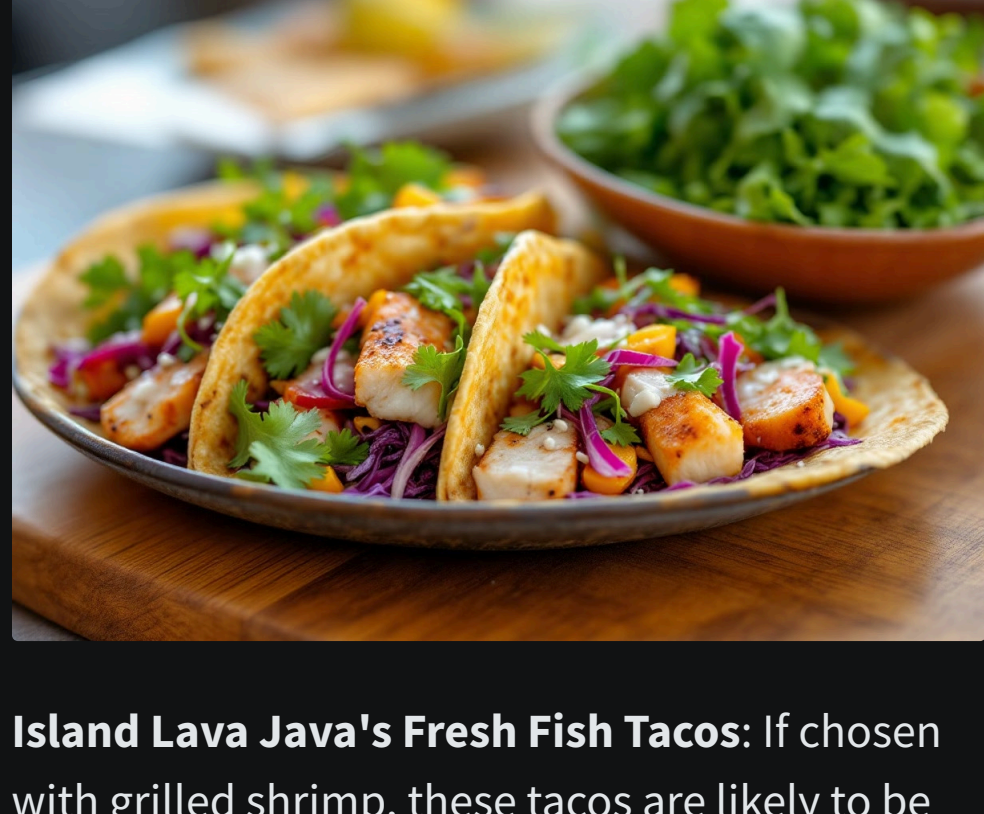


Low-Calorie Meals | Kona, Hawaii

Island Lava Java



Island Lava Java's Fresh Fish Tacos: If chosen with grilled shrimp, these tacos are likely to be lower in calories. Opt for the taro tortillas for added fiber and choose the organic greens salad over fries to keep it lighter.

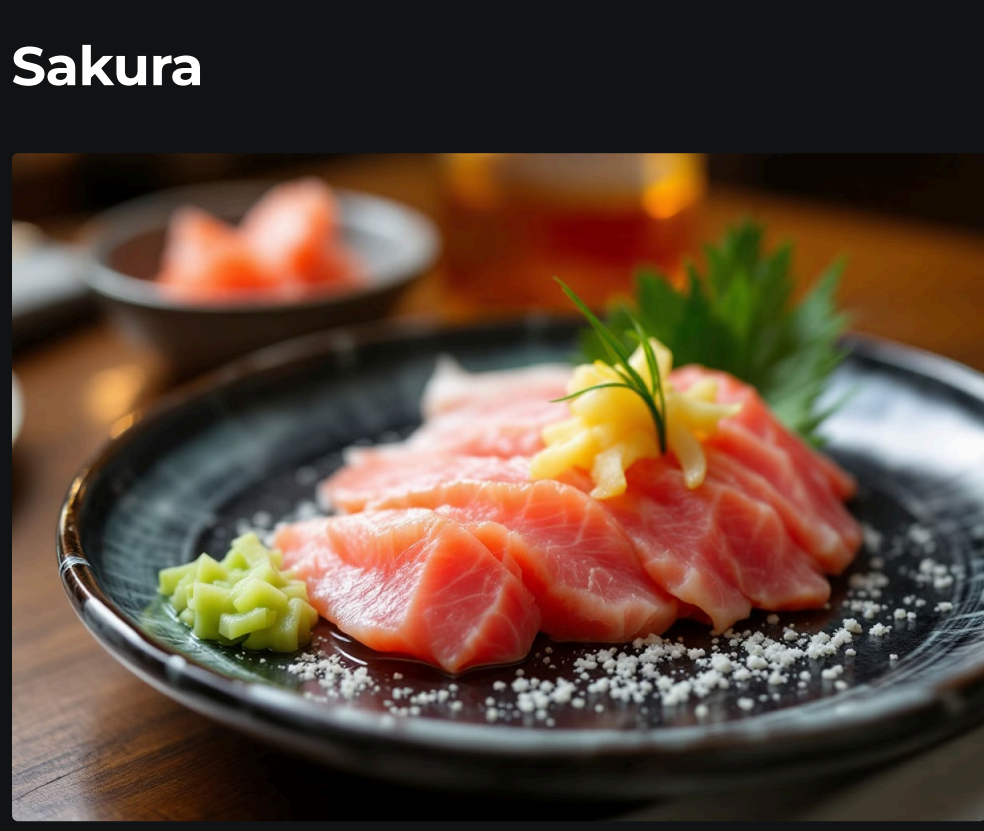
Big Kahuna Fish Breakfast: Opt for the fresh grilled island fish with two eggs cooked your way, replacing the rustic potatoes or brown rice with additional fresh fruit to reduce calorie intake while keeping protein high.

