

Money-Saving Mindful Meals

Everyone is keeping a close watch on their spending right now. What's interesting is that while Zagat reports a decline in restaurant dining, many New York restaurants report an increase in food delivery. Although we see our Foodtrainers' clients trying to cook a bit more and brown-bag some lunches, for New Yorkers take-out and food delivery is a constant. As the founders of Mindful Menus (the guilt free guides to ordering in) we thought we'd present you with some of our money-saving food delivery tips so that we can be mindful in every sense of the word.



1. Smaller-size it: spread your order over 2 meals

Portion sizes are huge with many cuisines. Order your Mu Shu Shrimp and save 1/2 for tomorrow's lunch. Just make sure to remove 1/2 and set it aside before you start to eat.



2. Think (rotisserie) Chicken

For New Yorkers, we are big fans of Chirping Chicken and Texas Rotisserie and nationally speaking we like Boston Market. Ordering rotisserie chicken with a side salad or veggie is calorie and budget conscious.



3. BYOP (Bring your own protein)

Salads from tossed salad bars such as Pax, City Market and European can approach \$15.00. Protein is often the priciest add-in. We suggest ordering the salad loaded with vegetables but adding your own Applegate turkey or ham, Country Hen hard boiled eggs or tofu.



4. Beans, beans...

Beans are probably one of the top 5 all around foods. They are an excellent source of both protein and fiber and therefore very filling. A lentil or black bean soup and a piece of whole grain bread or a burrito in a bowl are 2 of our favorite bean meals.



5. Pick up instead of delivery

Instead of shelling out money to tip a delivery person, burn a few calories and pick up your food. Take a walk at lunchtime or on your way home from work and you just may burn off your appetizer.

6. Savings sent to your phone

LunchtimeDeals.com sends special lunch offers, based on neighborhood, directly to your phone. Of course, you'll need Mindful Menus to help you know what the calorie 'deal' is.

Mindful Menus guides and Mindful Menus wherever make great holiday gifts. Use the code **MMdeal** (expires 12/10) at checkout and save 20%

