
Fat	1.5	
Sodium	140	
Carbs	24	
Sugar	15	
Fiber	4	
Protein	14	

Teavana ® Shaken Iced Black Tea Lemonade

Calories	35	<p>Commentary Alterations Substitutions</p> <ul style="list-style-type: none"> • This nutrition information assumes a Tall (12 oz.) drink • Ask for this drink unsweetened and sweeten it yourself. • The sugar comes from the lemonade mix they use.
Fat	0	
Sodium	0	
Carbs	9	
Sugar	9	
Fiber	0	
Protein	0	

Decaf Americano

Calories		<p>Commentary Alterations Substitutions</p> <ul style="list-style-type: none"> • This is what Nik orders 99% of the time, sometimes with sugar-free syrup. • Be sure to tell them to leave “room for cream” so you can put milk or creamer in it. Otherwise the barista will fill your cup to the top! • Americanos can be served hot or iced.
Fat		
Sodium		
Carbs		
Sugar		
Fiber		
Protein		

BREAKFAST

Souse Vide Egg Bites (Egg White & Red Pepper)

Mini-crustless quiches come in two varieties: Bacon-Gruyere and Egg White & Red Pepper)

Calories	170	Commentary Alterations Substitutions <ul style="list-style-type: none"> An order contains two egg bites.
Fat	7	
Sodium	500	
Carbs	13	
Fiber	1	
Sugar	<1	
Protein	13	

LUNCH

Protein Bistro Box

Contains: apple slices, cheese triangles, a hard-boiled egg, grapes, a whole wheat mini-pita and natural peanut butter.

Calories	370	Commentary Alterations Substitutions <ul style="list-style-type: none"> Depending on your surgery age you might not be able to finish it all. Go straight for the cheese and egg first, save the rest for later!
Fat	19	
Sodium	460	
Carbs	37	
Fiber	5	
Sugar	18	
Protein	13	

Turkey & Havarti Sandwich

Contains: apple slices, cheese triangles, a hard-boiled egg, grapes, a whole wheat mini-pita and natural peanut butter.

Calories	460	Commentary Alterations Substitutions <ul style="list-style-type: none"> • Ditch the bread if you don't eat it! If you do, consider eating half the sandwich. This will cut a lot of the carbs out of the equation. • There's not much to be done about the sodium as it comes from the deli meat. • The nutrition facts include the bread.
Fat	21	
Sodium	940	
Carbs	31	
Fiber	2	
Sugar	2	
Protein	29	

Zesty Chicken & Black Bean Salad Bowl

Contains: Grilled chicken, black beans, roasted corn, jicama, tomatoes, feta, spring greens and quinoa. Side of mild chili vinaigrette.

Calories	360	Commentary Alterations Substitutions <ul style="list-style-type: none"> • If you are watching your sodium, ditch the dressing and ask for a few lime wedges to squeeze over the salad instead. This will probably lower the sugar count too. • Most of the carbs are coming from the beans and the veggies. • When eating, go for the chicken and the black beans first!
Fat	18	
Sodium	840	
Carbs	38	
Fiber	9	
Sugar	9	
Protein	14	