Garden Scramble: This dish includes a whole-egg scramble with various vegetables and is topped with goat cheese and avocado. Opt out of the brown rice or potatoes to lower the calorie content.

Luau Scramble: Focused on protein, this scramble includes eggs with kalua pork. To keep the calories in check, ask for no additional bacon or sausage and replace potatoes with a side salad if possible.

Fresh Fish Benedict: Replace the croissant with a lighter bread option if available and ask for minimal hollandaise to reduce calories. Choose smoked salmon for high protein content.

Sakura



Salmon Skin Salad: Modify this dish by asking for less dressing. The crispy salmon skin provides a good protein source, and opting for additional organic greens instead of croutons can keep the calories lower while increasing nutrient intake.

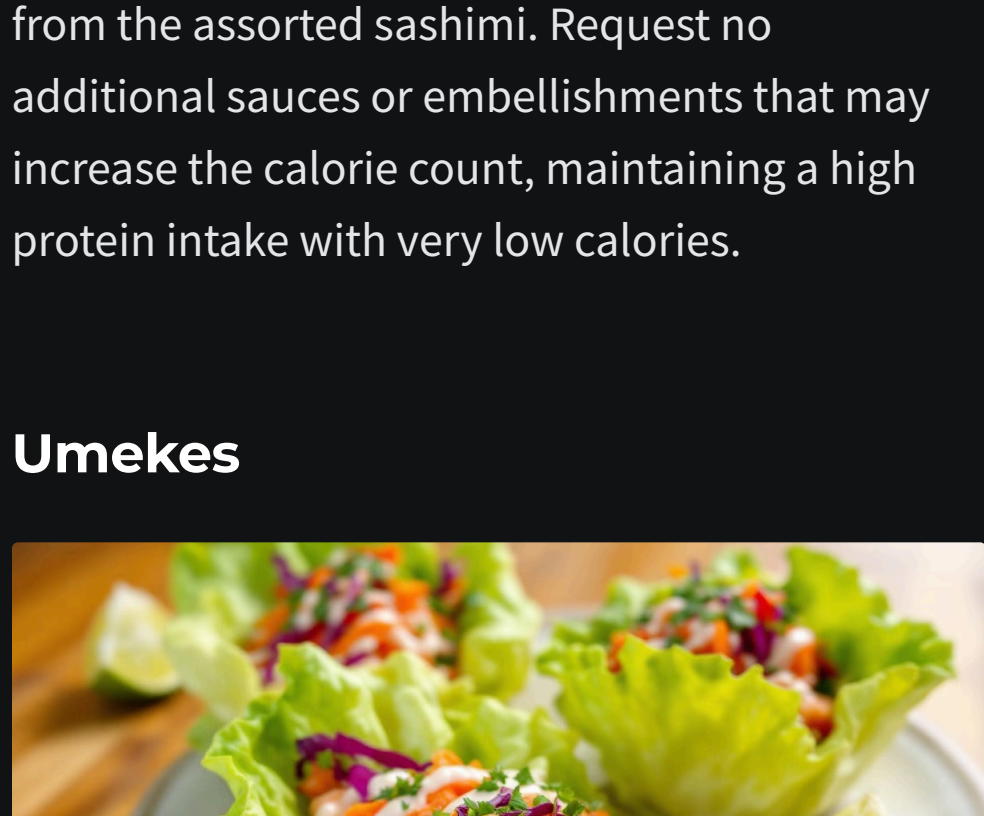
Ahi(Tuna) Poke: Customize this option by requesting more fresh Island Ahi and less rice. Add extra onions for flavor without significant calories. Consider asking for sauce on the side to better control calorie intake while enjoying the high-quality protein of the tuna.

Chicken Salad: Opt for grilled chicken instead of crispy, and ask for minimal dressing or dressing on the side. This keeps your focus on the lean protein from the chicken, and choosing more tomatoes and greens can enhance the meal's nutritional profile without adding many calories.

Island Sashimi Salad: Ask for extra portions of the Fresh Island Ahi and less dressing. This adjustment ensures a higher protein intake with minimal added calories, making it an excellent choice for a protein-rich, low-calorie meal.

Sashimi App: Focus on enjoying the pure protein from the assorted sashimi. Request no additional sauces or embellishments that may increase the calorie count, maintaining a high protein intake with very low calories.

Umekes



Mauka Platter: Request more ali'i mushrooms and pickled onions while opting for lighter portions of pulehu beef and pipikaula to reduce overall calorie intake and increase the dish's vegetable content.

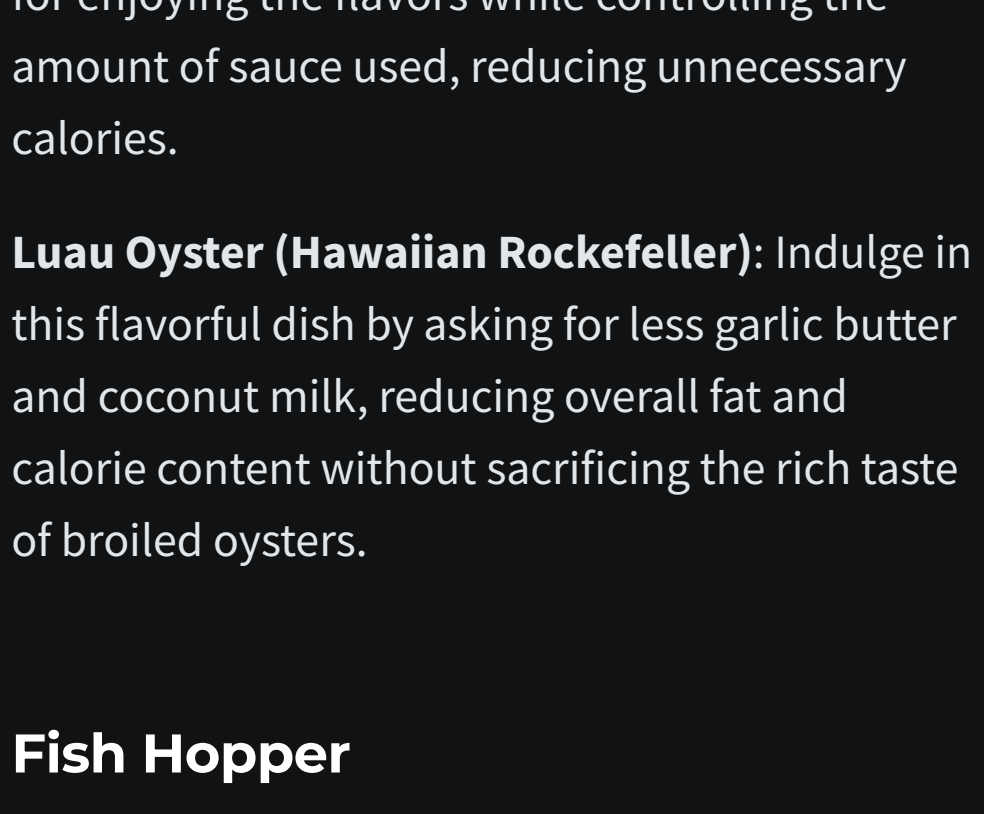
Makai Platter: Focus on poke choices and furikake sashimi while asking for garlic shrimp and Ahi katsu to be prepared with less sauce. Opt for oysters when available for a high-protein, lower-calorie option.

