



Restaurant Guide to

Chipotle

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OVERVIEW

Chipotle is a wonderful option when it comes to eating Healthi. With their high standards of real, fresh food, they deliver delicious options that are sure to fit into your bites or calories budget. High protein meat options with fresh salsa and vegetable toppings, the possibilities and variations are endless!

THIS PLACE IS KNOWN FOR



Good for Groups



Salads



Low Calorie



Bar & Cocktails



Pasta



Pizza



Fast Food



Mexican



Asia



Fish



Vegetables



Grill

3 QUICK TIPS FOR EATING HEALTHI AT CHIPOTLE

- Start with chicken, steak, barbacoa or sofritas
- Fill up with all the fresh veggie options
- You can add rice for 210 calories per serving and/or beans for 130 calories per serving.

FRIENDLY MENU ITEM'S AT CHIPOTLE

MAIN COURSE

Chipotle is known for their fresh ingredients. With so many options and variations, you're sure to find something you'll love. The Lifestyle Bowls and Salad Bowls are wonderful bite/calorie friendly options!

You'll want to avoid things like Quesadillas, tortillas and chips. If you're watching carbs, you can opt to leave out the rice as well. You may also want to avoid sour cream and queso, as those tend to be much higher in fat and calories.

So, let's talk about putting your bowl together. First, start with a nice bed of lettuce. You may want to skip the rice and beans, or just choose one of the two. A serving of white or brown rice has 210 calories. Black beans and pinto beans are 130 calories.

Next, let's talk protein. They have a wide variety of proteins to choose from, most of which are great options. There is chicken (180 calories), steak (150 calories), barbacoa (170 calories), and sofritas which is a plant-based protein (150 calories). The pollo asada and carnitas come in higher, both at 210 calories. To keep it lighter, stick with the one of the first 4 listed.

Next, let's move onto the toppings. The guacamole comes in at 230 calories and 22g of fat. As delicious as it may be, it might be best to skip the guac when trying to keep it light. The cheese, queso and sour cream will also cost more calories and fat, so best to avoid those. The fresh tomato salsa (25 calories), tomatillo-red chili salsa (30 calories) and tomatillo-green chili salsa (15 calories) are great topping choices since they're super low on calories and carbs, have 0g of fat, and are super tasty. The fajita veggies come in at 20 calories with 0g of fat, making it another great addition to your bowl.

Here are some Healthi bowls for Chipotle to make your ordering easier:

Main Course	Calories	Fat (g)	Carbs (g)	Protein (g)
Whole30 Salad Bowl w/chicken, lettuce, fresh tomato salsa, fajita veggies	230	7	10	33
Whole30 Salad Bowl w/carnitas, lettuce, brown rice, fresh tomato salsa, fajita veggies	470	18	46	28
Paleo Salad Bowl w/lettuce, chicken, fajita veggies, tomatillo green chili salsa and guacamole	450	29	18	35

Main Course	Calories	Fat (g)	Carbs (g)	Protein (g)
Salad w/chicken, black beans, fresh tomato salsa, fajita veggies (no dressing)	360	9	32	41
Burrito Bowl w/steak, brown rice, tomatillo green chili salsa, fajita veggies, lettuce (no dressing)	400	12	47	26

SIDES

The sides here are going to be higher in your budget. You can opt for no sides and instead bulk up your bowls with more veggies.

Sides	Calories	Fat (g)	Carbs (g)	Protein (g)
Chips	540	25	73	7
Chips and Fresh Tomato Salsa	570	2.5	74	7