



OPTAVIA®

Dining Out Guide

Order Healthy and
Think Healthy



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*you can have your
lean and green meal
any time of day*



Dining Out

At **OPTAVIA**, we believe you can live the best life possible, and we know that requires a healthy you. We also know that there will be times when you are out with friends and family and need to make healthy eating decisions. This guide will empower you to make healthier choices, whether you are dining out, picking up take-out after a busy day, or taking part in a special occasion. **OPTAVIA's** Registered Dietitian Nutritionists evaluated the menus of sit-down and fast-food restaurants and have selected items that fit the nutritional profile of the lean and green meal, so you can stay on track—whether you're losing weight or maintaining your healthy weight.

This guide also provides tips to help keep you on your path to Optimal Health and Wellbeing while enjoying life. Each menu item is broken down into categories: Lean, Leaner, Leanest, Green and Healthy Fats. You may notice that the breakdowns don't always match the recommendations on the Lean Options and Green Options lists. This is because the breakdown was determined based on a thorough evaluation of the nutrition information, including the calorie, fat, carbohydrate, protein, and sodium content.

Remember: While this guide is designed to help you when you eat out, be sure you're doing so two or less times per week for a healthier life. Cooking healthy meals at home is another positive way to bond with friends and family!



Lean and Green Basics

When you dine out, use the lean and green meal guidelines to guide your choices, particularly for menu items not included here.

The Lean

Look for protein choices such as boneless, skinless chicken breast, fish, or lean cuts of beef and pork. The USDA lists over 29 cuts of lean beef, and five—eye of round, sirloin tip, top round, bottom round, and top sirloin—are considered extra lean (5g of fat or fewer for 3.5 oz., lean cuts are double). Chicken breasts (white meat) have fewer calories than thighs (dark meat).

The Green

Fill up on non-starchy vegetables such as green leafy vegetables (e.g. endive, lettuce, or raw spinach), asparagus, cauliflower, broccoli, and tomatoes. You will want to choose a total of three servings of any combination of lower, moderate, or higher carbohydrate vegetables as outlined on the Green Options list.

Healthy Fats and Condiments

- Order your food naked, with sauces, dressings, and toppings on the side.
- Ask that your food be prepared without extra butter or oil.
- Be mindful of the condiments you use; they can add extra calories, sugar, and fat.

Throughout this guide, assume that salad options listed are without croutons and dressings, unless otherwise noted.

*we help you realize lifelong
transformation, one healthy
habit at a time.™*



Beverages

Follow the recommended beverage guidelines. Plain water is always appropriate; spruce it up with a lemon wedge and ice or your favorite Flavor Infuser. Stick to calorie-free beverages, like diet soda, unsweetened tea, coffee, sparkling water, or sodium-free seltzer.

Alcohol

OPTAVIA does not recommend the use of alcohol for people in the weight-loss phase of the program, especially if you have diabetes.

Not only does alcohol add empty calories, it promotes dehydration and can decrease inhibitions, lessening one's resistance to the temptation of ordering unhealthy food. Further, alcohol's effects on those following a reduced-calorie meal plan may be felt more rapidly and may increase the possibility of the related side effects of alcohol consumption.



If you choose to drink an alcoholic beverage, choose wisely.

- Select a plain liquor with a zero-calorie mixer or chaser (vodka or clear rum and diet soda, gin and soda water or diet tonic, etc.).
- Avoid drinks like margaritas, daiquiris, piña coladas with loads of calories and sugar.
- Drink a glass of water in between each alcoholic beverage you consume to slow you down and fill you up.
- Never skip an **OPTAVIA** Fueling or portion of the lean and green meal to allow yourself extra alcohol calories.
- Alcohol should accompany a meal, especially for people with diabetes, who could suffer hypoglycemic episodes as a result of a reduced-calorie diet and some medications for diabetes.
- Adjust meal choices when selecting alcoholic beverages. Choose lower-carb veggies, and leaner protein choices. Eliminate all other optional condiments, snacks, and infusers during the weight-loss phase of the program.

Tips to Keep You on Track

Before Dining Out

Be prepared

When you know what optimal nutrition looks like, healthy eating becomes second nature. When a spontaneous dining opportunity present itself, you will know just what to do. Ask yourself:

- What will I do if someone gives me a hard time about my choices?
- What will I do if I've never been to this restaurant before?
- What will I do if they have my favorite dish/dessert?

By mentally “walking yourself through” the situations you’re likely to encounter at the restaurant, you’ll be better prepared to handle them with confidence. With a little preparation, dining out is enjoyable and stress free.

Research menus

Most restaurants have menus online and some even publish the nutrition information of their dishes. If there’s no information online and the eatery is close, consider stopping in for an advance peek.

Looking over the offerings in advance lets you take your time and make careful, healthy choices. You’ll know what to order once you’re seated without feeling rushed or self-conscious. If you can’t find something that’s appropriate for your phase of the program, ask!

Many restaurants are willing to accommodate simple requests for something within the lean and green meal guidelines.

Just as you would not think twice about ordering something special for someone with food allergies or other dietary needs, you should feel confident about inquiring about healthy choices. Remember, feeling great about your healthy choices is the goal.

Pick good companions

Sometimes who you eat with is almost as important as where you dine. The first few times you eat in a restaurant after starting your **OPTAVIA** journey be sure your companions are supportive of you and your endeavors. Soon, you'll be comfortable enough to make the right choices, no matter the company.

During the Meal

Eat mindfully

Bring all of your senses to the table. Take in the aroma of the food, notice the texture of the food on your tongue, and really taste your meal. Experience each bite from start to finish. It typically takes the stomach 15 to 20 minutes to signal the brain that you've had enough food. Get the most out of every bite by eating slowly, and give yourself a chance to notice when you're full.

Watch your thinking

Our inner dialogue can get us into trouble when we experience worry that refusing food or drinks will offend someone or call attention to ourselves in a negative way. Likewise, you might tell yourself that if you

have one bite of dessert, it's all over and you've blown it.

Try questioning the helpfulness of those types of thoughts. Ask yourself:

- Is this thought in any way useful or helpful?
- Does this thought help me take effective action towards my health?
- Does this thought help me to be who I want to be?

If a thought is deemed unhelpful, let it go. After all, these are just thoughts, and not some command you have to obey or rule you have to follow. They can be allowed to come and go of their own accord without any need for you to hold on to them, push them away, or obey their command.

Be assertive

If someone pressures you to eat something you know isn't in line with your health goals, stand up for yourself. You have the right to be heard and don't have to apologize or explain yourself to anyone. You can respectfully communicate your wishes, thoughts, and feelings and not have to feel at the mercy of anyone who doesn't understand. You can say, "Thanks, but no thanks: I'm completely committed to healthy eating right now."





become your most fulfilled you

Dealing with Any Urges

Breathe Deep

One of the easiest and most powerful ways to handle an unhealthy eating urge is to stop and take a few deep, cleansing breaths. Close your eyes and concentrate on slowly filling and emptying your lungs as your mind quiets down and you reboot your awareness. Open your eyes and continue enjoying yourself.

Engage in the conversation

If you're thinking obsessively about the food, switch gears. Try focusing on the conversation, being completely "in the moment" with your dining companions; ask questions, listen intently, and show them you're listening by reflecting back what they're saying. This is not only a good way to take your mind off food but also an excellent way to practice good communication skills!

Talk it out

Talking about your urges to eat with your **OPTAVIA** Coach or someone who understands can provide relief. It is not a sign of weakness or failure to have these feelings from time to time. Plus, your Coach can give you valuable support as you stick to healthy choices. No matter what you are facing, your Coach has likely been in your very same shoes and can help steer you to success.

“Urge Surf”

If you don't feel comfortable talking it out and you can't take your mind off of food, then you can try opening up to those thoughts. A food craving is like an ocean wave. It builds, crests, crashes gently onto shore, and then fades away into the sand. As compelling as the urge is, it's temporary: If you can allow it to just be there and let it run its course, you'll find the feeling passes within a few minutes.

If All Else Fails...

Remember that you are on a journey to lifelong transformation, one healthy habit at a time. One slip-up or ill-advised indulgence will not ruin your chances of long-term Optimal Health and Wellbeing. If you fall off the wagon, treat yourself with compassion, reframe the experience as a learning opportunity, and get back on track right away. The idea is to prevent an unhealthy decision from becoming a complete relapse into old, unhealthy eating habits.





*increase your health,
confidence and vitality*

the life you want is waiting



Healthy Celebrations

When You're a Guest

Pay attention

When you're at a gathering, there are hundreds of distractions that can take your mind off of what and how much you're eating. In an instant you can look down and realize your plate is suddenly empty! The best strategy for continued weight control is to stay mindful and focused when you are interacting with food and drink, and ensure that you're making choices in the best interest of your healthy goals.

Don't go hungry

Eating small, regular meals on the day of your event can help you stay full and energized so you're less likely to eat something on impulse. Bring your favorite **OPTAVIA** Fueling with you to the event, or plan to have your lean and green meal there.

Control your portions

If you're served a larger-than-necessary portion at a sit-down event, push the extra amount to the side of your plate and stop when you've eaten an appropriate amount. At a buffet, choose a small plate and stick to right-sized servings of lean proteins and non-starchy vegetables. Once you've finished, move away from the food and enjoy a lively conversation or the company of those around you.

Search out the healthy

Just about every party has healthy food. Lean roasted meats, shrimp cocktail without sauce, raw veggies, and leafy greens are some good examples. For beverages, bring your favorite Flavor Infuser to drink with water, or stick with calorie-free soda, sparkling water, sugar-free iced tea, or coffee.

Rethink your drink

Alcoholic beverages are loaded with empty calories, and should be avoided on the **OPTAVIA** Program. If you do choose to have an alcoholic beverage, select a plain liquor with a zero-calorie mixer. Better yet, skip the alcohol altogether and volunteer to be a designated driver: Your friends (and your health) will appreciate it.

