THE

RESTAURANT CHEAT SHEET

Don't let healthy eating trap you in your kitchen!

Check out these healthy options
that won't derail your progress.

DISCLAIMER

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Please note not all food suggestions are suitable for everyone. Check with your doctor before beginning any dietary program to avoid/reduce risk of injury. Coach Catalyst is not responsible or liable for any injury sustained as a result of consuming items presented in this document.

NOTE TO THE READERS:

All food items we have presented you are items we found via online searches. If we could not find the nutritional breakdown of a restaurant's menu we didn't breakdown the macros on this cheat sheet, simply for the fact we didn't want to have to guess on the (macros) proteins, carbs, and fats per meal. All nutritional numbers are the best estimate possible via online searches, restaurant menus, and myfitnesspal.com.

The restaurants picked were based on the top National or World Wide restaurant list. The likelihood of these restaurants being accessible to you is very high, so we hope this guide helps you make conscious decisions about what you are eating so you can enjoy your food while staying true to your nutritional goals.

COFFEE SHOPS

HOW DO YOUR FAVORITE SPECIALTY COFFEE DRINKS COMPARE TO THESE POPULAR SODAS & ENERGY DRINKS?

Pepsi
12oz

41g SUGAR | 150 CALORIES

Mountain Dew
12oz

48g SUGAR | 170 CALORIES

Coca-Cola
12oz

39g SUGAR | 140 CALORIES

Mello Yellow
12oz

47g SUGAR | 170 CALORIES

Monster Energy Drink
16oz

54g SUGAR | 200 CALORIES

Rockstar Organic Energy Drink, *16oz*

62g SUGAR | 260 CALORIES

You may notice that there are no diet sodas listed above While it's true that diet sodas have little to no calories and zero sugars, that doesn't mean diet sodas are a healthier choice. Diet sodas contain artificial sweeteners such as aspartame, sucralose, and saccharine. These artificial sweeteners have been associated with type 2 diabetes, headaches, tooth erosion, depression, osteoporosis and a number of other issues to negatively affect your overall health. Artificial sweeteners also trigger insulin, putting your body in fat storage mode that can lead to weight gain over time.

Use this resource as a guide to make conscious decisions when it comes to your health. While ordering a treat every once in awhile won't completely derail your health, making it a regular occurrence can derail your health-related goals. Your best beverage choices will always be water, coffee (black), and tea (unsweetened).

Caribou COFFEE™

HOT CINNAMON SPICE TEA

0	0g	0g	0g
cal	fat	carb	protein

BLACK COFFEE

5	0g	0g	0g
cal	fat	carb	protein

COMPARE TO

Chai Tea Latte - *2% milk*

38g	250	6g	39g	10g
SUGAR	cal	fat	carb	protein

Hot Crafted Press - no whip

5g	50	3g	5g	1g
SUGAR	cal	fat	carb	protein

Caramel High Rise
2% milk with whip

35g	410	22g	41g	9g
SUGAR	cal	fat	carb	protein

Berry White Mocha, iced
2% milk, no whip, white choc.