Poke Lettuce Cups: Enjoy this dish as prepared, but ask for light unagi drizzle to maintain the flavor while reducing overall calorie content. This dish offers a fresh, low-carb way to enjoy poke.

Hurricane Calamari: Choose the spicy aioli option and request it on the side, which allows for enjoying the flavors while controlling the amount of sauce used, reducing unnecessary calories.

Luau Oyster (Hawaiian Rockefeller): Indulge in this flavorful dish by asking for less garlic butter and coconut milk, reducing overall fat and calorie content without sacrificing the rich taste of broiled oysters.

Fish Hopper



Poke Nacho: Opt for a lighter portion size and ask for less cheese, increasing the poke for a higher protein intake while keeping calories in check.

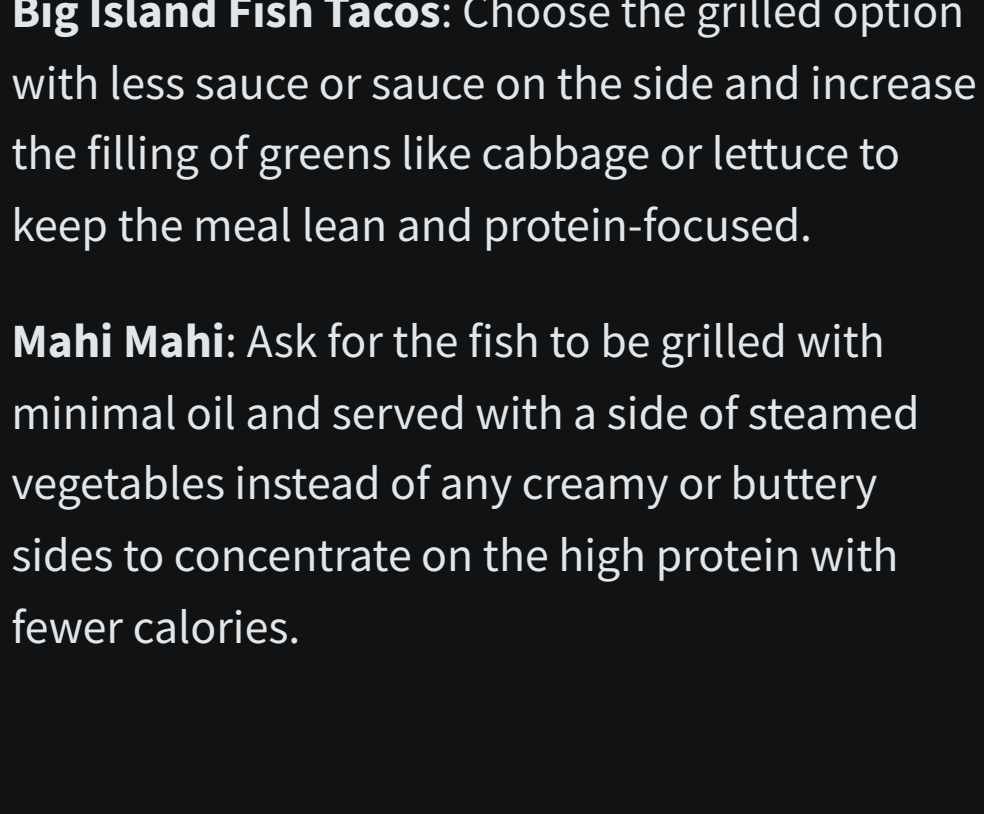
Oysters On The Half Shell: Enjoy these as they are naturally low in calories and high in protein, perfect for a nutritious starter without any modifications needed.

Grilled Chicken Sandwich: Request this sandwich without mayo or cheese, add extra lettuce or tomato to boost the fiber content while focusing on the protein-rich grilled chicken.

Big Island Fish Tacos: Choose the grilled option with less sauce or sauce on the side and increase the filling of greens like cabbage or lettuce to keep the meal lean and protein-focused.

Mahi Mahi: Ask for the fish to be grilled with minimal oil and served with a side of steamed vegetables instead of any creamy or buttery sides to concentrate on the high protein with fewer calories.

Big Island Grill



B.I.G. Fish Salad: Choose a light vinaigrette instead of creamy dressing and ask for the won ton strips to be left off to enjoy a lower-calorie meal that still provides a hearty serving of protein from the broiled fish.

