

OPTAVIA®

## Dining Out Guide

Order Healthy and  
Think Healthy



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



# Dining Out

At **OPTAVIA**<sup>®</sup>, 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 & 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!



## What is a Lean & Green Meal?

A Lean & Green meal includes 5 to 7 ounces of cooked lean protein plus three (3) servings of non-starchy vegetables and up to two (2) servings of healthy fats, depending on your lean protein choices.

Enjoy your Lean & Green meal any time of day – whatever works best for your schedule.

When you dine out, use the Lean & Green meal guidelines to guide your choices, particularly for menu items not included here.

*If you are dining out or tracking your intake, use the following Lean & Green Meal Nutritional Parameters to help guide your choices:*

Lean & Green Meal Nutritional Parameters	
Calories	250 - 400
Carbohydrates	≤ 20g total carbohydrate (preferably < 15g)
Protein	≥ 25g
Fat	10 - 20g

## Healthy Fats

Every day, incorporate up to two (2) servings of healthy fats into your Lean & Green meal. Healthy fats are important because they help your body absorb vitamins like A, D, E and K. They also help your gallbladder work properly.

## Lean & Green Meal: The "Lean"

Lean Tips:

- Portion size recommendations are for cooked weight.
- Choose meats that are grilled, baked, broiled, or poached – not fried.
- Each week, try to eat at least two servings of fish rich in omega-3 fatty acids (salmon, tuna, mackerel, trout or herring).
- Feel free to choose meatless options like tofu and tempeh  
For a complete list of meatless options, please refer to our '[Vegetarian Information Sheet](#)' or contact Nutrition Support at [NutritionSupport@OPTAVIA.com](mailto:NutritionSupport@OPTAVIA.com).

Choose the appropriate serving size of any protein from the list on the following pages. We've sorted protein options into leanest, leaner and lean. All options are appropriate for **OPTAVIA** weight-loss plans; this just helps you make informed food choices.

### ➤ **LEANEST: Choose a 7 oz. cooked portion and add 2 Healthy Fat servings.**

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- **Fish:** cod, flounder, haddock, orange roughy, grouper, tilapia, mahi mahi, tuna (yellowfin steak or canned in water), wild catfish
- **Shellfish:** crab, scallops, shrimp, lobster
- **Game meat:** buffalo, elk, deer
- **Ground turkey or other meat:** ≥ 98% lean
- **Turkey:** light meat
- **Meatless options:**
  - 14 egg whites
  - 2 cups of liquid egg substitute or liquid egg whites
  - 5 oz. seitan
  - 1½ cups (12 oz.) 1% cottage cheese
  - 12 oz. non-fat (0%) plain Greek yogurt (≤ 15g carb per 12 oz.)

### ➤ **LEANER: Choose a 6 oz. cooked portion and add 1 Healthy Fat serving.**

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- **Fish:** swordfish, trout, halibut
- **Chicken:** breast or white meat, without skin
- **Ground turkey or other meat:** 95% - 97% lean
- **Pork chop or pork tenderloin**
- **Meatless options:**
  - 2 whole eggs plus 4 egg whites
  - 2 whole eggs plus 1 cup liquid egg substitute
  - 1½ cups (12 oz.) 2% cottage cheese
  - 12 oz. low-fat (2%) plain Greek yogurt (≤ 15g carb per 12 oz.)



## ➤ **LEAN: Choose a 5 oz. cooked portion and no Healthy Fat serving added.**

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- **Fish:** salmon, tuna (bluefin steak), farmed catfish, mackerel, herring
- **Lean beef:** steak, roast, ground
- **Lamb**
- **Ground turkey or other meat:** 85% - 94% lean
- **Chicken or turkey:** dark meat
- **Meatless options:**
  - 15 oz. Mori-nu extra firm or firm tofu (bean curd)
  - 3 whole eggs (up to two times per week)
  - 4 oz. (1 cup) shredded reduced-fat or part-skim cheese (3 - 6g fat per oz.)
  - 8 oz. (1 cup) part-skim ricotta cheese (2 - 3g fat per oz.)
  - 5 oz. tempeh

## ➤ **Healthy Fat Servings**

**Add 0 - 2 Healthy Fat servings daily based on your lean choices:**

- 1 teaspoon oil (any kind)
- 1 tablespoon regular, low-carbohydrate salad dressing
- 2 tablespoons reduced-fat, low-carbohydrate salad dressing
- 5 - 10 black or green olives
- 1 ½ oz. avocado
- ½ oz. plain nuts, such as almonds, peanuts or pistachios
- 1 tablespoon plain seeds, such as sesame, chia, flax or pumpkin seeds
- ½ tablespoon regular butter, margarine or mayonnaise

**For a complete list of healthy fat options, refer to our '[Condiment & Healthy Fat](#)' list online.**

## Lean & Green Meal: The "Green"

Choose three servings from our Green Options list below for each of your Lean & Green meals. We've sorted vegetable options into lower, moderate, and higher carbohydrate levels. Each one is appropriate on our **OPTAVIA** weight-loss plans; the list helps you make informed food choices.