56g	320	5g	59g	6g
SUGAR	cal	fat	carb	protein

Turtle Mocha Cooler
milk chocolate with whip

89g	700	26g	102g	5g
SUGAR	cal	fat	carb	protein

Campfire Mocha
2% milk with whip, milk choc

46g	480	27g	49g	8g
SUGAR	cal	fat	carb	protein

NUTRITION FACTS REFLECT SMALL DRINK ORDERS

COSTA COFFEE

SINCE 1971

OLD PARADISE ESPRESSO

3	.1g	.4g	.2g
cal	fat	carb	protein

CLASSIC AMERICANO

No milk

10	.3g	.8g	.4g
cal	fat	carb	protein

COMPARE TO

Cortado - *with skimmed milk*

6.4g	45	.2g	6.5g	4.4g
SUGAR	cal	fat	carb	protein

Flat White - *with skimmed milk*

11.6g	80	.3g	11.8g	7.9g
SUGAR	cal	fat	carb	protein

Cafe Latte

made with skimmed milk

21.3g	149	.7g	21.9g	14.7g
SUGAR	cal	fat	carb	protein

Mocha Latte

made with skimmed milk

25.8g	170	2.2g	28g	8.6g
SUGAR	cal	fat	carb	protein

Caramel Cappuccino

made with skimmed milk

17.5g	108	1g	18g	7.2g
SUGAR	cal	fat	carb	protein

Gingerbread Latte

made with skimmed milk

18g	101	.3g	18.2g	6.6g
SUGAR	cal	fat	carb	protein

NUTRITION FACTS REFLECT SMALL DRINK ORDERS

UNSWEETENED HOT TEA

0	0g	0g	0g
cal	fat	carb	protein

HOT AMERICANO

10	0g	1g	0g
cal	fat	carb	protein

COMPARE TO

Sweet & Salted Cold Brew

6.4g	120	2.5g	23g	1g
SUGAR	cal	fat	carb	protein

Vanilla Chai

32g	230	6g	37g	7g
SUGAR	cal	fat	carb	protein

Mocha Swirl Macchiato
made with whole milk

29g	190	4.5g	33g	5g
SUGAR	cal	fat	carb	protein

Cappuccino
with sugar

24g	140	4g	24g	4g
SUGAR	cal	fat	carb	protein

Caramel Mocha Swirl Latte
made with whole milk

33g	220	6g	35g	7g
SUGAR	cal	fat	carb	protein

Frozen Iced Coffee
made with cream

61g	420	18g	64g	3g
SUGAR	cal	fat	carb	protein

NUTRITION FACTS REFLECT SMALL DRINK ORDERS

McCafé®

BLACK COFFEE - *Any Size*

Adding cream & sugar adds an extra 35 calories, 1.5 grams of fat & 5 carbs

0	0g	1g	2g
cal	fat	carb	protein

COMPARE TO

McCafe Iced Coffee

22g	130	4g	23g	1g
SUGAR	cal	fat	carb	protein

McCafe Caramel Mocha

39g	320	11g	45g	10g
SUGAR	cal	fat	carb	protein

McCafe Frappe Mocha

53g	420	17g	60g	6g
SUGAR	cal	fat	carb	protein

McCafe Iced Mocha

34g	290	11g	40g	8g
SUGAR	cal	fat	carb	protein

McCafe Hot Chocolate

	360	13g	50g	11g
SUGAR	cal	fat	carb	protein

McCafe Mango Pineapple Smoothie

42g	200	.5g	45g	2g
SUGAR	cal	fat	carb	protein

NUTRITION FACTS REFLECT SMALL DRINK ORDERS

Hot or Iced Coffee - Black

0	0g	1g	2g
cal	fat	carb	protein

Narino 70 Cold Brew

0	0g	0g	0g
cal	fat	carb	protein

COMPARE TO

Chai Creme Frappuccino Blended Coffee

34g	250	11g	35g	4g
SUGAR	cal	fat	carb	protein

Cinnamon Dolce Light Frappuccino Blended Coffee

24g	110	0g	24g	3g
SUGAR	cal	fat	carb	protein

Green Tea Frappuccino Blended Creme, *whole milk & whipped cream*

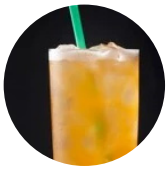
48g	320	12g	50g	5g
SUGAR	cal	fat	carb	protein