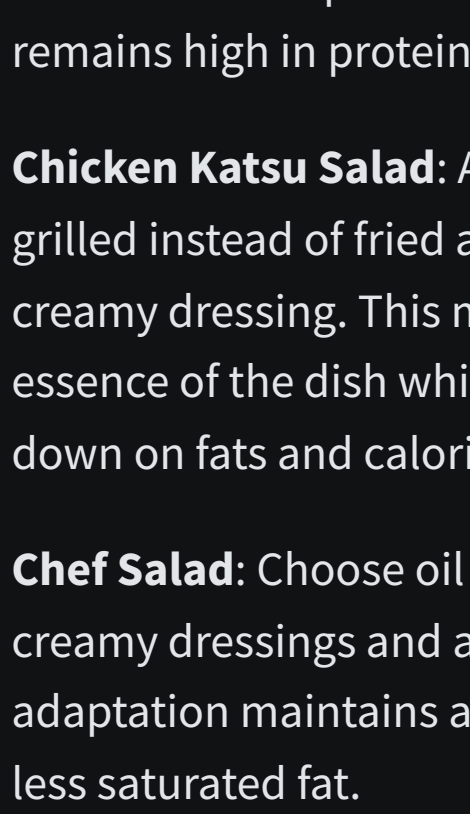
Coconut Shrimp Salad: Request the shrimp to be grilled, instead of rolled in panko and coconut flakes, and ask for the dressing on the side to control the amount, minimizing calories while still savoring the flavors.

Oriental Chicken Salad: Opt for grilled chicken with no teriyaki and dressing on the side. Skip the won ton strips for a lighter version that remains high in protein but lower in calories.

Chicken Katsu Salad: Ask for the chicken to be grilled instead of fried and served without the creamy dressing. This modification keeps the essence of the dish while significantly cutting down on fats and calories.

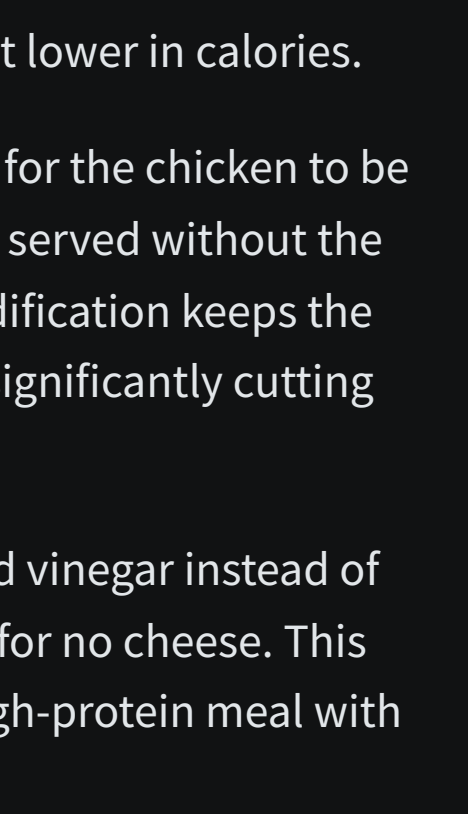
Chef Salad: Choose oil and vinegar instead of creamy dressings and ask for no cheese. This adaptation maintains a high-protein meal with less saturated fat.

Papa Kona



Papaya Boat

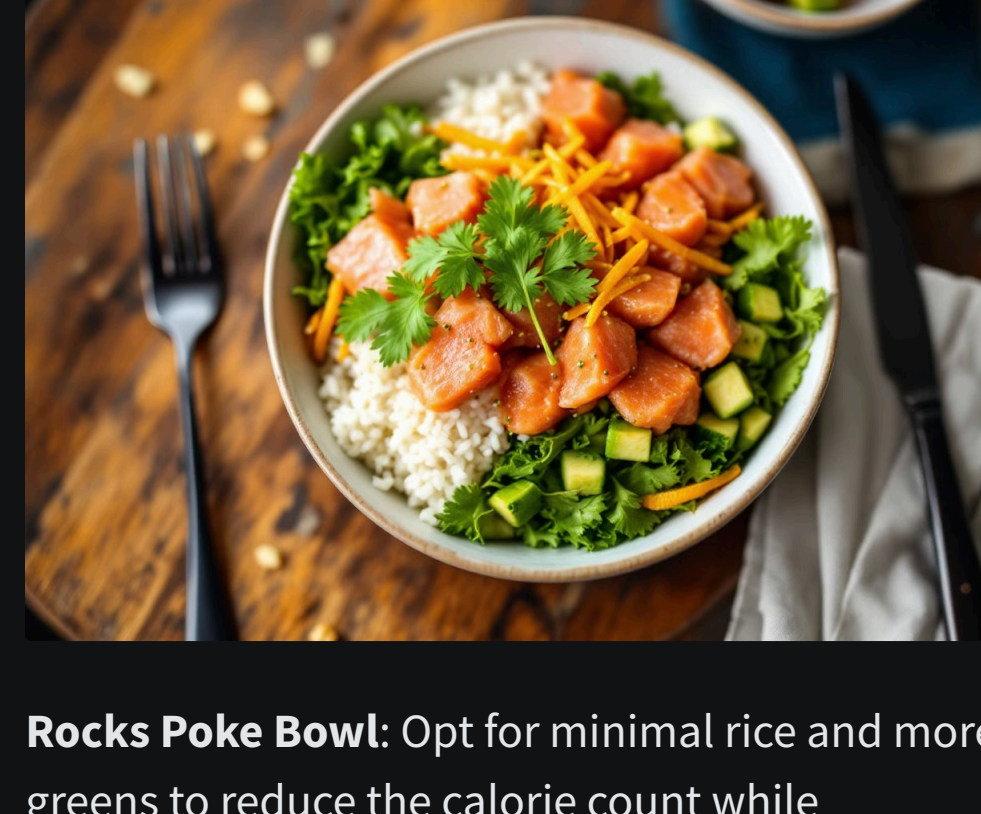
Fresh island-grown papaya filled with low-fat yogurt and homemade granola. A perfect start to your morning, light yet filling.



Avocado Toast

Whole wheat bread topped with freshly smashed avocado mixed with bell pepper and onion, crowned with two poached eggs. Opt for egg whites only for a lighter version.

