

Eating Out Guide

You can still eat out, you just might need to share your old faves.

My favourite restaurants and meals when eating out



Frigg Cafe

If you're in Brisbane or the Gold Coast you have to check out Frigg Cafe, run by twin sisters Maria & Toula, both WLS patients, there's no more just ordering sides at Frigg, their secret menu has tiny tummy sized, protein packed meals. **Must try: Corn Fritter Delight**

Sushi Train

With stores across Australia & NZ Sushi Train is great if you're travelling & want to still track your macros. I love sushi & probably have it at least once a week since starting regular foods again.

My go-tos: Salmon Sashimi & Big Ebi Shaomai(Prawn Dim Sim)

Mecca Bah

Enjoy a culinary journey into Middle Eastern & Mediterranean cuisine. From tagines to most delicious tasting stick short ribs you'll ever have, every meal is a flavour experience.

Can't decide? Share this: Mecca Bah Signature Platter

Thai Mudgee

For me the ultimate comfort food used to be Chicken Pad Thai, since surgery it doesn't sit well. I now generally stick to a protein filled starter or a curry. But if you're looking for a good Pad Thai, there's is a must try.

Go-to Thai meals: Satay Chicken Skewers, Chicken Panang Curry

Guzman Y Gomez

Mexican is great, but it's even better when it's drive-thru & packed with protein & with restaurants in Australia, Japan, Singapore & the US you can get your Guzman fix wherever you are.

Breakfast fave: Free-range Scrambled Eggs & Chorizo

Mudjira Village Eatery

Hands down the best coffee on the GC, just ask Chris Hemsworth, hidden in the village in Mudgeeraba be sure to make a booking. Every menu item is amazing and is focused on wholesome, real ingredients.

Pre-surgery/post-surgery fave: Famous Benny Burger (def a share meal post-op)

Seafood Restaurants

I love seafood & seafood restaurants are amazing for WLS meals out, high protein meals & potentially low-calorie meals.

Seafood faves: Natural Oysters, Grilled Whole Sole