Bring your own

If you're attending a potluck, picnic, or tailgate party, bring a lean and green-style dish that everyone will enjoy. Visit **OPTAVIA's** Pinterest page for healthy party favorites!

Feed your spirit and your relationships

Social gatherings strengthen bonds between people, and food doesn't have to take center stage. Engage in good conversations and concentrate on really getting to know someone. Over the holidays, plan non-food-based activities like volunteering, attending parades, kids' arts and crafts, and sports activities. You'll appreciate new traditions and make lasting memories to cherish.

Inspire others

If being unhealthy has caused you to avoid the spotlight at social events in the past, you can find yourself a little nervous about joining the party. People may notice your positive changes in both appearance and attitude. Relax and enjoy the chance to model healthy behaviors such as wise nutrition choices. When you succeed, your transformation will be an inspiration to others. Share with others how **OPTAVIA** has helped you create space for the life you want.

When You're the Host or Hostess

Modify your favorites

You don't have to give up traditional party favorites when you can make healthier versions of them. For example, mashed cauliflower makes for a tasty alternative to mashed potatoes, and baked buffalo cauliflower "wings" can spice up any tailgate or barbecue.

Be leery of leftovers

When you're cleaning up, delegate the task of packaging leftovers to someone else while you wash dishes, sweep up, or take out the trash. Send cake, pie, and extra goodies home with friends, or take them into the office for co-workers. For healthy items, portion them out into ready-made lean and green meal portions and refrigerate or freeze them to save you time later.

Focus on your non-favorites

If you're preparing a party dessert, make it something that's easier for you to resist. For example, if your weakness is chocolate, go with a fruit-based treat. Keep your favorite sweet Fueling, like the **OPTAVIA** Chocolate Mint Cookie Crisp Bar, within reach for when your sweet tooth strikes!

Healthy Ideas for Specific Cuisines

The next section of the Dining Out Guide provides suggestions on how to make healthy food choices while dining out at restaurants that feature a specific cuisine. The information found in this section is ideal for the weight maintenance phase of the **OPTAVIA** program; these suggestions are not necessarily adherent to the lean and green meal guidelines. During the weight loss phase, stick to the lean and green meal guidelines as much as possible (5-7 ounces of cooked lean protein, 3 servings of non-starchy vegetables, and 0-2 servings of healthy fats) and refer to the specific recommended options listed in the restaurant section of this guide.



American

Healthy Ideas

- Choose lean protein, like boneless, skinless chicken, fish, seafood, venison, buffalo, or lean beef that is blackened, mesquite grilled, charbroiled, or broiled.
- Fill up on non-starchy vegetables, like broccoli, green beans, or cauliflower that is grilled, steamed, or roasted.
- Stick with broth-based soups; avoid creamy soups.
- Enjoy seltzer or plain water with fresh lemon or lime slices.
- Replace high-calorie sides like potato chips, fries, and coleslaw with fresh fruit, extra vegetables, or a side salad.
- Healthier Options: a grilled chicken or fish sandwich with a whole wheat bun (or none at all), salad with grilled chicken, shrimp, or steak (no croutons, cheese, or other high-calorie toppings), grilled sirloin steak with steamed vegetables.

Avoid

- Fried, golden, and crispy foods.
- Creamy sauces, garlic butter, and Alfredo sauce.
- High calorie condiments like mayonnaise and barbeque sauce.
- Sandwiches, burgers, or subs with high-fat and high-sodium meats like salami, bologna, pastrami, crispy chicken, etc.
- Sugar-sweetened beverages like soda, sweet tea, juice, and alcoholic beverages.
- Large and jumbo meal options.



Chinese

Healthy Ideas

- Choose lean protein, like boneless, skinless chicken, shrimp, scallops, lean beef, or tofu with non-starchy veggies that have been steamed, grilled, baked, or roasted.
- Select broth-based soups like egg drop, wonton, or hot & sour.
- Always ask for sauce on the side. Use low-sodium soy sauce when available.
- Eat with chopsticks to slow down the eating process.
- Ask for extra vegetables in place of rice.
- Healthier Options: Moo Goo Gai Pan (stir-fried chicken and vegetables), shrimp with lobster sauce, Buddha's Delight, Ma Po (Hunan) tofu, veggie spring rolls, or Szechuan prawns, shrimp, chicken, beef, or lean pork.

Avoid

- Crispy, golden brown, or sweet-and-sour deep-fried foods.
- Fried egg rolls and fried rice.
- Lo Mein and Chow Fun, due to its oil-covered noodles and fatty marbled meat.
- High fat meats, like barbeque spare ribs.
- Any meats that are breaded, like General Tso's Chicken, Sweet and Sour Chicken, and Crab Rangoon.



French

Healthy Ideas

- Choose roasted, poached, grilled, broiled, or braised lean protein, like fish and shellfish.
- Fill up on non-starchy vegetables, like steamed asparagus, roasted tomatoes, or fresh salad greens.
- Select broth-based soups.
- Enjoy vinaigrettes on the side as a salad dressing.
- Look for menu items that are en brochette (cooked or served on a skewer) or nouvelle cuisine (lighter, more delicate dishes).
- Healthier Options: a salad with vinaigrette dressing and grilled chicken, Bouillabaisse (fish stew), Navarin (lamb and vegetable stew), ratatouille, fish and vegetables en papillote.

Avoid

- Cheese and crème fraîche.
- Quiche, cordon bleu, and stuffed foods/casseroles.
- Creamy soups and rich sauces.
- Au gratin
- High fat meats like sausage and foie gras or pate.
- Farce (bread-based stuffing with added fat).



Greek

Healthy Ideas

- Choose lean cuts of meat, lamb, and fish that are roasted or baked.
- Replace a side of rice or pasta with a small salad or extra vegetables.
- Squeeze lemon juice onto your veggies, meat, and fish instead of using traditional cream sauces.
- Ask for low-fat Greek yogurt in place of traditional Greek yogurt.
- Limit nuts and feta cheese.
- Healthier Options: hummus, tzatziki, fish or chicken souvlaki with raw, grilled, or roasted vegetables, a Greek frittata (skip the cheese and potatoes and ask for olives on the side), plaki (fish cooked in tomatoes, onions, and garlic).

Avoid

- Traditional béchamel sauces that are rich with milk or cream and butter.
- Spanakopita (spinach pie with egg and cheese)
- Moussaka (lamb and beef casserole) and other creamy or cheese entrées
- Fried foods, like fried calamari.
- Phyllo pastry dishes



Indian

Healthy Ideas

- Choose lean protein such as boneless, skinless chicken, seafood, and lamb that is braised, steamed, baked, or grilled.
- Fill up on non-starchy vegetables like eggplant, cauliflower, and spinach.
- Ask for your dish without nuts.
- Skip the rice and flatbread and ask for extra vegetables or roti (generally made from whole wheat flour rather than white flour).
- Healthier Options: burtha (minced vegetables), boti kabab (lamb in tandoor), chicken tandoori, raita (yogurt dip), dal (lentil dishes), mulligatawny soup, or chicken tikka with steamed vegetables.

Avoid

- Foods containing ghee (clarified butter).
- Foods with malai, which means cream, and makhani, which is made with butter.
- Fried appetizers and entrées with crispy or golden in the name.
- Soups or dishes made with full-fat coconut milk.
- Fried foods, like puri (fried bread), samosas, and pakora.
- Fried, stuffed, leavened breads.



Italian

Healthy Ideas

- Choose lean protein, like boneless, skinless chicken, shrimp, calamari, or octopus, free of any breading or other coating. Make sure your protein is baked, broiled, or grilled.
- Have a lighter appetizer like mussels, clams, or marinated vegetables.
- Ask for whole wheat pasta or a whole wheat crust if available.
- Select broth-based soups, such as minestrone or Italian wedding soup.
- Have extra vegetables or a side salad in place of pasta.
- Healthier Options: an Italian salad (insalata) with grilled shrimp or scallops and dressing on the side (skip the croutons and cheese), grilled fish with steamed vegetables, grilled chicken spiedini.

Avoid

- Bread baskets
- Casseroles and pastas with cream based sauces.
- Cheesy dishes, like mushrooms or pasta shells stuffed with cheese.
- Anything breaded and/or fried (fritti), like fried calamari or mozzarella sticks.
- Creamy soups, filled pastas, and sauces like fettuccini alfredo, pesto sauce, or carbonara.
- Bolognese or parmesan, like lasagna Bolognese or chicken parmesan.
- Skip dishes where pasta is the main focus, like lasagna or tortellini.



Japanese

Healthy Ideas

- Choose lean protein that is steamed, sautéed, braised, grilled, barbecued, broiled, or served in broth.
- Fill up on non-starchy vegetables, like bell pepper, snap peas, cabbage, and mushrooms, or a side salad (dressing on the side).
- Select broth-based soups, like miso soup.
- In place of white rice, ask for extra veggies, brown rice, or soba noodles (made from whole grain buckwheat) instead.
- Ask for low-sodium soy and teriyaki sauce.
- Stick with classic sushi rolls since they are usually easy on the extras.
- Healthier Options: unsweetened green tea, salmon sashimi with a side salad (dressing on the side), Shabu-Shabu (meat and vegetables dipped into a simmering broth), seaweed salad, grilled calamari with steamed vegetables, tuna & avocado roll.

Avoid

- Battered and fried foods, like tempura shrimp and crunchy shrimp roll.
- Creamy sauces, including those served with special rolls.
- Large portions of white rice.
- Chawanmushi (chicken and shrimp in egg custard).
- Agedamono (deep fried foods), like tempura.
- Tonkatsu (breaded, deep-fried pork cutlet).
- Fried bean curd and fried dumplings.
- Sushi with crispy, crunchy, tempura, mayo, cream cheese, or similar words in the title or description.