KIDS Steamed Apple Juice, *8oz*

25g	110	0g	28g	0g
SUGAR	cal	fat	carb	protein

Cafe Misto
2% milk

8g	80	3g	8g	5g
SUGAR	cal	fat	carb	protein



Fizzio Orange Cream Soda

17g	80	0g	18g	0g
SUGAR	cal	fat	carb	protein

NUTRITION FACTS REFLECT TALL DRINK ORDERS

ALWAYS Tim Hortons FRESH

Steeped Tea made with Whole Leaf

0	0g	0g	0g
cal	fat	carb	protein

Original Blend Coffee

5	0g	1g	0g
cal	fat	carb	protein

COMPARE TO

Iced Coffee, *cream & sugar*

7g	70	4g	8g	1g
SUGAR	cal	fat	carb	protein

Mocha Iced Capp, *cream*

47g	410	21g	54g	3g
SUGAR	cal	fat	carb	protein

Iced Coffee, *milk no sugar*

9g	52	1g	10g	1g
SUGAR	cal	fat	carb	protein

Cappuccino

10g	70	0g	11g	7g
SUGAR	cal	fat	carb	protein

Iced Latte

28g	210	6g	28g	10g
SUGAR	cal	fat	carb	protein

Latte

12g	80	0g	12g	8g
SUGAR	cal	fat	carb	protein

NUTRITION FACTS REFLECT SMALL DRINK ORDERS

FAST FOOD

RESTAURANTS

BURGER KING®

Grilled Chicken Sandwich

on bun with tomatoes, mayonnaise & lettuce

470	19g	39g	37g
cal	fat	carb	protein

Morning Star Veggie Burger

on bun with onions, tomatoes, lettuce & ketchup
*no mayonnaise

310	7g	42g	22g
cal	fat	carb	protein

Double Cheeseburger

on bun with cheese, pickles, mustard & ketchup

350	18g	27g	20g
cal	fat	carb	protein

Chick-fil-A®

Grilled Chicken Sandwich

310	6g	36g	29g
cal	fat	carb	protein

Grilled Chicken Nuggets

140	3.5g	2g	25g
cal	fat	carb	protein

with Fruit Cup

45	0g	12g	0g
cal	fat	carb	protein

Grilled Market Salad

485	6g	15g	25g
cal	fat	carb	protein

with Light Italian Dressing

25	1.5g	3g
cal	fat	carb

BUILD YOUR OWN BOWL OR SALAD

Pick Your Base

Did you know you can ask for half scoops of rice and beans?

Romaine Lettuce: 10 calories
Lettuce: 5 calories
White or Brown Rice: 210 calories
Black or Pinto Beans: 120 calories

Recommended Protein Choices

Did you know Chorizo has 300 calories compared to these?

Steak: 150 calories
Sofritas: 150 calories
Barbacoa: 170 calories
Chicken: 180 calories

Recommended Toppings

Pick your favorites - beware some salsas are very spicy!

Fajita Veggies: 20 calories
Lettuce *(if chose rice above)*: 5-10 calories
Tomatillo Red-Chili Salsa: 30 calories
Fresh Tomato Salsa: 25 calories
Tomatillo Green-Chili Salsa: 15 calories

Things to Avoid

If you choose to make a salad, use salsa as your dressing!

Flour Tortilla: 300 extra calories
Sour Cream: 120 extra calories
Chips & Guacamole: 800 extra calories
Chips & Salsa: 590-650 extra calories
Chipotle Vinaigrette: 270 extra calories

Dairy Queen

Grilled Chicken Garden Greens Salad

160 cal | 2g fat | 10g carb | 26g protein

with Light Italian Dressing

20 cal | 1g fat | 2g carb

Chicken Bruschetta Sandwich

470 cal | 13g fat | 54g carb | 33g protein

Original Cheeseburger

380 cal | 19g fat | 34g carb | 21g protein

ICE CREAM TIPS

SIZE: Order a reasonable size - Mini or Small will hit the spot!
TOPPINGS: Limit toppings to 1-2

*** Eat Slowly -- Enjoy Each Bite ***

Hardee's

CHARBROILED THICKBURGERS™

Low Carb It - 1/3lb Thickburger

on lettuce wrap

470	36g	9g	22g
cal	fat	carb	protein

Low Carb It - Charbroiled Chicken Club Sandwich

lon lettuce wrap
*no bacon

250	16g	12g	16g
cal	fat	carb	protein

Low Carb It - Breakfast Bowl

Folded eggs topped with a sausage patty and Swiss cheese, piled with a loaded omelet, and topped with shredded cheddar
*no bacon

580	45g	10g	34g
cal	fat	carb	protein

McDONALD'S

Whole Egg - Round or Scrambled

70	4.5g	1g	7g
cal	fat	carb	protein

Ask for salt & pepper packets, as well as hot sauce!

