

How to Order Low Carb Sushi



- Naruto rolls - these are rolls wrapped in cucumber. You can usually ask for any role like this; my personal favorites are salmon avocado and spicy tuna wrapped in cucumber
- You can ask for any roll with no rice and they will just wrap it in seaweed
- Ask if they can do it LIGHT on the rice; most places will happily accommodate you! You can get any roll like this and they'll just use a little less rice.
- Order your roll with additional edamame or sashimi-a great way to boost up the protein intake of your meal (I personally always pair any of the rolls with extra veggies like a side salad or sautéed veggies to fill me up more)
- Lastly, most sushi places have other dishes like chicken with veggies or something like that that you can get also!