Mexican

Healthy Ideas

- Choose lean protein, like boneless, skinless chicken or fish that is grilled, barbecued, or baked.
- Select soups like gazpacho, chili con carne, or black bean soup.
- Skip the rice and refried beans; ask for more non-starchy vegetables instead.
- Ask for your food to be prepared without the use of added butter or lard.
- Flavor your meal with pico de gallo, fresh salsa, or jalapeños. Use guacamole in moderation. Typically, two tablespoons of guacamole will be equivalent to one healthy fat serving.
- Instead of refried beans, have plain red beans, black beans, borracho beans, or frijoles a la charra.
- Choose corn tortillas instead of flour for more fiber and less sodium.
- Healthier Options: a taco salad without a tortilla bowl, cheese, sour cream, guacamole, and any other high calorie toppings, chicken fajitas (avoid or limit tortillas, cheese, sour cream), grilled fish with salsa and steamed vegetables.

Avoid

- Sour cream, cheese, refried beans, and baskets of tortilla chips.
- Nachos, chimichangas, chalupas, taquitos, chile relleno, and quesadillas.
- Items with melted cheese or chili con queso.
- Crunchy tortilla shells and bowl-shaped tortillas.
- High fat meats, like chorizo.



Thai

Healthy Ideas

- Choose lean protein, like chicken or tofu, that is stir-fried, sautéed, braised, or steamed.
- Fill up on non-starchy vegetables like eggplant, squash, and tomatoes.
- Select lighter soups, like tom yum goong and pak taek.
- Enjoy a fresh salad or vegetable-filled dish.
- Stick with lighter, stir-fried dishes and fresh spring rolls.
- Request low-sodium soy sauce.
- Limit peanuts, sesame seeds, and other nuts/seeds to save calories.
- Healthier Options: Fresh spring rolls, satay, steamed mussels, stir-fried dishes, neua pad prik (pepper steak), hot and sour shrimp soup (tom yum goong), cashew chicken.

Avoid





















- Deep fried, crispy golden brown foods, like fried spring rolls and fried rice.
- Limit dishes made with coconut milk and heavy sauces.
- High-sodium soups, like tom ka gai (chicken coconut soup).





Want to add a restaurant to our Dining Out Guide?
Contact NutritionAndWellness@OPTAVIA.com for suggestions and requests. Please note that menu items and nutrition information change frequently at restaurants. This information reflects the options and information available at the time of publication.

Sit Down Restaurant Options

APPLEBEE'S®		
COMPLETE LEAN AND GREEN MEALS:		
Grilled Chicken Caesar Salad with Caesar Dressing, Half or Lunch Portion	1X 	3X 
Thai Shrimp Salad with Chili Lime Vinaigrette (no wonton strips)	1X 	3X 
SALADS:		
House Salad	3X 	2X 
Grilled Caesar Salad with Caesar Dressing, Lunch Size	3X 	2X 
Thai Shrimp Salad with Chili Lime Vinaigrette (no wonton strips), Lunch Size	½X 	3X 
PROTEINS:		
Beef		
6 oz. or 8 oz. USDA Top Sirloin	1X 	
Butcher's Reserve 12 oz. Top Sirloin, Half Portion	1X 	
Chicken		
Grilled Chicken Breast	1X 	
Seafood		
Shrimp 'N Parmesan Sirloin, Half Portion	1X 	
VEGETABLES:		
Steamed Broccoli	1X 	2X 
Garlicky Green Beans	3X 	2X 
Fire-Grilled Veggies	3X 	2X 

Key for Restaurant Options



Lean



Leaner



Leanest



Green



Healthy Fats

Assume that salad options are without croutons and dressings, unless otherwise noted.



Lean



Leaner



Leanest



Green

Healthy
Fats**BAHAMA BREEZE®****COMPLETE LEAN AND GREEN MEALS:**

Grilled Chicken Cobb Salad, Half Portion	1X	3X
Steak Oscar (no mashed potatoes), Half Portion	1X	3X
Grilled Top Sirloin Steak (no mashed potatoes), Half Portion	1X	3X

SALADS:

House Salad with Island Vinaigrette	3X	2X
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PROTEINS:**Seafood**

Fresh Salmon, Grilled or Sautéed	1X	
Fresh Tilapia, Grilled or Sautéed	1X	
Fresh Redfish, Grilled or Sautéed	1X	
Fresh Mahi Mahi, Grilled or Sautéed	1X	
5 oz. Lobster Tail	½X	
Sautéed Shrimp	½X	

VEGETABLES:

Green Beans	2X	1X
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BOB EVANS®**SALADS:**




















Farmhouse Garden Salad with Balsamic Vinaigrette	3X	1X
Tomato Cucumber Salad with Champagne Vinaigrette Dressing, à la carte	3X	2X

PROTEINS:**Chicken**

Grilled Chicken Breast	1X	
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Eggs

2 Egg Whites	½X	
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Turkey		
Turkey Sausage Links (3)	1X 	
Seafood		
Grilled Salmon Filet	1X 	
VEGETABLES:		
Fresh Steamed Broccoli	2X 	
Green Beans with Ham	2X 	
BONEFISH GRILL®		
COMPLETE LEAN AND GREEN MEALS:		
Florida Cobb Salad with Citrus Herb Vinaigrette (no mango), Half Portion	1X 	3X 
PROTEINS:		
Beef		
6 oz. Filet Mignon	1X 	
The Angler's Sirloin Steak	1X 	
Chicken		
Lily's Chicken, Half Portion	1X 	1X 
Add-On: Herb-Grilled Chicken	1X 	
Pork		
Fontina Pork Chop, Half Portion	1X 	
Seafood		
Grilled Rainbow Trout	1X 	
Grilled Ahi Tuna Steak	1X 	
Pecan Parmesan Crusted Rainbow Trout, Half Portion	1X 	
Tilapia Imperial, Half Portion	1X 	
Grilled Tilapia	1X 	
Grilled Atlantic Salmon, Half Portion	1X 	
Sea Scallops & Shrimp	1X 	



Lean



Leaner

























Leanest



Green

Healthy
Fats

Add-On: Wood-Grilled Shrimp	1X	
Add-On: Ahi Tuna	1X	
Add-On: Wood-Grilled Salmon	1X	
VEGETABLES:		
Steamed Asparagus	2X	
French Green Beans	2X	1X
Steamed Broccoli	3X	1X
BUFFALO WILD WINGS®		
COMPLETE LEAN AND GREEN MEALS:		
Garden Chicken Salad with Blackened Chicken, Half Portion	1X	3X
PROTEINS:		
4 Naked Tenders (no sauce or fries)	1X	
CALIFORNIA PIZZA KITCHEN®		
COMPLETE LEAN AND GREEN MEALS:		
Roasted Veggie Salad with Dijon Balsamic Vinaigrette (no artichoke or corn), Half Portion	1X	3X
Classic Caesar Salad with Grilled Shrimp and Caesar Dressing, Half Portion	1X	3X
SALADS:		
Asparagus & Arugula Salad with Lemon Vinaigrette	3X	2X
Side Classic Caesar Salad with Caesar Dressing	3X	2X
THE CAPITAL GRILLE®		
COMPLETE LEAN AND GREEN MEALS:		
Caesar Salad with All-Natural Chicken Breast and Caesar Dressing, Lunch Size	1X	3X
Maine Lobster Salad with Citrus Vinaigrette (no avocado), Lunch Size	1X	3X
The Capital Grille Cobb Salad with Sliced Tenderloin and Mustard Dressing, Lunch Size, Half Portion	1X	3X

SALADS:		
Field Greens Salad with Parmesan Vinaigrette	3X 	2X 
PROTEINS:		
Beef		
Sliced Dry Aged Sirloin with Chili Vinaigrette, Half Portion	1X 	
14 oz. Dry Aged NY Strip Au Poivre, Half Portion	1X 	
Veal Tomahawk Chop, Half Portion	1X 	
14 oz. Bone-In Strip, Lunch Size, Half Portion	1X 	
8 oz. Filet Mignon, Lunch Size	1X 	
14 oz. Dry Aged NY Strip, Half Portion	1X 	
10 oz. Filet Mignon, Half Portion	1X 	
Seared Tenderloin with Butter Poached Lobster Tails, Half Portion	1X 	
Lamb		
Double Cut Lamb Rib Chops	1X 	
Seafood		
Shrimp/Prawn Cocktail (no sauce)	1X 	
Cold Shellfish Platter (no sauce)	1X 	
Grand Plateau, Half Portion (no sauce)	1X 	
Jumbo Lump Crab Cocktail (no mustard sauce)	1X 	
Tuna Tartare with Avocado, Mango, and Sriracha (no mango)	1X 	
VEGETABLES:		
French Green Beans, Lunch Size	2X 	2X 
Grilled Asparagus with Lemon Mosto	3X 	2X 
Sautéed Spinach with Garlic Confit	3X 	1X 



Lean



Leaner



Leanest



Green

Healthy
Fats**CARRABBA'S ITALIAN GRILL®****PROTEINS:****Beef**

9 oz. Tuscan-Grilled Filet, Half Portion	1X	
Veal Marsala, Half Portion	1X	
6 oz. Tuscan-Grilled Sirloin, Lunch Size	1X	
9 oz. Tuscan-Grilled Sirloin, Half Portion	1X	
14 oz. Tuscan-Grilled Veal Chop, Half Portion	1X	

Chicken

Chicken Marsala, Half Portion	1X	
Chicken Bryan, Half Portion	1X	
Pollo Rosa Maria, Half Portion	1X	
Italian Lettuce Wraps (no port wine reduction)	½X	3X
The Johnny, Half Portion	1X	
Tuscan-Grilled Chicken	1X	

Pork

Tuscan-Grilled Pork Chop (1 chop)	1X	
Prosciutto-Wrapped Pork Tenderloin	1X	
Grilled Asparagus with Prosciutto	½X	2X

Seafood

Salmon Cetriolini, Half Portion	1X	
Wood-Grilled Tilapia	1X	

VEGETABLES:

Grilled Asparagus	2X	1X
Freshly Steamed Spinach	2X	
Steamed Vegetables	2X	
Sautéed Broccoli	3X	2X



CHILI'S®**COMPLETE LEAN AND GREEN MEALS:**

6 oz. Sirloin with Grilled Avocado	1X 	3X 
Grilled Chicken Salad with Honey-Lime Vinaigrette (no corn and bean salsa)	1X 	3X 

