

DINING OUT GUIDE

Guidelines for cuisines:

- ALWAYS plan on leftovers as portions are always larger than needed.
- Skip bread or chips as you must budget for extra calories from fats in your meal.
- Drink plenty of water before your meal.
- Order sauces and dressings on the side.

- Mexican
 - Avoid chips and fried foods
 - Lettuce or corn instead of wheat tortilla
 - Grilled Fish Tacos
 - Grilled Chicken Tacos

- Buffet
 - Fill up half plate with veggies before anything else
 - Quarter plate with lean protein
 - Quarter plate with starch
 - Only one plate at a time
 - Don't "try to get your money's worth", only eat until satisfied
 - Avoid fried foods and desserts

- Indian
 - Avoid coconut milk/cream based dishes, and dishes with paneer, ghee, and malai
 - Choose Tandoori items
 - Use raita to satisfy creamy cravings
 - Roti (whole wheat) instead of naan (white)

- Thai
 - Favor jungle curries over the coconut milk based, or fried noodle dishes
 - Request steamed rice in place of sticky rice
 - Choose grilled meats
 - Look for broth based soup dishes

- Sushi
 - Avoid deep fried (crunchy) items (tempura rolls)
 - Ask for brown rice
 - Avoid mayo toppings or cream cheese fillings
 - Limit avocado
 - Go for sashimi instead of maki (traditional rolls) which will cut down on carbs, especially if consuming more than one roll
 - Go for veggie, shrimp, and tuna rolls

- **Steakhouses**
 - Avoid appetizers
 - Go for fillets and sirloins
 - Grilled fish or chicken are other good choices
 - Always do a side of steamed veggies, most other sides will severely rack up calories
 - Avoid creamy sauces and toppings
 - Avoid prime rib

- **Italian**
 - Minestrone soup
 - First choice: grilled lean meat or fish with side of veggies (many restaurants offer zucchini noodles)
 - Second choice: pasta primavera with plenty of veggies
 - Last choice: cream-based pastas

- **Seafood**
 - Appetizers: shrimp cocktail and oysters
 - Go for grilled and boiled dishes
 - Avoid fried dishes
 - Watch toppings like butter and creamy sauces

Restaurant	300 cal	400 cal	500 cal	600 cal
Applebee's (Lighter Fares Menu)	Pepper Crusted Sirloin + Whole Grains (380)	Thai Shrimp Salad (390)	Cedar Grilled Lemon Chicken (580)	Shrimp Wonton Stir Fry (630)
Arby's (Build a Meal)	Classic Roast Beef Sandwich with sauce (370)	Classic Roast Beef Sandwich with Horsey Sauce (420)	Roast Turkey and Swiss Wrap (520)	Roast Turkey and Swiss Wrap with a Chopped Side Salad (590)
Barbacoa	Salad with black beans, chicken, and mild salsa (365)	Bowl with cilantro lime brown rice, black beans, chicken, and mild salsa (435)	Bowl with cilantro lime brown rice, black beans, steak, mild salsa, and sour cream (545)	Bowl with cilantro lime brown rice, black beans, steak, mild salsa, and guacamole (625)
Beans and Brews	B Thin Sandwich (300)	Panini (440)	B Everything (470)	2 x B Thin Sandwich (600)
Black Bear Diner	Ham steak w/ english muffin (hold butter) (305)	Pancake with Ham (ask for sugar-free syrup) (390)	"Little Less Lunch" hot turkey sandwich, green salad w/ ff Italian (501)	Steak Sandwich, green salad w/ ff Italian (590)
Burger King	BK Veggie burger without mayo (310)	Grilled Chicken Sandwich without mayo and side of applesauce (420)	Grilled Chicken Sandwich without mayo and 4pc chicken nugget (540)	Grilled Garden Chicken Sandwich without mayo, side of applesauce, 4pc chicken nugget