Huggos on the Rocks



Rocks Poke Bowl: Opt for minimal rice and more greens to reduce the calorie count while maintaining high protein from the fresh fish. Avoid heavy dressings and ask for sauces on the side.

Kona Fish Tacos: Choose the blackened mahi-mahi option to keep it lighter. Opt for a greens salad instead of slaw and hold the creamy dressings like chipotle aioli to decrease calorie intake.

Furikake Crusted Fresh Catch: Order this dish without heavy sides. Request double vegetables instead of rice or fries to keep the focus on the protein-rich fish.

Ali'i Mo'i Chicken Sandwich: Ask for no mayo or cream-based sauces and choose a side of greens or the coconut cole slaw without dressing to keep the meal balanced and lower in calories.

Grilled Chicken B.L.T.: Opt for no mayo, and replace the fries or sweet potato fries with a side salad or grilled vegetables to focus on the protein from the chicken without adding too many extra calories.

Kona INN



Jumbo Shrimp Cocktail: Enjoy this dish as is for a high-protein, low-calorie option. Consider skipping or minimizing the cocktail sauce to reduce sugar intake, emphasizing the protein-rich shrimp.

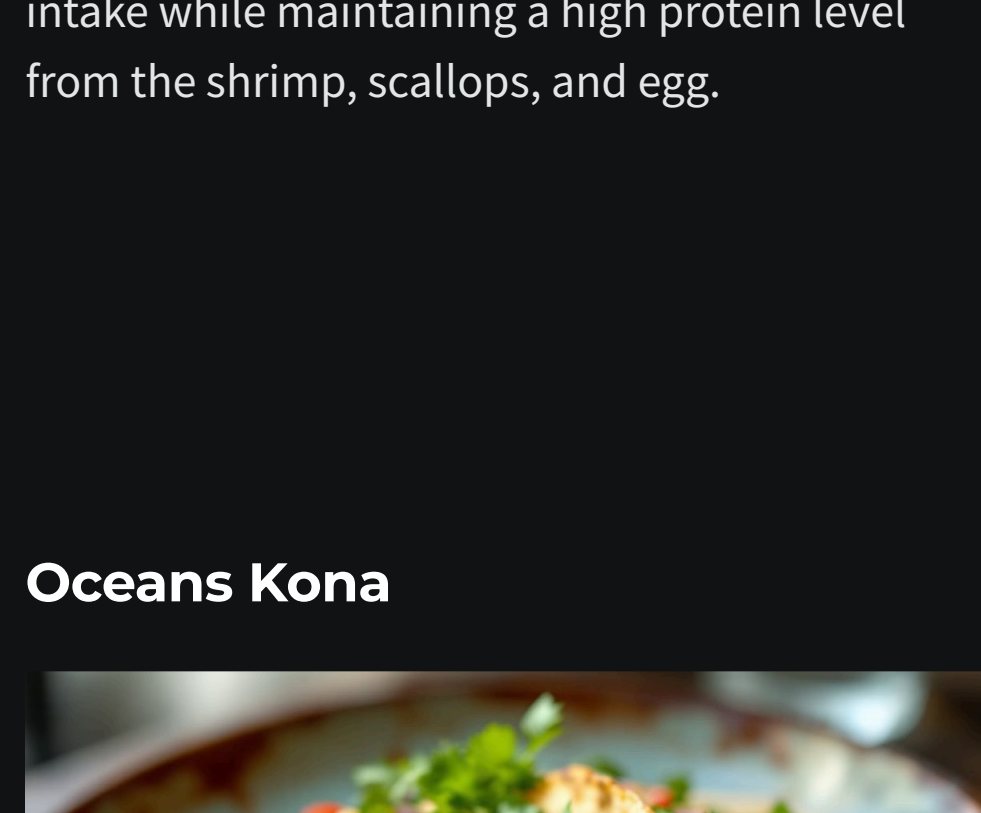
Sashimi: Perfect for a low-calorie, high-protein diet. Request extra shredded cabbage for added fiber and volume without significantly increasing calories, and use wasabi and pickled ginger sparingly to control sodium intake.

Seared Rice Paper Ahi: Opt for extra greens on the side instead of additional sauces to keep the focus on the lean protein of the tuna. Asking for the wasabi dipping sauce on the side allows for better control over calorie intake.

Shrimp & Crab Cakes: Limit the red pepper aioli sauce or ask for it on the side to enjoy the benefits of seafood protein without the extra calories from the sauce.

Seafood Cobb Salad: Modify this salad by requesting no blue cheese and dressing on the side. This change significantly reduces calorie intake while maintaining a high protein level from the shrimp, scallops, and egg.

Oceans Kona



Grilled Fish Tacos: Opt for the grilled fish tacos, requesting no additional sauces or minimal sauce to keep the calories in check while enjoying the high protein content of the fish.