SALADS:

House Salad	3X 	1X 
Fresco Salad with Honey-Lime Vinaigrette	2X 	2X 


PROTEINS:**Beef**

10 oz. Classic Sirloin, Half Portion	1X 	
Mix & Match Fajitas: Grilled Steak (protein only), One Portion	1X 	

Chicken

Mix & Match Fajitas: Grilled Chicken (protein only), One Portion	1X 	
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Pork

Mix & Match Fajitas: Pork Carnitas (protein only), One Portion	1X 	
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Turkey

Turkey Patty	1X 	
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Seafood

Mix & Match Fajitas: Seared Shrimp (protein only), One Portion	½X 	
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VEGETABLES:

Steamed Broccoli	2X 	1X 
Asparagus & Garlic Roasted Tomatoes	3X 	

COWBOY CHICKEN®**COMPLETE LEAN AND GREEN MEALS:**

Monterey Salad with Chili Lime Dressing, Half Portion	1X 	3X 
Southwest Chicken Salad with Ranch Dressing (no corn, beans, or tortilla strips), Half Portion	1X 	3X 



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Green

Healthy
Fats**SALADS:**

Tangy Tomato & Cucumber Salad

2X

Garden Salad

2X

PROTEINS:**Chicken**

3 Piece Chicken Dark

1X

¼ Chicken White

1X

¼ Chicken Dark

1X

VEGETABLES:

Roasted Veggies

3X

1X

Green Beans

2X

CRACKER BARREL®**COMPLETE LEAN AND GREEN MEALS:**

Country House Salad with Grilled Chicken

1X

3X

Grilled Chicken Salad, Half Portion

1X

3X

Southern Grilled Chicken Caesar Salad with Caesar Dressing,
Half Portion

1X

3X

Bowl of Turnip Greens

1X

3X

SALADS:

Mixed Green Side Salad

1X

House Salad

½X

3X

PROTEINS:**Beef**

Fancy Fixin's: Roast Beef (no sides), Half Portion


















1X

Fancy Fixin's: 10 oz. Rib Eye Steak (no sides), Half Portion

1X

Fancy Fixin's: Grilled Sirloin Steak (no sides)

1X

Chicken		
Fancy Fixin's or Country Dinner Plate: Grilled Chicken Tenderloins (no sides)	1X 	
Eggs		
2 Eggs, Any Way You Like 'Em	¾X 	
2 Scrambled Egg Whites	½X 	
Pork		
Grilled Pork Chop, Breakfast Size	1X 	
Country Dinner Plate: Grilled Pork Chop (no sides)	1X 	
Turkey		
Turkey Sausage Patties (2)	½X 	
Seafood		
Fancy Fixin's: Spicy Grilled Farm-Raised Catfish (2 filets, no sides)	1X 	
Fancy Fixin's or Country Dinner Plate: Lemon Pepper Grilled Rainbow Trout (no sides)	1X 	
VEGETABLES:		
Country Green Beans	2X 	
Turnip Greens	2X 	1X 
DENNY'S®		
COMPLETE LEAN AND GREEN MEALS:		
Avocado Chicken Caesar Salad with Caesar Dressing, Half Portion	1X 	3X 
Grilled Chicken Cobb Salad, Half Portion	1X 	3X 
PROTEINS:		
Beef		
Build Your Own Burger: Beef Patty (protein only)	1X 	
Chicken		
Build Your Own Burger: Grilled Seasoned Chicken Breast (protein only)	1X 	



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Eggs		
2 Eggs	¾X	
2 Egg Whites	½X	
Pork		
Grilled Ham Slice	½X	
Turkey		
4 Turkey Bacon Strips	½X	
VEGETABLES:		
Broccoli	1X	
Fresh Sautéed Zucchini & Squash	1X	1X
Dippable Veggies (no dressing)	1X	
Fresh Steamed Zucchini & Squash	1X	
EAT 'N PARK®		
COMPLETE LEAN AND GREEN MEALS:		
Grilled Chicken Salad (no fries)	1X	3X
Steak Salad (no fries), Half Portion	1X	3X
Greek Chicken Salad with Greek Dressing (no chickpeas or couscous)	1X	3X
Farmer's Grilled Chicken and Vegetable Salad with Balsamic Dressing	1X	3X
Grilled Chicken and Vegetable Flatbread (no bread or balsamic glaze)	1X	3X
SALADS:		
Side Garden Salad	2X	
PROTEINS:		
Beef		
Smothered Ground Sirloin Steak (no gravy)	1X	2X
Philly Cheesesteak (no bun), Half Portion	1X	
Chicken		
Chicken Bruschetta	1X	1X
Grilled Chicken	1X	

Chargrilled Chicken Sandwich (no bun)	1X 	3X 
Chicken Fajita Flatbread (no chipotle sauce or bread)	1X 	2X 
Rosemary Chicken	1X 	1X 
Eggs		
2 Poached Eggs	½X 	
2 Egg Whites	½X 	
Ham & Cheese Omelette (no toast or potatoes), Half Portion	1X 	
Ground Sirloin & Eggs Smile (no bread or potatoes), Half Portion	1X 	
Spinach Tomato Omelette (no hollandaise, toast, or potatoes)	1X 	1X 
Turkey		
Hot Turkey Sandwich (no bread)	1X 	
Pieces Turkey Sausage (3)	½X 	
Seafood		
Baked Cod (no breadcrumb topping)	1X 	
VEGETABLES:		
Fresh Broccoli	3X 	
Sugar Snap Peas	2X 	
GLORY DAYS GRILL®		
COMPLETE LEAN AND GREEN MEALS:		
8 Grilled Boneless Chicken Wings (no sauce) with Celery Sticks	1X 	3X 
Cedar Plank Salmon (no rice or mustard remoulade), Half Portion	1X 	3X 
Seared Tilapia (no potatoes or orange butter sauce)	1X 	3X 
Baymazing Crab & Grilled Chicken, Half Portion	1X 	3X 
Grilled Fish or Pork Tacos (no taco shells, mango, mayo, dressing, or chips)	1X 	3X 
Chicken or Philly Cheesesteak with Grilled Mushrooms & Peppers (no roll, fries, or mayo)	1X 	3X 



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Fats

Glory Days Cobb Salad, Half Portion	1X	3X
Grilled Buffalo Chicken Salad, Half Portion	1X	3X
Grilled Chicken Salad, Half Portion	1X	3X
Southwest BBQ Chopped Salad with Southwest Ranch Dressing (no BBQ sauce or tortilla strips), Half Portion	1X	3X
Grilled Chicken Caesar Salad with Caesar Dressing, Half Portion	1X	3X
SALADS:		
Side Caesar Salad	2X	
Side Tossed Salad	2X	1X
PROTEIN:		
Beef		
Center-Cut Sirloin Steak (no potatoes), Half Portion	1X	
Beef on Weck (no roll, fries, or sauce)	1X	
Holy Guacamole Burger (no roll or fries), Half Portion	1X	1X
All-Star Burger (no roll or fries)	1X	1X
Northfork Ranch Bison Burger (no roll or fries)	1X	1X
Chicken		
Grilled Chicken tacos (no taco shells, mango, mayo, or chips)	1X	3X
Grilled Chicken Sandwich (no roll, fries, or sauce), Half Portion	1X	1X
Pork		
Rib & Shrimp Combo (no fries, cole slaw, or cocktail sauce), Half Portion	1X	
Turkey		
Turkey Burger (no roll, fries, or mayo)	1X	1X
Turkey BLT Sandwich (no toast, fries, or mayo)	1X	1X

Seafood		
Grilled Shrimp Platter (no fries, cole slaw, or cocktail sauce)	1X	
Add-On: Grilled Shrimp (no cocktail sauce)	1X	
VEGETABLES:		
Fresh Seasonal Vegetables	3X	
GOLDEN CORRAL®		
PROTEIN:		
Beef		
3 oz. BBQ Beef	½X	
3 oz. Machacha Beef	½X	
3 oz. Roast Carved Beef	½X	
3 oz. Marinated Chuck or Sirloin Beef Tips	1X	
½ Cup Carne Guisada Beef	½X	
3 oz. Fajita Steak	½X	
3 oz. Sirloin	½X	
Chicken		
3 oz. Grilled BBQ Chicken	½X	
1 Grilled Chicken Breast	½X	
3 oz. Fajita Chicken	½X	
3 oz. Machaca Chicken	½X	
Rotisserie Chicken (breast and wing)	1X	
Pork		
3 oz. Sliced Ham	½X	
2 Grilled Ham Steaks	½X	
3 oz. Grilled Pork Chop	1X	



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Turkey		
3 oz. White Meat Turkey	1X	
3 oz. Carved Turkey Breast	½X	
Seafood		
1 Baked Florentine Fish	½X	
3 oz. Carved Salmon	½X	
3 oz. Baked Fish with Piccata Sauce	½X	
VEGETABLES:		
4 Steamed Asparagus Spears	1X	2X
½ Cup Steamed Cabbage	1X	1X
½ Cup Collard Greens	1X	
½ Cup Steamed Broccoli	1X	
½ Cup Steamed Cauliflower	1X	
½ Cup Steamed Green Beans	1X	1X
½ Cup Kettle Cooked Cabbage	1X	
½ Cup Sautéed Spinach	1X	2X
½ Cup Kettle Cooked Turnip Greens	2X	
½ Cup Sautéed Zucchini	1X	1X
IHOP®		
COMPLETE LEAN AND GREEN MEALS:		
Grilled Chicken Caesar Salad with Caesar Dressing, Half Portion	1X	3X
Egg White Vegetable Omelette (no fruit)	1X	3X
Tusan Scramble (no potatoes or bread)	1X	3X
Tilapia Florentine (no mashed potatoes), Half Portion	1X	3X
SALADS:		
Mixed Greens House Salad	3X	

