mrandmrs LIFESTYLE

FREE GUIDE

The Dubai Eating-Out Guide

How to order your favourite Dubai food and still lose fat

> You don't need to give up shawarma, karak or brunch to get in shape. Our clients still eat all of it. The difference is **how they order**. This guide shows you the small changes that save hundreds of calories without losing the taste.

By coaches Tarek & Chloe · Mr & Mrs Lifestyle

7 rules for eating out in Dubai

1. **Sauces on the side.** Garlic sauce, mayo and dressings are mostly oil. Two spoons can add 150 kcal or more.

2. **Swap the fries, keep the main.** Fries add 250 to 350 kcal. Ask for salad or grilled vegetables instead.

3. **Build the plate around protein.** Grilled chicken, fish, tawook or eggs keep you full for longer than bread and rice.

4. **Watch your coffee.** A Spanish latte or frappe can be 300 to 400 kcal, as much as a meal. Ask for half the sugar or condensed milk.

5. **Share the rice and the dessert.** Half the rice saves about 200 kcal. Half a kunafa still tastes like kunafa.

6. **Bread is a side, not the base.** Half an Arabic bread with mezze is plenty. Fill the rest of the plate with salad.

7. **Plan the day, don't skip meals.** Know your daily calorie number, enjoy your favourite meal, and keep the rest of the day lighter.

Not sure how many calories you need a day? Use our free calculator:
mrandmrslifestyle.com/calculator.html

Order this, not that

Typical Dubai restaurant portions, with the lighter way to order each one.

Breakfast & coffee

Food	Usually	Order it like this
Cheese Manakish	600 kcal	Ask for half cheese, half za'atar and add tomatoes and cucumber: about 500 kcal.
Egg Paratha	420 kcal	Ask for the eggs in Arabic bread instead: about 330 kcal.
Karak Chai	140 kcal	Ask for half sugar: about 90 kcal a cup.
Spanish Latte	280 kcal	Ask for half the condensed milk, or switch to a regular latte: about 190 kcal.
Iced Spanish Latte	300 kcal	Ask for half the condensed milk, or switch to a regular iced latte: about 150 kcal.
Caramel Frappé	400 kcal	Order a small, no cream, light caramel: about 200 kcal. Or switch to an iced latte.

Street food

Food	Usually	Order it like this
Chicken Shawarma Wrap	550 kcal	Ask for no fries inside and garlic sauce on the side: about 400 kcal.
Beef Shawarma Wrap	600 kcal	Ask for extra salad and tahini on the side: about 480 kcal.
Chicken Shawarma Plate	950 kcal	Swap the fries for salad and skip the bread: about 600 kcal.
Falafel Wrap	500 kcal	Ask for extra salad and tahini on the side: about 400 kcal.
Chicken Paratha Roll	520 kcal	Ask for it in Arabic bread instead of paratha: about 400 kcal.

Emirati & restaurant meals

Food	Usually	Order it like this
Chicken Machboos	700 kcal	Half the rice, add a side salad: about 500 kcal.
Mutton Biryani	850 kcal	Switch to chicken biryani or share the rice: about 550 kcal.
Butter Chicken with Naan	1,000 kcal	Swap to chicken tikka with plain roti: about 550 kcal.
Mixed Grill Plate	850 kcal	Skip the bread, swap fries for salad: about 600 kcal.
Shish Tawook Plate	800 kcal	Ask for grilled vegetables instead of fries and sauce on the side: about 500 kcal.
Grilled Hammour with Rice	600 kcal	One of the best restaurant picks. Ask for salad with half the rice for about 450 kcal.

Burgers, pizza & pasta

Food	Usually	Order it like this
Cheeseburger Meal	1,100 kcal	Keep the burger, swap the fries for a side salad and the drink for a zero: about 550 kcal.
Double Smash Burger	850 kcal	Go single patty, sauce on the side, and swap fries for salad: about 550 kcal.
Club Sandwich with Fries	900 kcal	Ask for salad instead of fries and no mayo: about 550 kcal.
Meat Lovers Pizza	700 kcal	Swap to chicken BBQ or chicken tikka pizza: about 150 kcal less per 2 slices.
Pasta Carbonara	900 kcal	Share it as a starter, or switch to a tomato-based pasta: about 400 kcal less.
Chicken Alfredo Pasta	1,100 kcal	Ask for half the sauce and extra chicken, or share the plate: about 650 kcal.

Desserts & treats

Food	Usually	Order it like this
Kunafa	550 kcal	Share a portion: half the calories and you still get the taste.
Luqaimat	300 kcal	Stop at 2–3 pieces and go light on the syrup: about 150 kcal.
Umm Ali	550 kcal	Have a few spoons and share the rest: about 250 kcal.
Baklava	330 kcal	One piece with Arabic coffee hits the spot: about 110 kcal.
Avocado Shake (Cocktail)	600 kcal	Ask for no honey, no cream and a medium size: about 300 kcal.
Kinder Bueno	245 kcal	One bar is about 120 kcal. Pair it with a coffee and stop there.

Calorie values are estimates for a typical Dubai restaurant portion, based on published nutrition data and standard recipes. Portions vary between restaurants.

MR & MRS LIFESTYLE

Want a plan built around the food you love?

We build your training and nutrition around what you actually eat in Dubai, and check in with you every week.

1-to-1 personal training

With Tarek at Nogs Gym, Al Quoz. Men and women. From AED 275 per session.

Ladies-only private Pilates

With Chloe at The Pilates Room, Meydan. Reformer Pilates and strength training.

Online coaching

Your plan in our app with regular check-ins, wherever you are. From AED 299 per month.

Book a free consultation: WhatsApp +971 50 787 1515