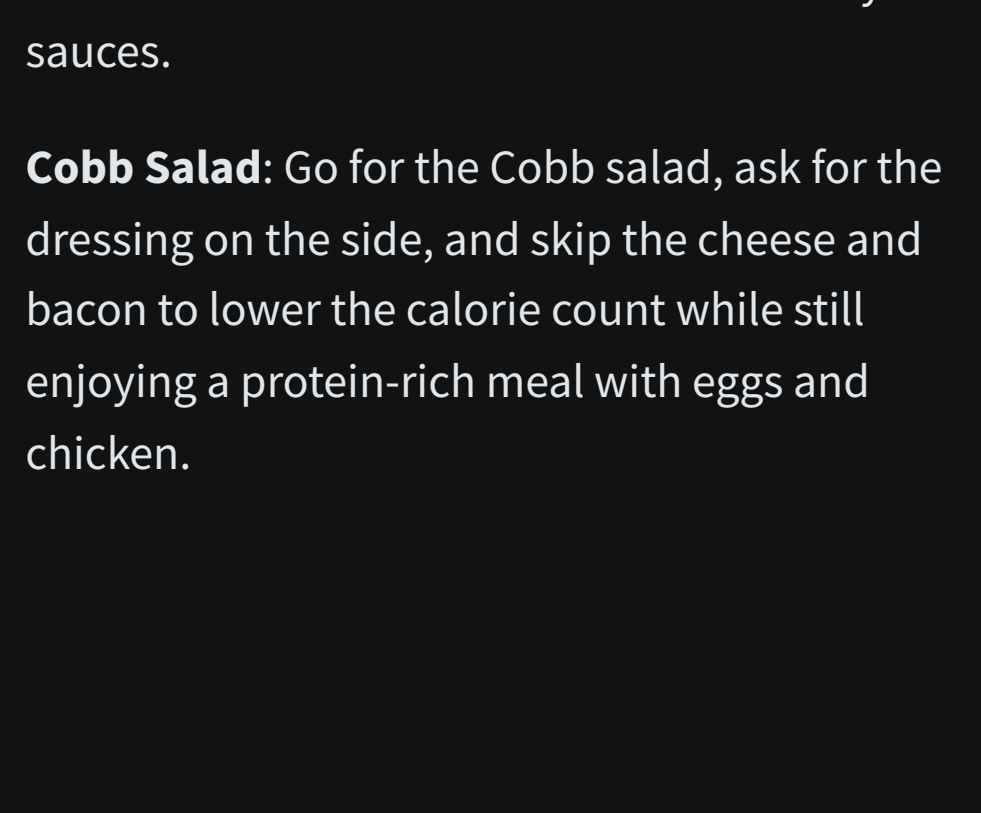
Kalua Pork Tacos: Enjoy these flavorful tacos by asking for extra vegetables like lettuce and tomato to increase fiber without significantly increasing calories.

Chicken Tacos: Request the chicken tacos with no cheese and light sauce. Add extra salsa for flavor without the fat, focusing on the lean protein from the chicken.

Grilled Shrimp Taco: Choose the grilled shrimp taco, which offers high protein with lower calories. Ask for extra veggies like cabbage and avocado for added nutrients without heavy sauces.

Cobb Salad: Go for the Cobb salad, ask for the dressing on the side, and skip the cheese and bacon to lower the calorie count while still enjoying a protein-rich meal with eggs and chicken.

Kona Grill



KG Sliders: Opt for no cheese and request extra grilled onions to enhance flavor without the added calories. Choose a side salad instead of fries to reduce calorie intake while enjoying the protein-rich meat.

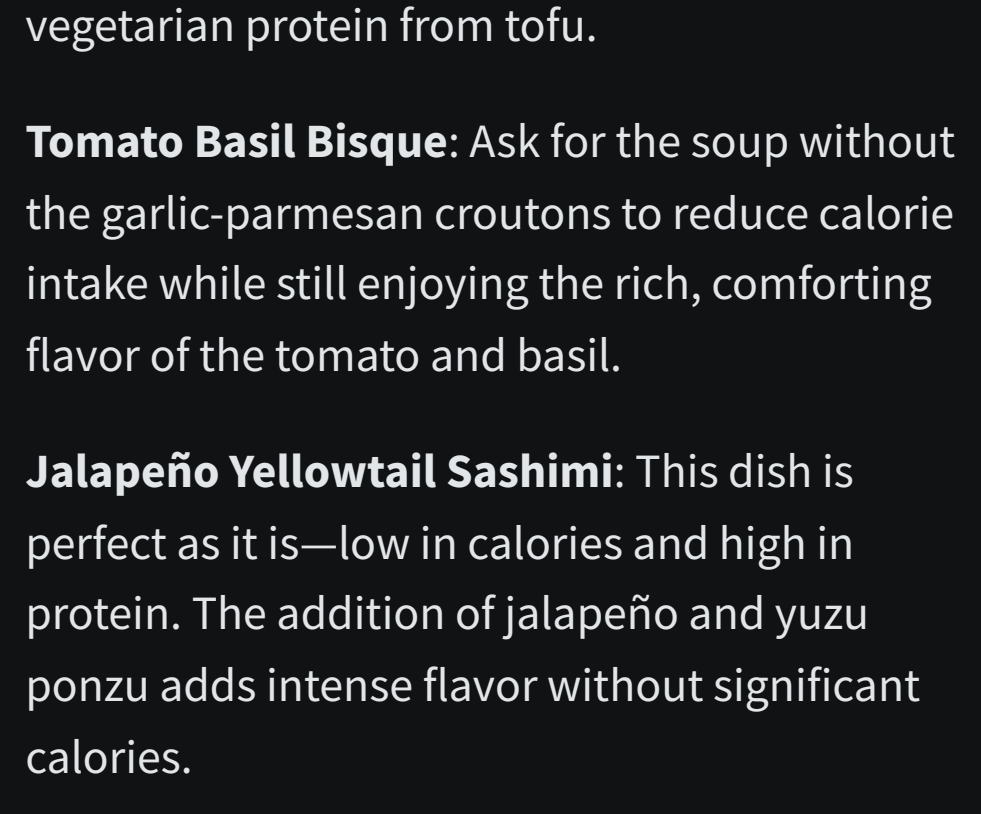
Seared Sea Bass Sliders: Request sliders without the King's Hawaiian rolls and replace them with lettuce wraps. Choose more cucumber salad instead of chips to keep it light yet satisfying.

Miso Soup: Enjoy this dish as it is already low in calories and offers a comforting dose of vegetarian protein from tofu.

Tomato Basil Bisque: Ask for the soup without the garlic-parmesan croutons to reduce calorie intake while still enjoying the rich, comforting flavor of the tomato and basil.

Jalapeño Yellowtail Sashimi: This dish is perfect as it is—low in calories and high in protein. In addition of jalapeño and yuzu ponzu adds intense flavor without significant calories.