PROTEIN:		
Chicken		
Bacon Crusted Chicken (no red potato hash)	1X 	1X 
Eggs		
2 Fried, Hard or Soft Boiled, or Poached Eggs	½X 	
Pork		
Slice of Ham or Ham Steak	½X 	
Turkey		
Turkey Sausage Links (4)	½X 	
Turkey Bacon Slices (4)	½X 	
ISLANDS RESTAURANTS®		
COMPLETE LEAN AND GREEN MEALS:		
Jungle Caesar Salad with Caesar Dressing, Half Portion	1X 	3X 
VEGETABLES:		
Steamed Veggies	3X 	2X 
JOE'S CRAB SHACK®		
COMPLETE LEAN AND GREEN MEALS:		
Joe's Chopped Salad with Grilled Chicken, Half Portion	1X 	3X 
Classic Caesar Salad with Grilled Chicken or Shrimp	1X 	3X 
SALADS:		
Side House Salad	3X 	



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Fats**PROTEIN:****Seafood**

½ Pound Peel n' Eat Shrimp (no cocktail sauce)

1X

Crab Buckets (no potatoes or corn), Half Portions:

Snow Crab

1X

Queen Crab

1X

King Crab

1X

Dungeness Crab

1X

Lobster Daddy Feast

1X

Crab Daddy Feast

1X

Steampots (no potatoes or corn), Half Portions:

Ragin' Cajun

1X

Joe's Classic

1X

The Orleans

1X

Add-Ons:

Snow Crab

1X

Dungeness Crab

1X

½ Pound Shrimp

1X

VEGETABLES:

Broccoli Florets

1X

1X

JOHNNY ROCKETS®**COMPLETE LEAN AND GREEN MEALS:**

Grilled Chicken Club Salad (no bacon)

1X



3X

SALADS:


Garden Salad (no cheese)


2X



PROTEIN:**Beef**

The Original Burger with ¼ lb. Beef Patty (no bun or mayo)	1X 	2X 
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Chicken

Chicken Philly Cheese Steak (no roll or onions)	1X 	
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Grilled Chicken Sandwich (no bun or mayo)	1X 	1X 
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The Original Burger with Chicken Breast (no bun or mayo)	1X 	2X 
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Turkey

The Original Burger with Turkey Patty (no bun or mayo)	1X 	2X 
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LONGHORN STEAKHOUSE®**COMPLETE LEAN AND GREEN MEALS:**

LongHorn Caesar Salad with Chicken or Shrimp and Caesar Dressing, Half Portion	1X 	3X 
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7-Pepper Sirloin Salad, Half Portion	1X 	3X 
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Farm Fresh Field Greens with Chicken or Shrimp	1X 	3X 
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SALADS:


Side Mixed Greens Salad	3X 	1X 
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PROTEIN:**Beef**


6 oz. Renegade Sirloin	1X 	
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6 oz. Flo's Filet	1X 	
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6 oz. Flo's Filet & Lobster Tail, Half Portion	1X 	
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6 oz. Flo's Filet & LongHorn Salmon (no rice), Half Portion	1X 	
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6 oz. Renegade Sirloin & Parmesan Crusted Chicken, Half Portion	1X 	
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6 oz. Renegade Sirloin & Redrock Grilled Shrimp (no rice), Half Portion	1X 	
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6 oz. Hickory Salt Crusted Filet	1X 	
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12 oz. Ribeye, Half Portion	1X 	
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Fats

Chicken		
Parmesan Crusted Chicken, Half Portion	1X	
Napa Grilled Chicken, Lunch or Half Portion	1X	1X
Pork		
Cowboy Pork Chops, Half Portion	1X	
Seafood		
7 oz. LongHorn Salmon (no rice)	1X	
Redrock Grilled Shrimp (no rice)	1X	
Redrock Grilled Shrimp (no rice), Lunch Size	1X	
Lobster Tail	½X	
VEGETABLES:		
Fresh Steamed Asparagus	2X	1X
Fresh Steamed Broccoli	2X	1X
MIMI'S CAFE®		
COMPLETE LEAN AND GREEN MEALS:		
Cobb Salad (no bacon)	1X	3X
Spinach Salad with Grilled Atlantic Salmon and Bacon Balsamic Vinaigrette, Half Portion	1X	3X
SALADS:		
Side House Salad	3X	2X
PROTEIN:		
Eggs		
Egg White and Veggie Omelet (no fruit)	1X	3X
2 Eggs, Any Style	½X	
2 Egg Whites	½X	

Turkey		
Turkey Sausage Links	½X 	
VEGETABLES:		
Broccoli	2X 	2X 
Sautéed Spinach	2X 	2X 
Green Beans	2X 	2X 
O'CHARLEY'S®		
COMPLETE LEAN AND GREEN MEALS:		
Grilled Chicken Caesar Salad with Caesar Dressing, Half Portion	1X 	3X 
SALADS:		
Side House Salad	3X 	1X 
PROTEIN:		
Beef		
Bacon & Bourbon Glazed Filet Mignon, Half Portion	1X 	
6 oz. Grilled Top Sirloin	1X 	
Louisiana Sirloin, Half Portion	1X 	
Seafood		
Fresh Cedar-Planked Salmon, Half Portion	1X 	
6 oz. Fresh Grilled Atlantic Salmon, Blackened	1X 	
VEGETABLES:		
Broccoli	2X 	2X 
Grilled Asparagus	1X 	1X 
THE OLD SPAGHETTI FACTORY®		
COMPLETE LEAN AND GREEN MEALS:		
Chicken Caesar Salad with Caesar Dressing, Lunch Size, Half Portion	1X 	3X 



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Fats**SALADS:**

House Salad Mix

2X

PROTEIN:**Beef**

Side of 4 oz. Tenderloin

1X

Chicken

Diced, Marinated Chicken

1X

VEGETABLES:

Sautéed Mushrooms

1X

2X

Small Fresh Broccoli, Half Portion

2X

2X

OLIVE GARDEN®**COMPLETE LEAN AND GREEN MEALS:**

Chicken Margherita, Lunch or Half Portion

1X

3X

Herb-Grilled Salmon with Broccoli

1X

3X

Chicken Piccata, Lunch or Half Portion

1X

3X

Tilapia Piccata

1X

3X

SALADS:

Famous House Salad with Italian Dressing (one serving)

3X

2X

VEGETABLES:

Steamed Broccoli

1X

Parmesan-Crusted Zucchini

2X

1X

ON THE BORDER®**COMPLETE LEAN AND GREEN MEALS:**

Chicken Fajitas (no tortillas, rice, beans, or extra condiments)

1X

3X

Monterey Ranch Chicken Fajitas, Half Portion
(no tortillas, rice, beans, or extra condiments)


























1X

3X

Fajita Salad with Chicken (no corn)

1X

3X

SALADS:		
House Salad	3X 	
VEGETABLES:		
Grilled Vegetables	3X 	
Sautéed Vegetables	3X 	1X 
OUTBACK STEAKHOUSE®		
COMPLETE LEAN AND GREEN MEALS:		
Aussie Cobb Salad (no add-ons)	1X 	3X 
Brisbane Caesar Salad with Grilled Chicken or Shrimp	1X 	3X 
7 oz. Bacon Bourbon Salmon with Seasonal Mixed Veggies, Half Portion	1X 	3X 
10 oz. Perfectly Grilled Salmon with Seasonal Mixed Veggies, Half Portion	1X 	3X 
Tilapia with Pure Lump Crab Meat with Seasonal Mixed Veggies, Half Portion	1X 	3X 
5 oz. Grilled Chicken on the Barbie with Seasonal Mixed Veggies	1X 	3X 
Parmesan Herb-Crusted Chicken with Seasonal Mixed Veggies, Half Portion	1X 	3X 
SALADS:		
Side House Salad	3X 	1X 
PROTEIN:		
Beef		
6 oz. Victoria's Filet Mignon	1X 	
Filet Mignon & Lobster, Half Portion	1X 	
6 oz. Sirloin & Grilled Shrimp on the Barbie	1X 	
6 oz. Outback Center-Cut Sirloin	1X 	
10 oz. Ribeye, Half Portion	1X 	



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Chicken		
Grilled Chicken on the Barbie, Lunch Size	1X	3X
Seafood		
Steak Mate: Grilled Shrimp	½X	
5 oz. Steamed Lobster Tail	1X	
VEGETABLES:		
Grilled Asparagus	1X	1X
Fresh Steamed Broccoli	3X	2X
Fresh Seasonal Mixed Veggies	3X	2X
Grill Mate: Sautéed Mushrooms	3X	1X
PEI WEI®		
COMPLETE LEAN AND GREEN MEALS:		
Asian Chopped Chicken Salad with Ginger-Sesame Vinaigrette (no crispy wontons), Half Portion	1X	3X
PERKINS®		
COMPLETE LEAN AND GREEN MEALS:		
The Everything Omelet (no cheese)	1X	3X
Mediterranean Omelet	1X	3X
Oven-Baked Vegetable Frittata (no toast or fruit)	1X	3X
Spinach & Mushroom Scramble (no toast or fruit)	1X	3X
Southwest Avocado Salad (no tortilla straws)	1X	3X
The Chopped Cobb Salad (no bacon)	1X	3X
Grilled Chicken with Mushrooms & Asparagus (no rice)	1X	3X
Grilled Garlic Tilapia & Shrimp (no rice)	1X	3X
SALADS:		
Side Garden Salad	3X	

PROTEIN:**Eggs**

Hearty Extra: 2 Eggs

½X 

Hearty Extra: 3 Egg Beaters

½X 

Steak Medallions & Eggs, Half Portion

1X 1X **Turkey**

Turkey & Avocado BLT Sandwich (no bun or mayo)

1X 1X **Seafood**

Grilled Cajun Tilapia & Shrimp (no rice)

