

FLORA NUTRITION

Your Go-To Reflux-Friendly Take Out Guide



Formulated by Molly Pelletier, MS, RD, LDN

WELCOME,

I'm so glad you're here!

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I help individuals with digestive issues, IBS, and Acid Reflux **heal their gut** and **relationship with food** so they can **live with freedom**. My approach to nutrition is **rooted in science** and built on the foundation that everyone has **unique** nutrition and lifestyle needs.

MY STORY

For years I felt lost and confused, attempting to self-manage my IBS and Chronic Acid Reflux. When my doctors had no answers and my list of "safe" foods was at an all-time low, I realized I had to take healing into my own hands. Through my own healing journey and my background in nutritional science, I'm thrilled to share with you evidence-based tools and recipes to help you finally heal your gut and live in freedom.



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[Click here for more info on how to work with me.](#)

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DON'T STRESS-WE GOT THIS!

Key Strategies For Dining Out With Reflux

- **Don't show up to the meal starving**
 - Have a protein-rich snack beforehand so you can eat in a comfortable portion size
- **Ask for sauces/dressings on the side if you'd like**
 - Don't be afraid to ask for something nonspicy or modified
 - You can call the restaurant ahead if you have questions about dishes/modifications
- **Don't skip meals beforehand**
 - Stay on a consistent meal schedule before the event if possible
- **Look for a protein-based entree**
 - Grab an extra side of veggies to diversify your plate
- **Know that the amount is everything!**
 - Share with friends to mix up your plate and adjust portion size of triggers to tolerance
- **Chew well, eat slowly, savor every bite, listen to your fullness cues**
 - Stop when full and take the rest home - great leftovers!
- **5-10 deep breaths before and after meals**
 - Prioritize a calm mindset (5+1 Method or 2-min Pre-Meal Meditation on the FLORA App)
 - Diaphragmatic breathing helps tone the lower esophageal sphincter & prevent reflux



IDEAS FOR REFLUX/GUT-FRIENDLY OPTIONS

Common Cuisines When Dining Out

ITALIAN

- Roasted chicken w/ veggie side + warm bread
- Pasta with pesto (ask for light sauce) + side of veggies
- Pasta Primavera (w/ veggies)
- Polenta w/ fish or chicken
- Salmon w/ rice/risotto and veggies
- Mussels
- Thin-crust white or pesto pizza

MEXICAN

- Grilled chicken or shrimp fajitas, ask for toppings on the side, nonspicy or plain rice, lettuce, 1/3 cup beans (watch portion sizes)
- Build a burrito or burrito bowl w/ white rice, sauteed veggies, protein, guac (ask for nonspicy protein options)
- Grilled chicken or shrimp salad + side of rice



IDEAS FOR REFLUX/GUT-FRIENDLY OPTIONS

Common Cuisines When Dining Out

CHINESE/JAPANESE

- Stir-fried chicken/shrimp/tofu with vegetables
 - can ask for sauce on the side or “light” sauce
- Steamed rice & veggies
- Miso Soup, Clear broth soups
- Sashimi (shrimp, tuna, etc)
- Steamed veggie or shrimp dumplings
 - watch out for spicy pork dumplings
- Veggie or Fih Sushi Rolls
 - If symptomatic, skip spicy or fried roll
- Chicken lettuce wraps



IDEAS FOR REFLUX/GUT-FRIENDLY OPTIONS

Common Cuisines When Dining Out

SEAFOOD

- Broiled, baked, or boiled seafood
 - ask for lemony sauces on side
- Plain baked potato or rice as a side
- Veggies (steamed, roasted, grilled)
- Shrimp cocktail, oysters, tartar, hamachi
 - Vinegar on side if applicable

STEAK HOUSE

- Shrimp, oysters, tartar
- Go sirloin or filet mignon
- Watch portion size for steak: 4-6oz is appropriate :)
- Broiled chicken or fish w/ veggies
- Sides: Baked potato and roasted or steamed veggies



REFLUX-FRIENDLY OPTIONS

Starbucks

DRINKS

- Steamed oat/almond/skim milk with peach passion tea
- Decaf latte (1 shot) with steamed milk or almond milk
- Matcha latte (ask for 1/3 matcha powder) with steamed milk or almond milk
- Iced hibiscus tea