				(590)
Cafe Rio (calculator)	Salad with shredded chicken, pico de gallo, cilantro, lime, and creamy tomatillo dressing (329)	Taco with 6" corn tortilla, shredded chicken, cilantro lime rice, lettuce, pico de gallo, cilantro, and guacamole (425)	Taco with 6" corn tortilla, shredded chicken, cilantro lime rice, lettuce, pico de gallo, cilantro, cheddar jack cheese, and guacamole (536)	Two tacos with 6" corn tortillas, shredded chicken, guacamole, cilantro, lime, and pico de gallo (636)
Cafe Zupas	½ Roasted Veggie and Quinoa Soup with ½ Mangoberry Salad (320)	Large Nuts About Berries Salad (450)	Large BBQ Chicken Salad (540)	Cuban Grilled Pork Sandwich on Wheat Bread (660)
California Pizza Kitchen	Half Turkey California Club Sandwich (350)	Two slices Crispy Thin Crust Roasted Artichoke and Spinach Pizza (460)	Shrimp Scampi Zucchini Pasta (480)	Lunch Size California Veggie Pizza (610)
Carl's Jr.	All Natural Charbroiled Chicken salad with low fat balsamic vinaigrette dressing (300)	All Natural Charbroiled BBQ Chicken Sandwich (370)	All Natural Charbroiled Sante Fe Chicken Sandwich (550)	All Natural Charbroiled BBQ Chicken Sandwich with garden side salad and low fat balsamic vinaigrette dressing (583)
Cheesecake Factory (Skinnylicious)	Fresh basil, tomato, and cheese flatbread (320)	Skinnylicious Pear and Endive Salad (480)	Skinnylicious White Chicken Chili (530)	Skinnylicious Chicken Pasta (590)
Chick-fil-A	Grilled Chicken Sandwich (310)	Grilled Chicken Club Sandwich (430)	Grilled Chicken Sandwich with Superfood Side Salad (500)	Grilled Chicken Sandwich with Superfood Side Salad plus 6 grilled nuggets (610)
Chili's	Kid's Grilled Chicken Dippers with side of steamed broccoli (340)	Lighter Choices 6oz sirloin with grilled avocado (420)	Lighter Choices Mango-Chile Chicken (460)	Lighter Choices Margarita Grilled Chicken (600)
Chipotle (calculator)	Salad with chicken, mild salsa, and cheese (325)	Salad with chicken, mild salsa, black beans, and cheese (455)	Bowl with brown rice, chicken, black beans, and mild salsa (545)	Bowl with brown rice, chicken, black beans, cheese, and mild salsa (655)
Corner Bakery	Egg White Power Flatbread - Chicken Apple Sausage (335)	Egg White All American Scrambler with sausage and harvest toast (400)	Steel cut oatmeal with all toppings and chicken apple sausage side (490)	Berry Almond Swiss Oatmeal with chicken apple sausage side (630)
Costa Vida (calculator)	Regular sized salad with black beans, grilled chicken, and	Regular sized salad with black beans, grilled chicken,	Baja bowl with black beans, cilantro lime rice, grilled chicken,	Two tacos with corn tortillas, grilled chicken, shredded

	salsa fresca (347)	cilantro lime rice, and salsa fresca (489)	roasted green chili sauce, and pico de gallo (499)	cheese, pico de gallo, lettuce, and lime wedges (600)
Culvers	Flame Roasted Chicken Sandwich (308)	Beef Pot Roast Sandwich (410)	Grilled Chicken Sandwich with side of green beans (520)	Grilled Chicken Sandwich with side of Oven Roasted Turkey Noodle Soup (560)
Cupbop	Nutrition information not available.	Shake Bop with half rice and extra veggies	B Bop with half noodle and extra veggies	Nutrition information not available.
Del Taco	Two Chicken Street Tacos (340)	Two Grilled Chicken Tacos (420)	Two Original Chicken Rollers (500, 18 total g fat)	Pollo Asado Avocado Bowl (570)
Dickey's	Classic Chicken Sandwich and Caesar Salad side (365)	Two Chicken Sliders and green beans (471)	Brisket Sandwich (515)	Brisket Sandwich and green beans (640)
Domino's Pizza (calculator)	1/4th of small (10") thin crust pizza with regular cheese and premium chicken (237)	1/4th of medium (12") thin crust pizza with regular cheese and premium chicken (338)	1/4th of medium (12") thin crust pizza with regular cheese and sausage and pepperoni (380)	1/2 of medium thin crust pizza with regular cheese and premium chicken (600)
Dairy Queen	Grilled BLT Salad (270)	Grilled Chicken Sandwich (440)	Chicken Bacon Ranch Sandwich (500)	Turkey BLT Sandwich (580)
Einstein Bros.	Egg Bagel (270)	Southwest Thin Egg Sandwich (400)	Tasty Turkey on Asiago Bagel (510)	Santa Fe Sandwich (580)
Firehouse Sub	Small Chicken Breast Sub (350)	Small Tuna Sub (460)	Canadian Chopped Salad with Grilled Chicken and Light Italian Dressing (500)	Medium Turkey Sub (680)
Goodwood	Nutrition information not available.	BBQ Platter with Turkey Breast, Garden Salad, Steamed Veggies	6 oz Sirloin Steak sub Extra Veggies for Potatoes	Nutrition information not available.
IHOP (Simple & Fit)	Simple & Fit Spinach, Mushroom, & Tomato Omelet (330)	Simple & Fit 2-Egg Breakfast with fruit (410)	Simple & Fit Whole Wheat Pancake Combo (480)	Simple & Fit Blueberry Harvest Grain 'N Nut Combo (560)
In-n-Out	Protein Style Hamburger (240) or Protein Style Cheeseburger (330)	Cheeseburger without spread (390)	Protein Style Double-Double (520)	Double-Double without spread (590)
Jamba Juice	Small Whey Protein Berry Workout Smoothie (290)	Medium Chocolate Protein Smoothie (450)	Small PB & Banana Protein Smoothie (490)	Medium Cookies 'n Creme Protein Smoothie (590)