Choose 3 servings from the Green Options List:

1 serving = ½ cup vegetables (unless otherwise specified)

### ➤ LOWER CARBOHYDRATE

**1 cup:** collards (fresh/raw), endive, lettuce (green leaf, butterhead, iceberg, romaine), mustard greens, spinach (fresh/raw), spring mix, watercress, bok choy (raw)

**½ cup:** celery, cucumbers, white mushrooms, radishes, sprouts (alfalfa, mung bean), turnip greens, arugula, nopales, escarole, jalapeño (raw), Swiss chard (raw), bok choy (cooked)

### ➤ MODERATE CARBOHYDRATE

**½ cup:** asparagus, cabbage, cauliflower, eggplant, fennel bulb, kale, portabella mushrooms, cooked spinach, summer squash (scallop or zucchini)

### ➤ HIGHER CARBOHYDRATE

**½ cup:** broccoli, red cabbage, chayote squash, collard or mustard greens (cooked), green or wax beans, kabocha squash, kohlrabi, leeks (cooked), okra, peppers (any color), scallions (raw), summer squash (crookneck or straightneck), tomatoes, turnips, spaghetti squash, hearts of palm, jicama, Swiss chard (cooked)

**NOTE:** All vegetables promote healthful eating. but on the Optimal Weight 5 & 1 Plan, we eliminate the highest-carbohydrate vegetables (such as carrots, corn, peas, potatoes, onions, edamame, and brussel sprouts) to enhance your results. Once you've achieved your healthy weight, we encourage you to include ALL vegetables for long-term healthy eating.



*increase your health,  
confidence and vitality*

# 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.





# 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 presents 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. If the nutrition information is available, use our Lean & Green nutritional parameters as a guide to making healthier choices.

Lean & Green Meal Nutritional Parameters	
Calories	250 - 400
Carbohydrates	≤ 20g total carbohydrate (preferably < 15g)
Protein	≥ 25g
Fat	10 - 20g

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 & 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."

# 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 independent **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.



# 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 & 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.

*the life you want is waiting*



### **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. Skip the alcohol altogether and volunteer to be a designated driver by choosing zero-calorie, zero-carbohydrate beverages. Your friends (and your health) will appreciate it.

### **Bring your own**

If you're attending a potluck, picnic or tailgate party, bring a Lean & Green-style dish that everyone will enjoy. Visit **OPTAVIA's** Pinterest page ([www.pinterest.com/OPTAVIA](http://www.pinterest.com/OPTAVIA)) 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 or 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**

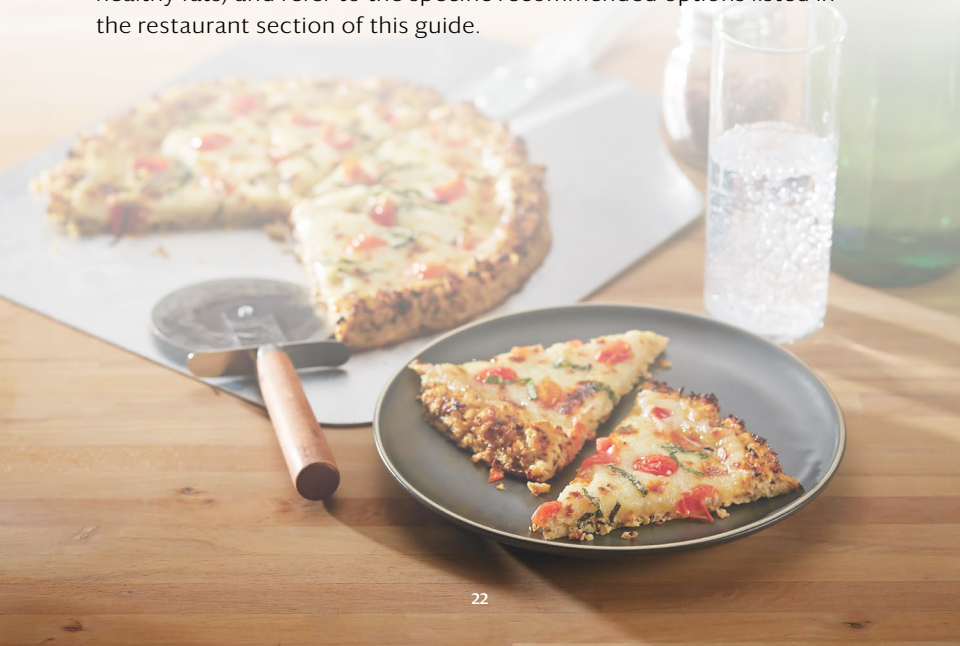
When you're cleaning up, delegate the task of packaging leftovers to someone else while you wash dishes, sweep up or take out the trash. Send cake, pie and extra goodies home with friends, or take them into the office for co-workers. For healthy items, portion them out into ready-made Lean & Green meal 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 an **OPTAVIA** Essential 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 & Green meal guidelines. During the weight loss phase, stick to the Lean & 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.