Pico Guacamole with Artisan Grilled Chicken

420	12g	39g	38g
cal	fat	carb	protein

Order on sesame seed bun
***skip the buttermilk ranch sauce*

Southwest Grilled Chicken Salad

350	12g	27g	37g
cal	fat	carb	protein

Qdoba MEXICAN GRILL

BUILD YOUR OWN BOWL OR SALAD

Pick Your Base

Did you know you can ask for half scoops of rice and beans?

- Lettuce: 0 calories
- Cilantro Liime Rice: 190
- Brown Rice: 170 calories
- Black or Pinto Beans: 130-140 calories

Recommended Protein Choices

Did you know Chorizo has 300 calories compared to these?

- Chicken, Tequila-Lime: 100 calories
- Pork, Pulled: 160 calories
- Steak: 180 calories
- Beef, Ground / Shredded: 190 calories

Recommended Toppings

Pick your favorites - beware some salsas are very spicy!

- Cilantro: 0 calories
- Fajita Vegetables: 35 calories
- Pico de Gallo: 10 calories
- Fiery Habanero: 20 calories
- Salsa Roja/Verda: 20/15 calories
- Mango Salsa: 60 calories

Things to Avoid

If you choose to make a salad, use salsa as your dressing!

- Crunchy Tortilla Bowl: 390 calories
- Flour Tortilla: 300 calories
- Whole Wheat Flour Tortilla: 270 calories
- Sour Cream, lite: 50 calories
- Corn Tortilla Chips: 560 calories
- Three Cheese Queso: 90 calories
- Green Tobasco Flavored Queso: 150 cal

SUBWAY

Rotisserie Style Chicken Salad

Calculated with banana peppers, black olives, cucumbers, green peppers, jalapenos, lettuce, spinach, red onions & tomatoes

Dressing: vinegar & oil

300	18g	12g	24g
cal	fat	carb	protein

6" Sub: Egg & Cheese

Calculated on Parmesan Oregano bread with banana peppers, black olives, green peppers, jalapenos, spinach, red onions & tomatoes

No Dressing

340	10g	46g	17g
cal	fat	carb	protein

6" Sub: Veggie Delite

Calculated on Sourdough bread with cucumbers, green peppers, lettuce, red onions & tomatoes

No Dressing

210	1.5g	40g	10g
cal	fat	carb	protein

TACO BELL

Mini Skillet Bowl (breakfast)

order with NO cheese sauce
optional: add steak + guacamole

180	11g	16g	5g
cal	fat	carb	protein

Power Menu Bowl: Veggie

feel free to add onions, jalapeno pepers, tomatoes, and fire roasted salsa

480	18g	64g	16g
cal	fat	carb	protein

Power Menu Bowl: Chicken or Steak

Order without sour cream & avocado ranch sauce
**Optional add items from veggie bowl

500	20g	53g	28g
cal	fat	carb	protein

Wendy's

Power Mediterranean Chicken Salad

Half-Size

250	9g	23g	22g
cal	fat	carb	protein

Grilled Chicken Wrap

270	10g	24g	20g
cal	fat	carb	protein

Jr. Cheeseburger

280	13g	25g	16g
cal	fat	carb	protein

SIT DOWN

RESTAURANTS

Applebee's

Wood-fired Cedar Salmon

340	22g	2g	35g
cal	fat	carb	protein

with Side-Fire Grilled Veggies

160	13g	11g	3g
cal	fat	carb	protein

- OR -

with Garlicky Green Beans

180	15g	11g	2g
cal	fat	carb	protein

Shrimp & Parmesan Sirloin (8oz)

580	37g	6g	58g
cal	fat	carb	protein

Thai Shrimp Salad

380	19g	32g	23g
cal	fat	carb	protein

Cedar Grilled Lemon Chicken

(with Rice)

580	26g	48g	42g
cal	fat	carb	protein

Grilled Pork Chops (1)

330	0g	5g	22g
cal	fat	carb	protein

Grilled Chicken Breast

220	6g	0g	39g
cal	fat	carb	protein

with Steamed Veggies

118	0g	10g	0g
cal	fat	carb	protein

with Green Beans

90	3g	13g	3g
cal	fat	carb	protein

with Broccoli (steamed, no salt)