Fosters



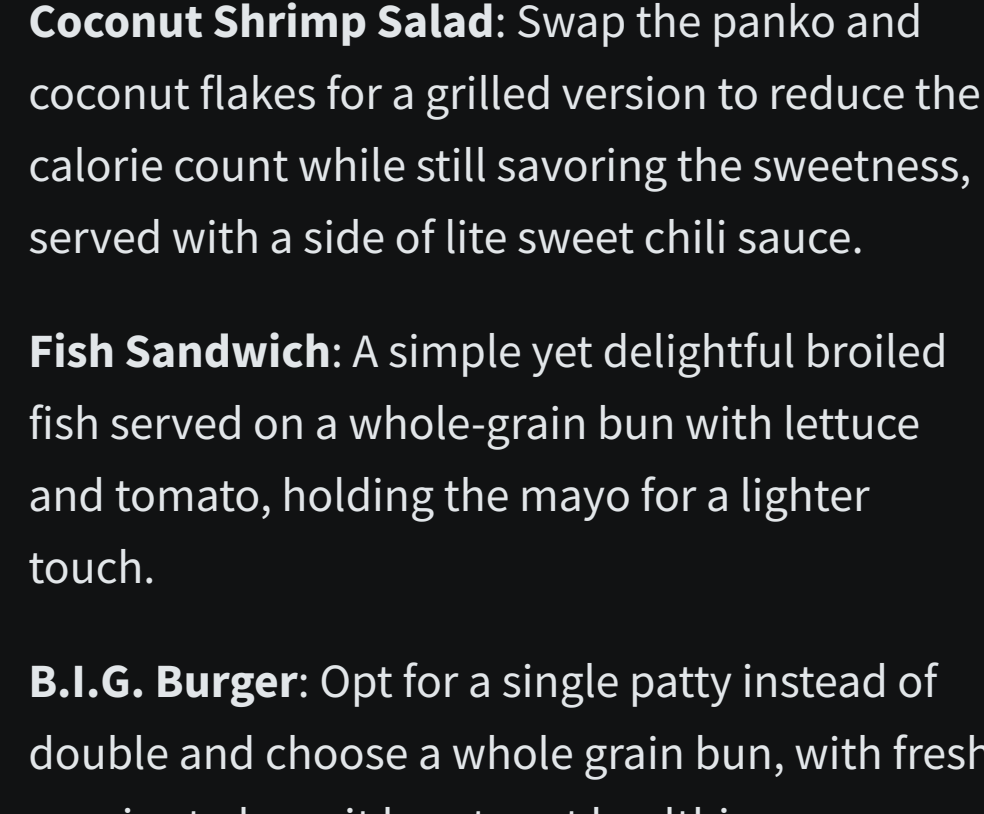
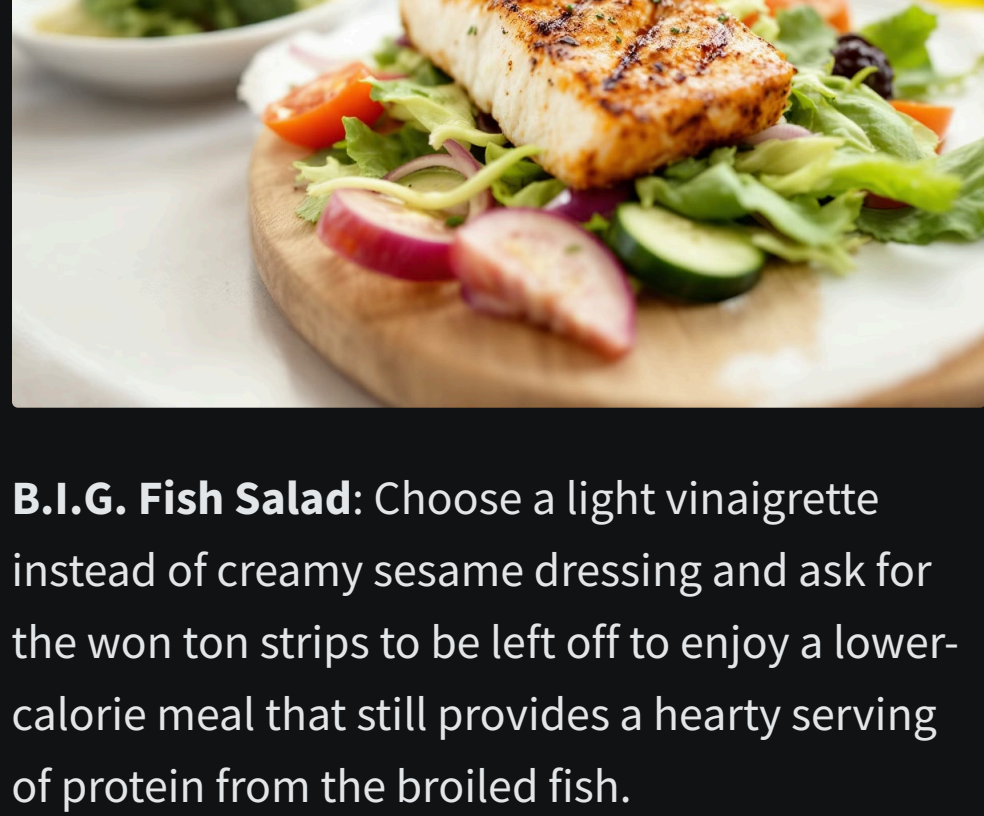
B.I.G. Fish Salad: Enjoy this delightful salad with broiled fresh fish filets, offering a protein-rich meal. Opt for a lighter dressing alternative to the creamy sesame to keep it fresh and low in calories.

Coconut Shrimp Salad: Swap the panko and coconut flakes for a grilled version to reduce the calorie count while still savoring the sweetness, served with a side of lite sweet chili sauce.

Fish Sandwich: A simple yet delightful broiled fish served on a whole-grain bun with lettuce and tomato, holding the mayo for a lighter touch.

B.I.G. Burger: Opt for a single patty instead of double and choose a whole grain bun, with fresh veggies to keep it hearty yet healthier.

French Dip: Enjoy the lean roasted beef and Swiss cheese but ask for the au jus on the side for dipping control.