1X 3X 

Grilled Salmon

1X **VEGETABLES:**

Fresh Broccoli

2X 2X 

Green Beans with Bacon

2X 

Sautéed Spinach

2X 

Grilled Asparagus

2X **P.F. CHANGS®****COMPLETE LEAN AND GREEN MEALS:**

Jicama Street Tacos: Kung Pao Chicken

1X 3X 

Asian Caesar Salad with Chicken and Caesar Dressing, Half Portion

1X 3X 

Ginger Chicken with Broccoli, Half Portion

1X 3X 

Singapore Black Pepper Chicken, Half Portion

1X 3X 

Beef with Broccoli, Lunch or Half Portion

1X 3X 

Mongolian Beef, Lunch or Half Portion

1X 3X 

Pepper Steak, Lunch or Half Portion

1X 3X 

Miso Glazed Salmon, Half Portion

1X 3X 



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Fats**PROTEIN:****Tofu**

Buddha's Feast Steamed (no rice)

1X

3X

VEGETABLES:

Wok'd Spinach with Garlic

3X

2X

RED HOT & BLUE®**COMPLETE LEAN AND GREEN MEALS:**

Smokehouse Salad (no corn or tortilla strips), Half Portion

1X

3X

Caesar Salad with Grilled Chicken and Caesar Dressing, Half Portion

1X

3X

SALADS:

Pulled Chicken Salad

1X

3X

PROTEIN:**Beef**

Beef Brisket Platter (no beans or slaw)

1X

Chicken

Pulled Chicken Platter (no beans or slaw)

1X

Memphis Half Chicken (no beans or slaw), Half Portion

1X

Pork

Pulled Pork Platter (no beans or slaw)

1X

VEGETABLES:

Collard Greens

2X

RED LOBSTER®**COMPLETE LEAN AND GREEN MEALS:**

Lighthouse Garlic-Grilled Shrimp (no rice)























1X

3X

Lighthouse Rock Lobster Tail (no rice)

1X

3X

Lighthouse Wood-Grilled Peppercorn Sirloin & Shrimp (no rice)	1X 	3X 
Lighthouse Snow Crab Legs (no butter on side)	1X 	3X 
SALADS:		
Side Garden Salad	3X 	
PROTEIN:		
Beef		
Wood-Grilled Peppercorn Sirloin (no mashed potatoes)	1X 	
Wood-Grilled Peppercorn Sirloin and Shrimp (no mashed potatoes), Half Portion	1X 	
Center-Cut NY Strip Steak (no mashed potatoes), Half Portion	1X 	
Seafood		
Signature Shrimp Cocktail (no cocktail sauce)	½X 	
Wood-Grilled Lobster, Shrimp and Salmon (no rice), Half Portion	1X 	
Today's Fresh Fish: Arctic Char, Lake Whitefish, Tilapia, or Wahoo	1X 	
Today's Fresh Fish: Rainbow Trout or Salmon, Lunch or Half Portion	1X 	
Today's Fresh Fish: Flounder, Gulf Snapper, or Sole	1X 	
Today's Fresh Fish: Tilapia, Lunch or Half Portion	1X 	
Today's Fresh Fish: Cod, Grouper, Haddock, Halibut, Opah, Perch, Red Rockfish, Snapper, or Tuna	1X 	
<i>Add-Ons:</i>		
Garlic-Grilled Sea Scallops	½X 	
Garlic-Grilled Shrimp Skewer	½X 	
Topped Maine Lobster Tail	½X 	
Steamed Live Maine Lobster	1X 	
Shrimp and Wood-Grilled Chicken (no rice), Lunch Size	1X 	
Wood-Grilled Shrimp Skewers (no rice), Lunch Size	½X 	3X 



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Fats**VEGETABLES:**

Steamed Broccoli	2X	
Asparagus	2X	1X
Tomato-Moz.zarella Caprese	2X	2X

RED ROBIN®**COMPLETE LEAN AND GREEN MEALS:**

Avo-Cobb-O Salad, Half Portion	1X	3X
Ensenada Chicken Platter with Side Salad	1X	3X
The Wedgie Burger	1X	3X

SALADS:

Side Salad	2X	
House Salad	3X	1X
Simply Grilled Chicken Salad	1X	3X

VEGETABLES:

























Steamed Broccoli	2X	
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ROMANO'S MACARONI GRILL®**COMPLETE LEAN AND GREEN MEALS:**

Caesar Salad with Chicken and Caesar Dressing, Half Portion	1X	3X
Bibb and Bleu Salad with Chicken and Buttermilk Ranch (no crispy onions), Half Portion	1X	3X

RUBY TUESDAY®**COMPLETE LEAN AND GREEN MEALS:**

Kale Caesar Salad with Grilled Chicken and Caesar Dressing, Half Portion	1X	3X
Mediterranean Chicken Salad with Italian Herb Vinaigrette (no basil pesto), Half Portion	1X	3X
Chicken Bella with Grilled Zucchini (no rice pilaf)	1X	3X

SALADS:		
Garden Salad	2X 	2X 
PROTEIN:		
Beef		
Ribeye, Half Portion	1X 	
New York Strip, Half Portion	1X 	
Petite Sirloin & Lobster Tail, Half Portion	1X 	
Asiago Peppercorn Sirloin	1X 	
Cajun Rib Eye, Half Portion	1X 	
Asiago Peppercorn Strip, Half Portion	1X 	
Petite Sirloin	1X 	
Chicken		
Chicken Fresco	1X 	1X 
Smoky Mountain Chicken, Half Portion	1X 	
Double Decker Chicken, Half Portion	1X 	1X 
Seafood		
New Orleans Seafood	1X 	
Blackened Tilapia	1X 	
Grilled Salmon, Half Portion	1X 	
Coastal Trio, Half Portion	1X 	
Skewered Shrimp (no scampi butter)	1X 	
VEGETABLES:		
Fresh Grilled Zucchini	1X 	
Fresh Green Beans	1X 	1X 
Fresh Grilled Asparagus	3X 	
Seasoned Steamed Broccoli	2X 	



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Fats**TEXAS ROADHOUSE®****COMPLETE LEAN AND GREEN MEALS:**

Grilled Chicken Salad, Half Portion

1X

3X

Steakhouse Filet Salad with Bleu Cheese Dressing (no bacon bits),
Half Portion

1X

3X

SALADS:

House Salad

½X

3X

PROTEIN:**Beef**

6 oz. Dallas Filet

1X

8 oz. New York Strip, Half Portion

1X

6 oz. USDA Choice Sirloin

1X

6 oz. USDA Choice Sirloin with Grilled Shrimp (no garlic butter),
Half Portion

1X

6 oz. USDA Choice Sirloin with Ribs, Half Portion

1X

6 oz. Dallas Filet with Grilled Shrimp (no garlic butter), Half Portion

1X

6 oz. Dallas Filet with Ribs, Half Portion

1X

Chicken

Smothered Chicken with Jack Cheese

1X

1X

Oven Roasted Half Chicken, Half Portion

1X

Pork

Single Grilled Pork Chop, Half Portion

1X

Seafood

8 oz. Grilled Salmon (no tartar sauce), Half Portion

1X

VEGETABLES:

Green Beans

2X

1X

Sautéed Mushrooms

2X

2X













Steak Smothers: Sautéed Mushrooms

2X

1X

T.G.I. FRIDAY'S®

COMPLETE LEAN AND GREEN MEALS:

Million Dollar Cobb with Grilled Chicken and Green Goddess Dressing, Half or Lunch Portion	1X 	3X 
Caesar Salad with Grilled Chicken and Caesar Dressing, Half or Lunch Portion	1X 	3X 
10 oz. Rib-Eye with Lemon-Butter Broccoli (no mashed potatoes, parmesan butter, or Jack Daniel's glaze), Half Portion	1X 	3X 
8 oz. Flat Iron with Lemon-Butter Broccoli (no mashed potatoes, parmesan butter, or Jack Daniel's glaze), Half Portion	1X 	3X 
8 oz. Sirloin with Lemon-Butter Broccoli (no mashed potatoes, parmesan butter, or Jack Daniel's glaze), Half Portion	1X 	3X 
Bourbon Barrel Chicken with Lemon-Butter Broccoli (no mashed potatoes), Half Portion	1X 	3X 

SALADS:

Side Salad	2X 	
House Salad	3X 	
Tomato Mozzarella Salad	2X 	1X 

VEGETABLES:

Broccoli	2X 	
Steamed Spinach	3X 	2X 
Lemon-Butter Broccoli	3X 	2X 



Lean



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Green

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Fats**THE GREENE TURTLE®****COMPLETE LEAN AND GREEN MEALS:**

Black & Bleu Shrimp Salad, Half Portion	1X	3X
Chicken Caesar Salad	1X	3X
Fleet Street Chicken (no balsamic glaze or mashed potatoes), Half Portion	1X	3X
Ty Cobb Salad, Half Portion	1X	3X
Fish or Shrimp Tacos (no tortillas or sour cream) with House Salad, Half Portion	1X	3X
Skinny Chicken Sandwich (no bun) with Power Slaw	1X	3X
Blackened Tilapia (no sour cream), Half Portion	1X	3X
Char-Grilled Salmon (no mashed potatoes), Half Portion	1X	3X
Power House Salad with Blackened Shrimp or Grilled Chicken and House Dressing	1X	3X
Power House Salad with Grilled Salmon and House Dressing, Half Portion	1X	3X

SALADS:


























House Salad with House Dressing	3X	1X
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PROTEIN:**Beef**

All American Burger (no roll or terrapin sauce), Half Portion	1X	1X
Spicy Jack Burger (no bun or cajun ranch), Half Portion	1X	1X
Philly Cheesesteak (no roll), Half Portion	1X	

Chicken

Chicken Cheesesteak (no roll), Half Portion	1X	
Blackened Chicken Caesar Wrap (no tortilla)	1X	1X
California Turkey Wrap (no tortilla or mayo), Half Portion	1X	1X