Jimmy John's	Slim 1 Unwich with extra Smoked Ham (255)	Slim 4 on 9-Grain Wheat Bread (420)	Slim 2 on 9-Grain Wheat Bread with extra Roast Beef (540)	Slim 1 on 9-Grain Wheat Bread with extra Smoked Ham (610)
Kentucky Fried Chicken (Calculator)	Grilled chicken breast with green beans (235)	Two Grilled Chicken Breasts with green beans (440)	Two Grilled Chicken Breasts with green beans and corn on the cob (510)	Two Grilled Chicken Breasts with green beans and coleslaw (610)
Kneaders (calculator)	Half Chicken Chop Salad with balsamic vinaigrette (223) or half Turkey Ranch with whole wheat bread (330)	Half Pastrami on whole wheat bread (375)	Whole Turkey Sandwich on Potato Rosemary bread (540)	French Dip on Baguette (610)
Longhorn Steakhouse (Light and Flavorful)	Napa Grilled Chicken (6oz) with mixed vegetables (340)	Longhorn Salmon (7oz) with asparagus (390)	Renegade 8oz sirloin with broccoli (480)	Renegade 11oz sirloin with broccoli (570)
McDonald's (calculator)	Egg White Delight McMuffin with apple slices (270)	Artisan Grilled Chicken Sandwich with apple slices (400)	Two Egg White Delight McMuffins (510)	Pico Guacamole with Artisan Grilled Chicken and apple slices (560)
Mo' Bettah's	Nutrition information not available.	Chicken Mini with Half Rice and No Macaroni Salad	Steak Mini with Half Rice and No Macaroni Salad	Nutrition information not available.
Noodles and Company	Small Spaghetti (310)	Small Thai Green Curry with Shrimp (440)	Small Spicy Chipotle Adobo with Chicken (530)	Small Pad Thai (620)
Olive Garden (Taste of the Mediterranean)	Grilled Vegetable and Cheese Piadina (340)	Herb Grilled Salmon (460)	Chicken Piccata (500)	Chicken Margherita (590)
Outback Steakhouse	Grilled Chicken on the Barbie (5oz) with Seasonal Mixed Vegetables (370)	Victoria's Filet Mignon (6oz) with seasonal mixed vegetables (400)	Victoria's Filet Mignon (9oz) with seasonal mixed vegetables (520)	9oz sirloin topped with grilled shrimp served with mixed vegetables (630)
Panera Bread	Ham, Egg, and Cheese Breakfast Power Sandwich (340) or ½ Bacon Turkey Bravo Sandwich on Tomato Basil (320)	Turkey Sausage, Egg White, and Spinach Breakfast Power Sandwich (410) Or whole Mediterranean Veggie Sandwich on Tomato Basil (440)	Steak and Egg on Everything Bagel (540) or whole Chinese Citrus Cashew Salad with Chicken (540)	Bacon, Egg, and Cheese on Asiago Cheese Bagel (580) or Whole Roasted Turkey and Avocado BLT on Sourdough (650)
Paradise Bakery and Cafe	Half Traditional Turkey Sandwich with Mixed Green Salad (315)	Half Roast Beef Sandwich with Mixed Green Salad (350)	Chicken Avocado BLT (510)	Southwest Chicken Sandwich (600)
Panda Express (Wok	String Bean Chicken	Black Pepper Chicken	Two servings of	Two servings of