29	.4g	5.5g	3g
cal	fat	carb	protein

Grilled Shrimp Tacos

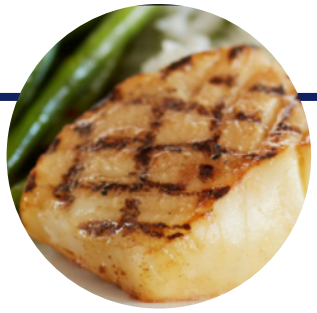
586	5g	58g	16g
cal	fat	carb	protein

Half Flatbread

+ Half House Salad

510	31g	44g	22g
cal	fat	carb	protein

BONEFISH GRILL®



Chilean Sea Bass (regular)

477	36g	2g	38g
cal	fat	carb	protein

Atlantic Salmon (regular)

490	31g	2g	51g
cal	fat	carb	protein

Sea Scallops + Shrimp

191	5g	4g	34g
cal	fat	carb	protein

SIDE OPTIONS:

STEAMED ASPARAGUS	STEAMED BROCCOLI	FRENCH GREEN BEANS
(44 cal)	(79 cal)	(70 cal)

BUFFALO WILD WINGS GRILL & BAR

Classic Chicken Wrap

Grilled Chicken
Dry Seasoning of Choice

550 Cal

For Lower Calorie Meal:
No Sauce
No wrap - eat as salad

Grilled Chicken Buffalitos

Grilled Chicken
Dry Seasoning of Choice
Skip Sour Cream for Lower Calorie Meal

470-750 Cal

For Lower Calorie Meal:
Skip Sour Cream
No Sauce
No wrap - eat as salad

SIDE OPTIONS:

GARDEN SIDE SALAD	VEGGIE BOAT	VEGGIE SLAW
(360 cal)	(130 cal)	(240 cal)

Garden Salad with Chicken

Grilled Chicken.
Served on bed of greens with cucumbers, carrots, tomatoes & onions

440 Cal

For Lower Calorie Meal:
Skip Croutons
No Sauce on Chicken
Dressing on the side - ask for oil & vinegar

CARRABBA'S ITALIAN GRILL

Tuscan Grilled Sirloin, Pork Chop or Veal Chop

Under 600 calorie menu

Sirloin: *6oz or 9oz*
Pork Chop: *One Chop*
Veal Chop: *14oz*

Chianti Chicken

Under 600 calorie menu
Served with a cup of soup or a side salad

Wood-grilled and served with our chianti demi sauce and an arugula salad tossed with apples, grapes, toasted hazelnuts and lemon vinaigrette.

Wood-Grilled Tilapia

Under 600 calorie menu

With olive oil and our signature grill seasoning, topped with roasted tomatoes, basil and balsamic glaze

Cheddar's SCRATCH KITCHEN

Sirloin Steak (6oz)

312 cal | 12g fat | 4g carb | 46g protein

with Seasoned Rice

212 cal | 3g fat | 41g carb | 9g protein

Citrus Miso Salmon

485 cal | 24g fat | 34g carb | 35g protein

with Southern Green Beans

62 cal | 4g fat | 18g carb | 1g protein

The Cheesecake Factory

A Generous Bowl of Chicken, White Beans, Roasted Green Chiles, Onions and Garlic with a Touch of Cream. Garnished with Steamed Rice and Fresh Salsa

White Chicken Chili

SkinnyLicious Menu Item

A Delicious Blend of Salad Greens, Spinach, Kale, Avocado, Broccoli, Grapes, Roasted Pear, Blueberries, Onion, Sunflower Seeds and Almonds with Lemon-Blueberry Vinaigrette.

Super Antioxidant Salad

Grilled Chicken Breast with Tomatoes, Artichokes, Capers, Fresh Basil and Balsamic Vinaigrette. Served Over Fresh Vegetables and Farro

Tuscan Chicken

SkinnyLicious Specialty Menu Item

chili's

Fun. Fresh. Flavourful.