Chick 'n' Ranch Sandwich (no roll or ranch), Half Portion	1X 	1X 
VEGETABLES:		
Seasonal Vegetables	3X 	
UNO'S CHICAGO GRILL®		
COMPLETE LEAN AND GREEN MEALS:		
Garden Salad with Grilled Chicken	1X 	3X 
Baked Stuffed Spinoccoli	1X 	3X 
Classic Cobb Salad, Half Portion	1X 	3X 
Cobb Salad, Lunch Size	1X 	3X 
SALADS:		
Garden Side Salad	3X 	1X 
Chicken Caesar Salad with Caesar Dressing, Lunch Size	½X 	3X 
PROTEIN:		
Beef		
6 oz. Sirloin	1X 	
Sirloin Steak Tips, Half Portion	1X 	
Stockyard Strip Steak	1X 	
Seafood		
Shrimp Skewer	½X 	
Baked Haddock (no crumb topping), Half Portion	1X 	
Grilled Shrimp & Sirloin, Half Portion	1X 	
VEGETABLES:		
Roasted Seasonal Vegetables	2X 	1X 
Steamed Broccoli	2X 	1X 



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Fats**ZAXBY'S®****COMPLETE LEAN AND GREEN MEALS:**

Grilled House Zalad (no fried onions)	1X	3X
Grilled Caesar Zalad	1X	3X
Blackened Blue Zalad (no fried onions)	1X	3X
Grilled Cobb Zalad (no fried onions)	1X	3X

SALADS:

Garden Caesar Zalad	2X	2X
Garden House Zalad (no fried onions)	3X	2X
Side Salad	2X	
Garden Cobb Zalad (no fried onions)	½X	3X
Garden Blue Zalad (no fried onions)	3X	2X
Side Caesar Salad	1X	1X





















PROTEIN:**Chicken**

5 Traditional Chicken Wings (no sauce)	1X	
Grilled Chicken Sandwich (no bun or honey mustard sauce)	1X	1X
Cajun Club Sandwich (no bun or ranch sauce)	1X	1X

VEGETABLES:

Side of Celery	1X	
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Fast Food Restaurant Options

ARBY'S®		
COMPLETE LEAN AND GREEN MEALS:		
Roast Turkey Farmhouse Salad with Light Italian Dressing	1X 	3X 
SALADS:		
Chopped Side Salad with Light Italian Dressing	2X 	1X 
PROTEINS:		
Classic Roast Beef Sandwich (no bun)	½X 	
Double Roast Beef Sandwich (no bun)	1X 	
Classic Beef 'n Cheddar (no bun)	½X 	
Double Beef 'n Cheddar (no bun)	1X 	
Classic French Dip & Swiss (no roll or au jus)	1X 	
Smokehouse Brisket (no bun, crispy onions, or mayo)	1X 	
Roast Turkey Ranch & Bacon Sandwich (no bread or ranch sauce)	1X 	1X 
Roast Turkey Ranch & Bacon Wrap (no wrap or ranch sauce)	1X 	1X 
Roast Turkey & Swiss Sandwich (no bread or mayo)	1X 	1X 
Roast Turkey & Swiss Wrap (no wrap or mayo)	1X 	1X 
Roast Beef Gyro (no pita or tzatziki sauce)	½X 	1X 

Key for Fast Food Restaurant Options



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Assume that salad options are without croutons and dressings, unless otherwise noted.



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Turkey Gyro (no pita or tzatziki sauce)	½X	1X
Reuben (no bread or thousand island spread)	1X	1X
Three Cheese Steak Sandwich (no bun, crispy onions, or creamy steakhouse peppercorn)	1X	
Fire-Roasted Philly (no bun or garlic aioli)	1X	1X
Grand Turkey Club (no bun or mayo)	1X	1X
3 Jalapeño Roast Beef Sliders (no buns)	1X	
3 Roast Beef 'n Cheese Sliders (no buns)	1X	
3 Corned Beef 'n Cheese Sliders (no buns)	1X	
3 Ham 'n Cheese Sliders (no buns)	1X	
3 Turkey 'n Cheese Sliders (no buns)	1X	
AU BON PAIN®		
COMPLETE LEAN AND GREEN MEALS:		
Chicken Cobb with Avocado Salad	1X	3X
Chicken Caesar Asiago Salad	1X	3X
8 oz. Sausage with Peppers and Onions*	1X	3X
SALADS:		
Side Garden Salad	3X	
PROTEINS:		
2 Hard-Boiled Eggs	½X	
5 oz. Roasted Chicken and Thyme*	1X	
8 oz. Scrambled Eggs*	1X	
8 oz. Scrambled Eggs, Ham and Cheese*	1X	
VEGETABLES:		
Garden Vegetable Soup, Medium	3X	
Portuguese Kale Soup, Small	3X	1X

Roasted Eggplant Soup, Small	3X 	1X 
Roasted Tomato & Fennel Soup, Small	3X 	1X 
Wild Mushroom Bisque, Small	3X 	1X 
12 Veggies Soup, Small	3X 	1X 
Beef and Vegetable Stew, Small	½X 	3X 
Tomato Basil Bisque, Small	3X 	1X 

* Items found on Hot & Cold Lunch Bar

BAJA FRESH®

COMPLETE LEAN AND GREEN MEALS:

Baja Ensalada with Carnitas, Chicken, Grilled Wahoo, Shrimp, or Steak (no tortilla strips)

1X 

3X 

SALADS:

Side Salad (no tortilla strips)

3X 

1X 

PROTEINS:

Carnitas or Steak, à la carte

1X 

Chicken, Shrimp or Grilled Wahoo, à la carte

1X 

VEGETABLES:

Veggie Mix

3X 

1X 

8 oz. side of Salsa Verde, Salsa Roja, Salsa Baja, or Pico de Gallo

3X 

BLIMPIE®

COMPLETE LEAN AND GREEN MEALS:

Ultimate Club Salad

1X 

3X 

SALADS:

Garden Salad

2X 

Buffalo Chicken Salad

1X 

3X 

Grilled Chicken Caesar Salad

1X 

2X 



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Fats**VEGETABLES:**

Garden Vegetable Soup

3X

Vegetable Beef Soup

3X

BOJANGLES®**COMPLETE LEAN AND GREEN MEALS:**

Grilled Chicken Salad

1X

3X

SALADS:

Garden Salad

½X

3X

PROTEINS:

Roasted Chicken Bites

1X

VEGETABLES:

Green Beans, Individual Size

2X

BOSTON MARKET®**COMPLETE LEAN AND GREEN MEALS:**

Caesar Salad with Rotisserie Chicken Breast and Caesar Dressing

1X

3X

PROTEINS:

Turkey Breast, Regular

1X

Rotisserie Chicken: Quarter White

1X

Rotisserie Chicken: Quarter Dark (1 Thigh & 1 Drumstick)

1X

Rotisserie Chicken: Three Piece Dark

1X

Slow Braised Pulled Pork

1X

VEGETABLES:

Fresh Steamed Vegetables

2X

Green Beans

2X

1X

BURGER KING®

COMPLETE LEAN AND GREEN MEALS:

Garden Grilled Chicken Salad with Tendergrill Chicken

1X 

3X 

CAFE RIO®

COMPLETE LEAN AND GREEN MEALS:

Salad with Shredded Chicken, Fire Grilled Chicken, Chile Roasted Beef, Fire Grilled Steak, or Fire Grilled Salmon (no tortilla, beans, rice, or tortilla strips)

1X 

3X 

CALIFORNIA TORTILLA®

COMPLETE LEAN AND GREEN MEALS:

Mixed Grill Bowl (no rice, beans, or bbq sauce)

1X 

3X 

California Sunset Bowl (no rice, beans, or sunset sauce)

1X 

3X 

Enchilada Bowl with Carnitas, Blackened Fish, Grilled Mesquite Steak, Grilled Mesquite Chicken, or Grilled Chicken (no rice, tortilla strips, sour cream, or guacamole)

1X 

3X 

Super Food Burrito with Carnitas, Blackened Fish, Grilled Mesquite Steak, Grilled Mesquite Chicken, or Grilled Chicken: Regular, In Bowl (no quinoa or tortilla)

1X 

3X 

Crunchy BBQ Ranch Burrito: Regular, In Bowl (no tortilla, rice, beans, tortilla strips, or bbq sauce)

1X 

3X 

Bacon Chicken Club Burrito: Regular, In Bowl (no tortilla, rice, cheese, or jalapeño ranch sauce)

1X 

3X 

Carnitas Verde Burrito: Regular, In Bowl (no tortilla, rice, tortilla strips, or sour cream)

1X 

3X 

Korean BBQ Burrito with Grilled Mesquite Steak, Grilled Mesquite Chicken, or Blackened Chicken: Regular, In Bowl (no tortilla, rice, or bbq sauce)

1X 

3X 

Fajita Burrito with Carnitas, Grilled Mesquite Steak, Grilled Mesquite Chicken, Blackened Chicken, or Grilled Chicken: Regular, In Bowl (no tortilla, rice, or sour cream)

1X 

3X 



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California Screamin' Burrito: Regular, In Bowl (no tortilla, rice, or queso)	1X	3X
Southwestern Salad with Carnitas, Blackened Fish, Grilled Mesquite Steak, Grilled Mesquite Chicken, or Blackened Chicken (no corn, tortilla strips, or guacamole)	1X	3X
SALADS:		
Side Salad (no corn)	1X	1X
CAPTAIN D'S®		
COMPLETE LEAN AND GREEN MEALS:		
Grilled Tilapia Salad	1X	3X
Wild Alaskan Salmon Salad	1X	3X
SALADS:		
Side Salad	1X	
Skewer Shrimp Salad	½X	3X
PROTEINS:		
Grilled Salmon	1X	
Grilled Shrimp Skewers	½X	
Grilled Steak Tips	½X	
Grilled White Fish Filet	1X	
3 Grilled White Fish Tenders	½X	
Lemon Pepper White Fish	1X	
Blackened Tilapia	1X	
VEGETABLES:		
Broccoli	1X	
Green Beans	2X	



CHARLEY'S™

SALADS:

Grilled Chicken Salad	½X 	3X 
Steak Salad	½X 	3X 
Garden Fresh Salad	2X 	

CHICK-FIL-A®

COMPLETE LEAN AND GREEN MEALS:

Spicy Southwest Salad (no corn or tortilla strips)	1X 	3X 
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SALADS:

Side Salad	2X 	1X 
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PROTEINS:

12 Count Grilled Chicken Nuggets	1X 	
Grilled Chicken Sandwich (no bun)	1X 	1X 

CHIPOTLE®

When ordering, consider the following: skip the tortillas, nachos, beans, rice, sour cream, and cheese; choose a lean protein and have it served on a bed of salad greens; top with vegetables, salsa, and pico de gallo. Refer to the Healthy Ideas for Specific Cuisines section for further guidance.