Smart)	Breast with side of Mixed Vegetables (270)	with side of Mixed Vegetables (360)	Mushroom Chicken with side of Mixed Vegetables (520)	Kung Pao Chicken with side of Mixed Vegetables (660)
Pei Wei Asian Diner	Korean Spicy Small with Chicken (350)	Orange Peel Small with Shrimp (steamed) (390)	Sesame Regular with Shrimp (steamed) (550)	Teriyaki Regular with Shrimp (steamed) (600)
Pizza Hut	Two Slices Medium Fit 'n Delicious Chicken, Red Onion, and Green Pepper Pizza (360)	Three Slices Medium Fit 'n Delicious Diced Red Tomato, Mushroom, and Jalapeno Pizza (450)	Three Slices Medium Fit 'n Delicious Chicken, Mushrooms, and Jalapeno Pizza (510)	Four Slices Medium Fit 'n Delicious Green Pepper, Red Onion, and Diced Red Tomato Pizza (600)
Pizzeria Limone	Nutrition information not available.	Italian salad w/ dressing on the side (364)	Half Formaggi Pizza (387)	Nutrition information not available.
Protein House	Breakfast Sandwich with side of fruit (364)	Hardcoreis Bowl with Brown Rice (382)	Cajun BBQ Bowl with Quinoa (507)	Greek Bowl with Brown Rice (613)
Porcupine Pub and Grille	Nutrition information not available.	Southwest Salad w/ chicken (no cheese) w/ dressing on the side	Wahoo fish tacos (no rice and beans)	Nutrition information not available.
Red Iguana	Nutrition information not available.	Chicken Tostadas (no beans, cheese, sour cream)	Traditional chicken tacos (no cheese)	Nutrition information not available.
Red Lobster (Calculator) (Lighthouse)	Lighthouse Maple-Glazed Chicken (370)	Lighthouse Rock Lobster Tail (400)	Lighthouse Wood-Grilled Peppercorn Sirloin and Shrimp (520)	Lighthouse Live Maine Lobster (Steamed) with side of Garlic-Grilled Shrimp Skewer (640)
Rumbi Island Grill	Nutrition information not available.	Voodoo Chicken Salad (no tortilla strips) w/ dressing on the side	Aloha Chicken Salad (no tortilla strips) w/ dressing on the side	Nutrition information not available.
Smashburger (calculator)	Grilled Chicken Breast with Lettuce and Tomato on Multigrain Bun (315)	Grilled Chicken, Spinach, Cucumber, and Goat Cheese Sandwich (411)	Two Grilled Chicken Breasts with Goat Cheese on Multigrain Bun (472)	Two Grilled Chicken Sandwiches with Lettuce and Tomato on Multigrain Bread (630)
Sonic	Jr. Burger (330)	Grilled Chicken Wrap (430)	Classic Grilled Chicken Sandwich with side of applesauce (495)	Asiago Caesar Grilled Chicken Club Sandwich (610)
Starbuck's Coffee	Spinach, Feta, and Cage Free Egg White Breakfast Wrap (290)	Roasted Carrot and Kale Side Salad (440)	Sausage, Cheddar, and Egg Breakfast Sandwich	Roasted Turkey and Dill Havarti Sandwich (600)

Subway	Black Forest Ham Sandwich (290)	Cold Cut Combo Sandwich (340)	Rotisserie-Style Chicken Sandwich with Double Meat (460)	Two Oven Roasted Chicken sandwiches (640)
Taco Bell (Fresco Menu)	Two Steak Fresco Soft Tacos (280)	Chicken Fresco Burrito Supreme (340)	Three Shredded Chicken Fresco Soft Tacos (450)	Four Steak Fresco Soft Tacos (560)
Teriyaki Grill	Little Teriyaki Chicken (280)	Regular Teriyaki Shrimp (405)	Regular Teriyaki Chicken (528)	Regular Teriyaki Steak (620)
Texas Roadhouse	6oz Dallas Filet with sautéed mushrooms (350)	8oz Dallas Filet with sautéed mushrooms (440)	11oz USDA Choice Sirloin with side of green beans (530)	11oz USDA Choice Sirloin with side of fresh vegetables (650)
TGI Friday's	House Salad with Breadstick and Low Fat Balsamic Vinaigrette Dressing (260)	Chicken Caesar Salad with Grilled Chicken (lunch portion) with Caesar Dressing (410)	Strawberry Fields Salad with Chicken (lunch portion) with Balsamic Vinaigrette (510)	Mediterranean Shrimp Naan with side of Tomato Mozzarella Salad (560)
Quiznos	4" Spicy Monterey sandwich (320)	4" Chipotle Turkey (400)	4" Classic Italian (470)	8" Spicy Monterey (630)
Wasabi	Nutrition information not available.	Red Snapper, Halibut, Tuna, Salmon, or Yellowtail Sashimi (4pcs)	Nutrition information not available.	Nutrition information not available.
Wendy's	Chicken Go Wrap, Grilled (260)	Grilled Chicken Sandwich (400)	Asiago Ranch Chicken Club, Grilled (520)	Grilled Chicken Sandwich with small chili (570)
Zao Asian Cafe	Nutrition information not available.	Chicken bowl with one scoop brown rice and lemongrass sauce	Chicken salad with dressing on the side	Nutrition information not available.