FOOD

- Egg white & roasted red pepper egg bites
- Kale & mushroom egg bites
- Rolled & steel cut oatmeal
- Yogurt parfait
- Eggs & cheddar protein box*
- Snacks: popcorn, Siete grain free chips

*Contains dairy



REFLUX-FRIENDLY OPTIONS

Chick-Fil-A

FOOD

- Grilled chicken nuggets
- Grilled chicken sandwich
 - Remove tomato
- Grilled chicken Cool Wrap
 - Can remove cheese
 - Swap for fat-free honey mustard dressing
- Kale crunch side salad
- Greek yogurt parfait
- Chicken noodle soup
- Cobb salad with grilled nuggets
 - Remove tomatoes, cheese (if dairy-free) and bacon
 - Add fat-free honey mustard

DRINKS

- Iced tea (if able to tolerate caffeine)



REFLUX-FRIENDLY OPTIONS

McDonalds

FOOD

- Single Hamburger
 - Remove ketchup, pickles, add lettuce
 - *Cooked onions may be tolerated by some individuals!*
- Hamburger happy meal
 - No tomatoes/ketchup/pickles
 - Comes with small fry, apples, & low-fat milk
- Sides
 - Small fry
 - Apple slices
- Fruit & maple oatmeal
- Egg McMuffin
 - Remove cheese
- Hotcakes with side egg patty

DRINKS

- Iced tea (if able to tolerate caffeine)



REFLUX-FRIENDLY OPTIONS

Panera Bread

FOOD

- Mediterranean Chicken Greens with Grains
 - Remove onions, spicy peppers & hummus
- Fuji Apple Chicken Salad
 - Remove onions & tomatoes
- Turkey & Cheddar Sandwich
 - Remove tomato, garlic aioli & cheese (if dairy-free)
- Greek yogurt with mixed berries parfait
- Steel cut oatmeal with strawberries & pecans

***Many dressings at Panera Bread contain reflux-triggering ingredients, considering bringing your own dressing or asking for simple oil & salt/pepper for salad**

DRINKS

- Decaf coffee w/ milk of choice
- Strawberry banana smoothie
- Iced tea (if able to tolerate caffeine)



REFLUX-FRIENDLY OPTIONS

Chipotle

FOOD

- Build a burrito, bowl, salad or tacos with the ingredients below!
 - Proteins: Chicken or plant based
 - White or brown rice (does contain some lime juice!)
 - Romaine lettuce
 - Corn salsa (if not sensitive to small amounts of onion!)
- Kid's Build Your Own
 - Comes with fruit & low-fat milk
- Small amounts of tortilla chips, these are fried in store & can be higher in fat which can also trigger reflux!

***Chipotle's honey vinaigrette for salads contains many potentially triggering ingredients, consider bringing your own salad dressing**

DRINKS

- Iced tea (if able to tolerate caffeine)



REFLUX-FRIENDLY OPTIONS

Sweetgreen

FOOD

- Create your own salad/bowl/plate option w/ chicken, salmon, or tofu
- Miso glazed salmon protein plate
 - Sub olive oil for dressing
 - Remove onions
- Harvest Bowl
 - Sub balsamic vinegar for dressing
- Crispy Rice Bowl
 - Remove lime & sub olive oil for dressing
- Sides
 - Sweet potatoes
 - Rosemary focaccia

DRINKS

- Hibiscus tea



REFLUX-FRIENDLY OPTIONS

Dunkin'

FOOD

- Egg & cheese*
- Sourdough breakfast sandwich* (minus bacon, add avocado spread)
- Wake up wrap* (same as above)
- Plain Bagel Minis*
- English Muffins/Bagels without garlic/onion
- Corn or Blueberry Muffin

*Contains dairy

DRINKS

- Chamomile Fields Herbal Infusion
- Decaf Breakfast Blend Tea with milk of choice
- Hibiscus Kiss Herbal Infusion
- Vanilla Bean Coolatta (*does contain dairy)



REFLUX-FRIENDLY OPTIONS

Wendy's

FOOD

- Cobb Salad (remove crispy onions & bacon)
- Apple Pecan Salad (sub ranch dressing, contains dairy)
- Cheeseburger (remove ketchup/mustard/onion, add lettuce)
- Grilled chicken ranch wrap
- Plain baked potato
- Sour cream & chive baked potato (*contains dairy)
- Apple bites

DRINKS

- Unsweetened iced tea (contains caffeine, as tolerated)
- Vanilla frosty - share it with a friend!