PROTEINS:







4 oz. Chicken, Steak, or Barbacoa	1X 	
4 oz. Carnitas or Chorizo	1X 	

VEGETABLES:

2.5 oz. Fajita Vegetables	1X 	
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COSI®

PROTEINS:

Florentine Egg White Cup	1X 	2X 
Pico de Gallo Egg White Cup	½X 	2X 
Shanghai Chicken Salad (no asian noodles) with Ginger Soy Dressing	½X 	3X 



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FIREHOUSE SUBS®

COMPLETE LEAN AND GREEN MEALS:

Chopped Salads: Grilled Chicken, Turkey, Ham, Italian, or Hook & Ladder with Light Italian Dressing	1X	3X
Hot Specialty Subs (no roll or mayo), Medium: Club On A Sub, Engineer, Hero, Hook & Ladder, Steak & Cheese, or Turkey Bacon Ranch	1X	3X
Single Meat Subs (no roll or mayo), Medium: Chicken Breast, Corned Beef, Ham, Pastrami, Roast Beef, or Turkey	1X	3X
Cold Subs (no roll or mayo), Medium: Momma's Chicken Salad or Tuna Salad	1X	3X

PROTEINS:

Hot Specialty Subs (no roll, mayo, or bbq sauce), Medium: New York Steamer or Smokehouse Beef & Cheddar Brisket	1X	
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JACK IN THE BOX®

COMPLETE LEAN AND GREEN MEALS:

Chicken Club Salad with Grilled Chicken Strips	1X	3X
Grilled Chicken Salad	1X	3X
Southwest Chicken Salad with Grilled Chicken (no corn, beans, or spicy corn sticks)	1X	3X

























PROTEINS:

4 piece Grilled Chicken Strips	1X	
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JERSEY MIKE SUBS®

COMPLETE LEAN AND GREEN MEALS:

Jersey Shore Favorite, In a Tub	1X	3X
American Classic, In a Tub	1X	3X
Super Sub, In a Tub	1X	3X
Roast Beef & Provolone, In a Tub	1X	3X

Turkey Breast & Provolone, In a Tub	1X 	3X 
Veggie, In a Tub	1X 	3X 
Steak Philly, In a Tub	1X 	3X 
Grilled Chicken Parmesan, In a Tub	1X 	3X 
Original Italian, In a Tub	1X 	3X 
California Club, In a Tub	1X 	3X 
Chicken Pilly, In a Tub	1X 	3X 
Reuben, In a Tub	1X 	3X 
Big Kahuna, In a Tub	1X 	3X 
Pastrami and Swiss, In a Tub	1X 	3X 
Chef Salad	1X 	3X 
Feta Salad with Chicken	1X 	3X 

SALADS:

Tossed Salad	3X 	
Mike's Salad	3X 	
Mike's Salad with Chicken	1X 	3X 
Feta Salad	3X 	1X 

KFC®

SALADS:

Side Caesar Salad	2X 	
Side House Salad	1X 	

PROTEINS:

Kentucky Grilled Chicken, 2 Whole Wings	½X 	
Kentucky Grilled Chicken, Drumstick	½X 	
Kentucky Grilled Chicken, Thigh	½X 	
Kentucky Grilled Chicken, Breast	1X 	



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Fats**VEGETABLES:**

Green Beans, Individual

1X

MCDONALDS®**COMPLETE LEAN AND GREEN MEALS:**

Bacon Ranch Grilled Chicken Salad

1X

3X

Southwest Grilled Chicken Salad (no corn, beans, or tortilla strips)

1X

3X

SALADS:

Side Salad

1X

MISSION BBQ**SALADS:**

Entree Salad

3X

Side Salad

1X

PROTEINS:

Meat Market: Lean Brisket, Half Portion

1X

Meat Market: Pulled Chicken, Half Portion

1X

Meat Market: Pulled Pork, Half Portion

1X

Meat Market: Turkey

1X

Meat Market: Salmon

1X

VEGETABLES:

Green Beans & Bacon

3X

1X

NOODLES & COMPANY®**COMPLETE LEAN AND GREEN MEALS:**

Grilled Chicken Caesar Salad with Caesar Dressing, Regular






















1X

3X

The Med Salad with Chicken and Spicy Yogurt Dressing (no noodles), Regular

1X

3X

Napa Market Salad with Chicken and Pomegranate Vinaigrette (no apples), Small	1X 	3X 
Chicken Veracruz Salad with Jalapeño Ranch Dressing (no corn or crispy jalapeños), Small	1X 	3X 
SALADS:		
Tossed Green Side Salad with Balsamic Vinaigrette	1X 	1X 
Caesar Side Salad with Caesar Dressing	2X 	1X 
PROTEINS:		
Naturally Raised Pork	1X 	
Grilled Chicken Breast	½X 	
Marinated Steak	½X 	
Sautéed Shrimp	½X 	
Seasoned Tofu	½X 	
PANDA EXPRESS®		
COMPLETE LEAN AND GREEN MEALS:		
Shanghai Angus Steak	1X 	3X 
PROTEINS:		
Grilled Teriyaki Chicken	1X 	
String Bean Chicken Breast	½X 	3X 
Mushroom Chicken	½X 	3X 
Five Flavor Shrimp	½X 	3X 
Broccoli Beef	½X 	3X 
VEGETABLES:		
Mixed Vegetables	3X 	



Lean



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Fats**PANERA BREAD®****COMPLETE LEAN AND GREEN MEALS:**

Spicy Thai Salad with Chicken (no edamame or wonton strips)	1X	3X
Caesar Salad with Chicken	1X	3X
Green Goddess Cobb Salad	1X	3X

SALADS:

Seasonal Greens Salad with Balsamic Vinaigrette	3X	2X
Caesar Salad with Caesar Dressing, Half Portion	2X	2X

POPEYES®**PROTEINS:**

Blackened Tenders	1X	
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VEGETABLES:

Green Beans, Regular	2X	
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QDOBA®

When ordering, consider the following: skip the tortillas, nachos, beans, rice, sour cream, and cheese; choose a lean protein and have it served on a bed of salad greens; top with vegetables, salsa, and pico de gallo. Refer to the Healthy Ideas for Specific Cuisines section for further guidance.

PROTEINS:

Ground Beef	1X	
Smoked Brisket	1X	
Grilled Adobo Chicken	1X	
Grilled Steak	1X	

VEGETABLES:

Fajita Vegetables	1X	
Pico de Gallo	1X	

QUIZNOS®

COMPLETE LEAN AND GREEN MEALS:













Chef Salad	1X 	3X 
Honey Mustard Chicken Salad	1X 	3X 
BBQ Chicken Ranch Salad	1X 	3X 

SALADS:

Lobster & Seafood Salad	½X 	3X 
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SALADWORKS®

COMPLETE LEAN AND GREEN MEALS:

Bently Salad	1X 	3X 
Chicken Caesar Salad	1X 	3X 
Cobb Salad	1X 	3X 
Buffalo Bleu Salad (no tortilla strips)	1X 	3X 
Fired Roasted Cabo (no corn or beans)	1X 	3X 
Mediterranean Salad (no quinoa)	1X 	3X 

SUBWAY®

SALADS:

Roast Beef Salad	½X 	3X 
Veggie Delight Salad	3X 	
Steak and Cheese Salad	½X 	3X 
Oven Roasted Chicken Salad	½X 	3X 
Rotisserie-Style Chicken Salad	½X 	3X 
Chicken Salad	½X 	3X 
Cold Cut Combo Salad	½X 	3X 
Italian B.M.T. Salad	½X 	3X 



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Subway Club Salad	½X	3X
Turkey Breast Salad	½X	3X
Black Forest Ham Salad	½X	3X
PROTEINS:		
Chicken Patty, Roasted	½X	
Chicken Strips, Regular or Buffalo	½X	
Chicken Strips, Teriyaki Glazed	½X	
Roast Beef	½X	
Steak (no cheese)	½X	
Subway Club Meats	½X	
Veggie Patty	½X	
Egg Patty (white)	½X	
Rotisserie-Style Chicken	1X	
Carved Turkey	½X	
VEGETABLES:		
Tomato Basil Soup	3X	1X
WAHOO'S FISH TACO®		
COMPLETE LEAN AND GREEN MEALS:		
Paleo Salad with Charbroiled Fish, Blackened Fish, Charbroiled Chicken, Blackened Chicken, Carne Asada, Carnitas, Maui steak, or Salmon	1X	3X
Wahoo Salad with Charbroiled Fish, Blackened Fish, Charbroiled Chicken, Blackened Chicken, or Carne Asada (no tortilla strips)	1X	3X
Kale Kai Salad with Charbroiled Fish, Blackened Fish, Charbroiled Chicken, Blackened Chicken, Carne Asada, Carnitas, or Salmon (no bean and corn salsa or tortilla strips)	1X	3X

SALADS:		
Garden Salad	3X 	
Kale Kai Salad with Mushroom or Banzai Veggie (no bean and corn salsa or tortilla strips)	3X 	2X 
WENDY'S®		
COMPLETE LEAN AND GREEN MEALS:		
BBQ Ranch Chicken Salad (no bbq glaze)	1X 	3X 
Taco Salad (no taco chips)	1X 	3X 
SALADS:		
Garden Side Salad	1X 	1X 
Caesar Side Salad	1X 	1X 
PROTEINS:		
Grilled Chicken Sandwich (no bun)	1X 	1X 



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