

SAN DIEGO FOOD FINDS BLOG

SAN DIEGO'S BEST RESTAURANTS, MARKETS AND LOCAL CULINARY OFFERINGS PO BOX 675362 RANCHO SANTA FE CA 92067

We Love These Waist Friendly Restaurants

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The Fish Shop

In San Diego, the beaches are plentiful and blue skies are the norm, which means bikini season never goes out of style. Try these health-conscious restaurants for appetizing meals that are so nutritionally-balanced and waist-friendly, you'll be ready for the sand in no time!

All natural, nutritious and wholesome, Car's Jars has perfected the art of craft-salad delivery. The boutique business provides healthy and on-the go, quality meals. Try their signature Greek-inspired jar, the **CAR-thenon** for a dish that's both light and fresh. The savory salad is prepared with Dijon oregano vinaigrette, shredded chicken with a black peppercorn rub, orzo, artichoke

hearts, grape tomatoes, cucumbers, Kalamata olives, sliced red onion, chopped romaine, feta cheese and pepperoncini. Who said salads have to be boring?

Relaxed and inviting, Pillbox Tavern brings classic, coastal entrees to its local Solana Beach neighbors. The quaint oceanfront property features plates that are optimal for wellness. Try their **Hummus Three Ways** for an indulgent, protein-packed plate that will have you craving vegetables. The shareable dish has three different hummus dips including black bean and cilantro, roasted red pepper, and basil with goat cheese. Paired with their house-made chips, carrots, celery and sliced cucumber, the meal will have you full without the guilt.

Standing bright and bold on the corner of 5th Avenue and Nutmeg, you won't be able to miss Barrio Star. The Mexican soul-food eatery fuses Latin tastes with Asian touches to create delightful cuisine from around the globe. Striving to serve traditional Latin dishes with healthy modifications, the unique eatery offers plates that are loaded with protein and greens. Order their **Brazil Bowl** for a South American dining experience that won't be heavy or greasy. The bowl comes with coconut rice, black beans, organic steamed greens, mango salsa, coconut chile sauce and your choice of chicken, tofu or carnitas. Yum!

High in protein and low in fat, fish is ideal for a balanced diet, and no one does a fresh catch-of-the-day better than The Fish Shop. Conveniently located in Encinitas, Pacific Beach and Hermosa Beach, The Fish Shop offers over a dozen varieties of seafood. **Personalize your own plate!** Combine grilled fish of your choice with an in-house marinade and select two sides, like the seaweed salad and seasonal vegetables, for a meal that's full of antioxidants and low in calories.

Utilizing a farm-to-fork approach, Farmer's Bottega's menu and design is tastefully-organic. Located in Mission Hills, the country-chic establishment offers a bold assortment of sandwiches that won't leave you squeezing into your jeans. Their **Gluten Free Portobello Sandwich** is prepared with bread crumb crusted Portobello mushrooms, wild arugula, cilantro hummus, jack

cheese and a balsamic glaze on multi grain bread. Opt for an even healthier option and choose the side of mixed greens.