REFLUX-FRIENDLY OPTIONS

Jersey Mike's

FOOD

- Ham & provolone sandwich on bread of choice (all reflux-friendly options)
 - *For all sandwiches:*
remove tomatoes, red wine vinegar, and raw onions
- Turkey & provolone
- Roast beef & provolone
- Chips: **baked** lays
- GF snickerdoodle cookie-share with a friend or save half for later to prevent overfullness!



REFLUX-FRIENDLY OPTIONS

Shake Shack

FOOD/DRINK

- Single ShackBurger
 - Remove tomato & Shack Sauce
 - Add avocado (optional)
 - extra lettuce, or lettuce wrap
- Veggie Shack Burger
 - Remove crispy onions & pickles
 - Add avocado (optional)
 - extra lettuce, or lettuce wrap
- Vanilla shake - share with a friend! large portion
- Strawberry shake - share with a friend! large portion
- Vanilla frozen custard - share with a friend! large portion
- Organic iced tea (contains caffeine, as tolerated)



REFLUX-FRIENDLY OPTIONS

The Cheesecake Factory

FOOD

- Little House Salad (no raw onions, dressing on the side, add grilled chicken for protein)
- Renee's Fresh Turkey Sandwich (no mayo, no raw onions, add avocado, choose green salad over fries)
- Grilled Salmon with Broccoli (no butter/butter sauce, no lemon butter or acidic glaze, light oil only, swap mashed potatoes for rice or other steamed veggies)
- Chicken Pot Stickers (steamed, sauce on side, dip minimally)

DESSERTS

- Bowl of fresh strawberries, as tolerated
- Small portion of vanill ice cream (share with a friend)
- Couple bites of cheesecake (however, biggest trigger on the menu)



REFLUX-FRIENDLY OPTIONS

Subway

FOOD

- Grilled Chicken and Avocado Sandwich (Remove tomato, onions and Baja Chipotle Sauce)
- Ham and Turkey Stacker (Remove tomato and onions, yellow mustard on side as tolerated)
- Tuna or Grilled Chicken Bowl (remove cheese, tomatoes and onions)
- Build your own
 - Protein base: chicken, turkey, ham or tuna
 - Veggies: lettuce, spinach, cucumbers, bell pepper, avocado and olives
- Skip the side of chips



REFLUX-FRIENDLY OPTIONS

P.F. Changs

FOOD

- Wonton Soup (no green onions)
- House Salad (no fried wontons, dressing on the side as tolerated)
- California Roll
- Chicken with Broccoli with no sauce (contains garlic)
- Miso Glaze salmon (ask for no infusion of garlic-ginger aromatics)
- Buddha's Feast (ask for no garlic white sauce)
- Sides:
 - White or Brown Rice
 - Steamed Broccoli
 - House Salad (with modifications from above)

DRINKS

- Pot of Full Leaf Tea
 - Oolong Tea (contains caffeine)
 - Ginger Peach Tea
- Unsweetened Iced Tea



REFLUX-FRIENDLY OPTIONS

Chili's

FOOD/DRINKS

- Big Mouth Bite Sliders, just the patties (no bacon, cheese, onions or ranch; add lettuce)
- Single Patty Burger ((no bacon, cheese, onions or ranch; add lettuce and/or avocado)
- Deluxe Grilled Chicken Sandwich (no bacon, cheese, onions, pickles, tomato or sauce; add lettuce and/or avocado)
- Grilled Salmon with rice and veggies on the side
- Sides:
 - Steamed Broccoli
 - Roasted Asparagus (no butter, light oil)
 - Rice
- Unsweetened Iced Tea