Mango-Chile Chicken

510	17g	56g	38g
cal	fat	carb	protein

6oz Sirloin with Grilled Avocado

420	20g	23g	39g
cal	fat	carb	protein

SIDES

Steamed Broccoli

40	0g	8g	3g
cal	fat	carb	protein

Citrus-Chile Rice

130	15g	27g	3g
cal	fat	carb	protein

Cup Southwest Chicken Soup

110	5g	13g	4g
cal	fat	carb	protein

Asparagus & Garlic Roasted Tomatoes

70	1.5g	12g	4g
cal	fat	carb	protein

OLD COUNTRY STORE

Lemon Pepper Grilled Rainbow Trout

330	14g	<1g	43g
cal	fat	carb	protein

HEALTHY SIDE CHOICES:
Brussels Sprouts N' Kale Salad
Fresh Steamed Broccoli
Mixed Green Side Salad
Apple Slices

Half-pound Hamburger Steak

440	33g	0g	33g
cal	fat	carb	protein

SIDES

Fresh Steamed Broccoli

40	0g	6g	4g
cal	fat	carb	protein

Mixed Green Side Salad

10	0g	2g	<1g
cal	fat	carb	protein

Turnip Greens

100	4g	6g	10g
cal	fat	carb	protein

Apple Slices

70	0g	19g	<1g
cal	fat	carb	protein

LONGHORN STEAKHOUSE

Fire Grilled Pork Porterhouse

570 cal | 33g fat | 1g carb | 66g protein

Longhorn Salmon (7oz)

300 cal | 16g fat | 2g carb | 33g protein

Renegade Sirloin (8oz)

390 cal | 16g fat | 2g carb | 51g protein

SIDES

Fresh Steamed Broccoli

90 cal | 4g fat | 7g carb | 4g protein

Fresh Steamed Asparagus

90 cal | 5g fat | 6g carb | 5g protein

Charley's
GOOD FOOD, GOOD TIMES™

Open Faced Prime Rib Sancwich

700 cal | 47g fat | 31g carb | 36g protein

Santa Fe Tilapia with Rice Pilaf

430 cal | 14g fat | 33g carb | 46g protein

SIDES

Broccoli

110 cal | 8g fat | 6g carb | 3g protein

Grilled Asparagus

60 cal | 5g fat | 3g carb | 2g protein

Mashed Sweet Potatoes

180 cal | 3.5g fat | 35g carb | 3g protein

Seasoned Rice Pilaf

160 cal | 4g fat | 27g carb | 3g protein

Olive Garden
ITALIAN KITCHEN

Chicken Piccata

500	24g	11g	61g
cal	fat	carb	protein

Parmesan Crusted Zucchini

90	7g	5g	4g
cal	fat	carb	protein

- OR -

Steamed Broccoli

20	0g	4g	2g
cal	fat	carb	protein

Pasta e Fagioli Soup (one serving)

180	6g	21g	9g
cal	fat	carb	protein

House Salad with Low Fat Dressing

90	4g	12g	2g
cal	fat	carb	protein

OUTBACK STEAKHOUSE®

Victoria's Filet Mignon, 6oz

cal	fat	carb	protein
240	9g	0g	40g

Grilled Chicken on the Barbie

8oz with Seasonal Mixed Vegetables

cal	fat	carb	protein
490	16g	28g	59g

Lobster Tail Entree

5oz, steamed, 2 Lobster Tails

cal	fat	carb	protein
480	27g	1g	53g

- SIDES -

Grilled Asparagus

cal	fat	carb	protein
70	40g	5g	3g

- OR -

Cup of Chicken Tortilla Soup

cal	fat	carb	protein
170	9g	13g	9g

Panera BREAD®

BREAKFAST

Breakfast Power Sandwich

Avocado, Egg White, Spinach

410	14g	52g	22g
cal	fat	carb	protein

Steal Cut Oatmeal

with Strawberries and Pecans

340	14g	51g	6g
cal	fat	carb	protein

LUNCH

Roasted Turkey and Avocado

BLT on Sourdough (1/2 Sandwich)