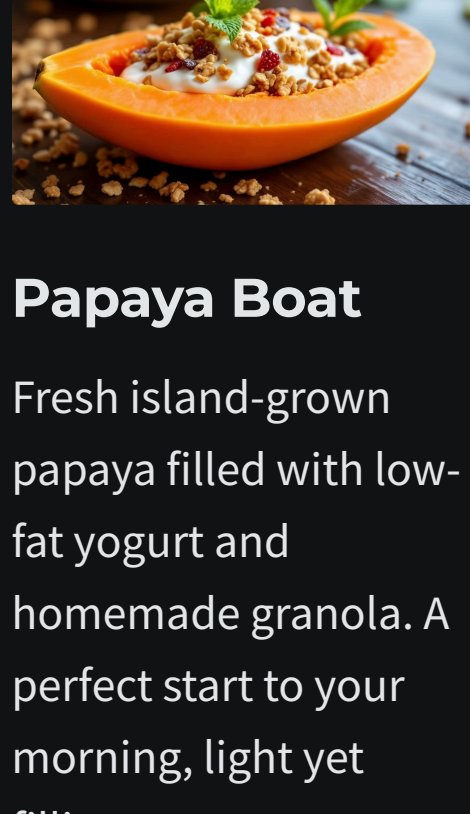


Spinach Strawberry Salad

Fresh baby spinach tossed with strawberries, feta cheese, and macadamia nuts, dressed in a light balsamic vinaigrette.

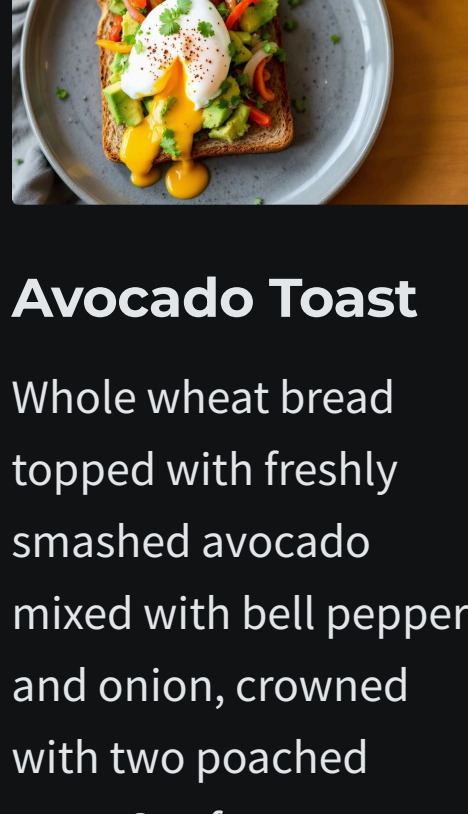
Grilled Chicken Sandwich

Marinated grilled chicken breast served on a whole wheat bun, topped with lettuce, tomato, and a smear of avocado instead of aioli, served with a side salad.



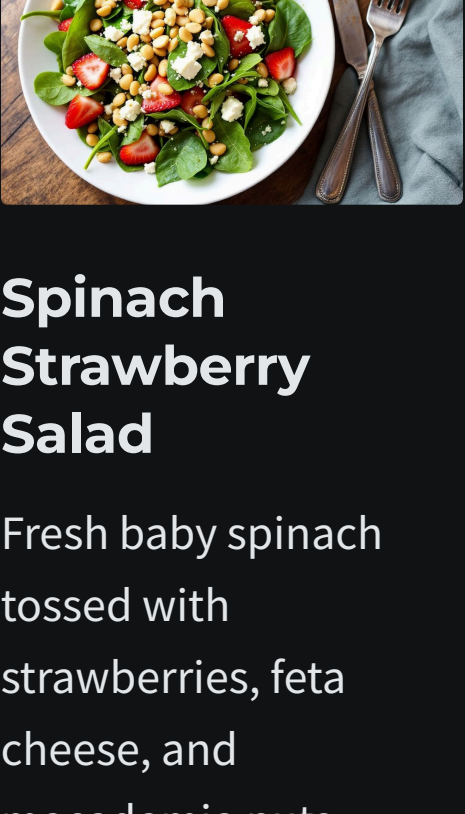
Papaya Boat

Fresh island-grown papaya filled with low-fat yogurt and homemade granola. A perfect start to your morning, light yet filling.



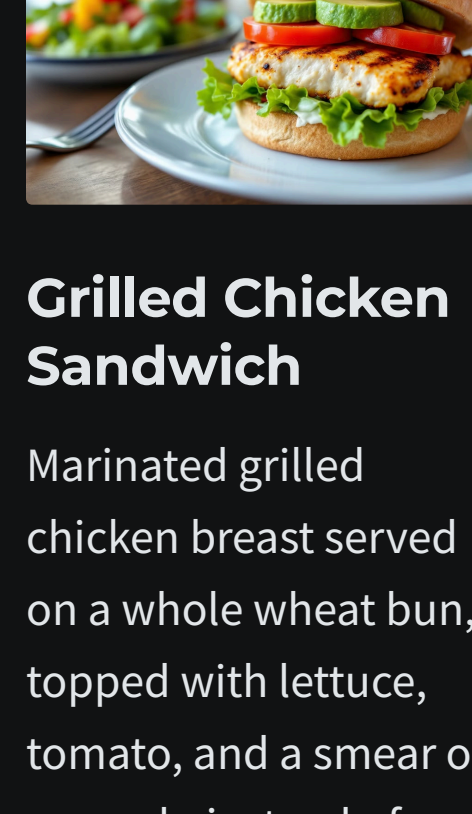
Avocado Toast

Whole wheat bread topped with freshly smashed avocado mixed with bell pepper and onion, crowned with two poached eggs. Opt for egg whites only for a lighter version.



Spinach Strawberry Salad

Fresh baby spinach tossed with strawberries, feta cheese, and macadamia nuts, dressed in a light balsamic vinaigrette.



Grilled Chicken Sandwich

Marinated grilled chicken breast served on a whole wheat bun, topped with lettuce, tomato, and a smear of avocado instead of aioli, served with a side salad.