340	18g	25g	17g
cal	fat	carb	protein

- WITH -

Seasonal Greens Salad

90	6g	10g	2g
cal	fat	carb	protein

- OR -

Cup of Garden Vegetable Soup

80	2.5g	11g	3g
cal	fat	carb	protein

P.F. CHANG'S CHINA BISTRO®

Spicy Tuna Roll

Avocado, Egg White, Spinach

280	3g	43g	17g
cal	fat	carb	protein

Buddha's Feast Steamed

(Vegetarian)

250	4g	32g	26g
cal	fat	carb	protein

SIDES

Chili Garlic Green Beans, small

160	1g	5g	5g
cal	fat	carb	protein

Sichuan Style Asparagus, small

70	.5g	8g	2g
cal	fat	carb	protein

Wok-Seared Spinach with Garlic, small

120	1g	8g	6g
cal	fat	carb	protein

Wok-Charred Brussels Sprouts

210	2g	22g	5g
cal	fat	carb	protein

Veggie Lover's - Thin 'N Crispy

Nutrition Info for 1 slice of Large Pizza

230	8g	31g	10g
cal	fat	carb	protein

Hawaiian Chicken - Thin 'N Crispy

Nutrition Info for 1 slice of Large Pizza

240	8g	31g	13g
cal	fat	carb	protein

Gluten Free Pizzas

udi's Gluten Free
CREATED IN PARTNERSHIP WITH UDI'S

110 - 160
calories per Gluten Free Slice

TIPS FOR ORDERING PIZZA

CRUST: Thin is best
TOPPINGS: Load up on veggies
CHEESE: Keep it light

Eat Slowly -- Put Slice Down Between Bites -- Chew Completely

RED LOBSTER

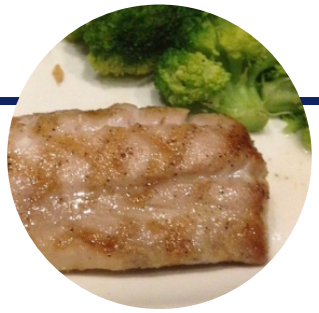
FRESH FISH • LIVE LOBSTER

Garlic-Grilled Shrimp

350	15g	26g	27g
cal	fat	carb	protein

Pacific Snapper

160	2.5g	2g	32g
cal	fat	carb	protein



Haddock

170	2.5g	0g	34g
cal	fat	carb	protein

SIDE OPTIONS:

Asparagus

60	3.5g	5g	3g
cal	fat	carb	protein

- OR -

Broccoli

40	0g	8g	3g
cal	fat	carb	protein

RED ROBIN

AMERICA'S GOURMET BURGERS & SPIRITS

The Wedgie Burger

470	28g	22g	35g
cal	fat	carb	protein

Sear-ious Salmon

480	35g	12g	37g
cal	fat	carb	protein

Ensenada Chicken Platter

510	18g	27g	61g
cal	fat	carb	protein

SIDE OPTIONS:

Steamed Broccoli

30	0g	6g	3g
cal	fat	carb	protein

- OR -

Coleslaw

80	5g	7g	1g
cal	fat	carb	protein

TEXAS ROADHOUSE

Sirloin Steak

6oz Steak	8oz Steak
250 cal	340 cal

Texas Roadhouse Veggies

90	0g	20g	4g
cal	fat	carb	protein

Dallas Filet

6oz Filet	8oz Filet
230 cal	280 cal

Plain Sweet Potato - med size

100	0g	23g	2g
cal	fat	carb	protein

T.G.I. FRIDAY'S

Bourbon Barrel Chicken

270	14g	5g	30g
cal	fat	carb	protein

- WITH -

Side Salad with Low Fat Balsamic

90	3.5g	14g	2g
cal	fat	carb	protein

- OR -

Mashed Potatoes

210	10g	21g	3g
cal	fat	carb	protein

Mediterranean Mahi Naan 'Wich

480	15g	55g	33g
cal	fat	carb	protein

- WITH -

Fresh Broccoli

50	.5g	10g	0g
cal	fat	carb	protein

- OR -

Fresh Spinach

180	14g	8g	4g
cal	fat	carb	protein