*become your most fulfilled you*

# 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 barbecue 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

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## 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 barbecue spare ribs.
- Any meats that are breaded, like General Tso's Chicken, Sweet and Sour Chicken and Crab Rangoon.



# French

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## 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

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## 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

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## 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

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## 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

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## 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, 2 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

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## 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).



# Vietnamese

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## Healthy Ideas

- Choose dishes that are steamed or simmered.
- Stick with lean protein, like seafood, chicken breast, tofu, or pork tenderloin that is stir-fried, steamed, roasted or grilled.
- Fill up on non-starchy vegetables like spinach, broccoli, cabbage, and cucumber.
- Look for Goi (salads), like Goi Tom (shrimp salad), that contain non-starchy vegetables. Skip the rice and ask for your dressing on the side.
- Enjoy broth-based soups that contain non-starchy vegetables and lean protein.
- Ask for sauces and dressing to be served on the side and consume sparingly.
- Limit peanuts and other nuts/seeds to save calories.
- Healthier Options: salads (Goi), shrimp salad (Goi Tom), lotus root salad (Goi Ngo Sen), sour soup (Canch chua), bouillabaisse, stir-fried water spinach (Rau Muong), brown rice (Gao Luc), Pho (with lean protein and vegetables), fresh fruit, satay (grilled meat on a skewer; often called Nuong), beef fondue (Bo Nhung Dam) and fresh spring or summer rolls (Goi Cuon).



## Vietnamese (cont'd) .....

### **Avoid**

- High fat meats or meats with added sugar, like barbecued spare ribs, pork meatballs served inside a rice paper (Nem Nuong Cuon), and meat with honey sauce (Xao gung).
- Caramel sauce (nuoc duong thang).
- Anything deep-fried or crispy, such as Cha gio (fried Vietnamese egg rolls).
- Dishes that contain a lot of peanuts or other nuts/seeds and/or that are made with coconut milk and heavy sauces.
- Sugary beverages, like Ca Phe, a sugary iced coffee prepared with a significant amount of sweetened condensed milk.





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Want to add a restaurant to our Dining Out Guide?  
Contact [NutritionSupport@OPTAVIA.com](mailto:NutritionSupport@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.

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# Sit Down Restaurant Options

## Key for Restaurant Options



Lean



Leaner



Leanest



Green



Healthy Fats

### APPLEBEE'S

#### COMPLETE LEAN & GREEN MEALS:

Grilled Chicken Caesar Salad with Caesar Dressing,  
Half or Lunch Portion\*

1X

3X

Grilled Chicken Salad, Half Portion\*

1X

3X

#### SALADS:

House Salad\*

1X

3X

Caesar Side Salad with Caesar Dressing\*

2X

3X

#### PROTEINS:

##### Beef

6 oz. USDA Top Sirloin

1X

8 oz. USDA Top Sirloin

1X

12. oz Ribeye, Half Portion

1X

##### Chicken

Grilled Chicken Breast

1X

##### Seafood

Shrimp 'N Parmesan Sirloin, Half Portion

1X

Bourbon Street Chicken & Shrimp (no mashed potatoes)

1X























1X

Blackened Cajun Salmon (no sides)

1X

*This guide is a review and rating of menu options at various restaurants. OPTAVIA LLC is an independent entity not associated with any of the restaurants named throughout this guide.*

*\*Salad options listed are plain without dressings, croutons,  
and other higher calorie/carbohydrate options, unless otherwise noted.*

VEGETABLES:		
Steamed Broccoli	2X 	1X 
Garlicky Green Beans	2X 	3X 
Fire-Grilled Veggies	2X 	3X 
BAHAMA BREEZE		
PROTEINS:		
Seafood		
Fresh Salmon, Grilled or Sautéed	1X 	
VEGETABLES:		
Green Beans	1X 	2X 
BJ'S BREWHOUSE		
COMPLETE LEAN & GREEN MEALS:		
Blackened Chicken Zucchini Noodles, Half Portion	1X 	3X 
Lemon Herb Chicken & Asparagus Zucchini Noodles, Half Portion	1X 	3X 
Grilled Chicken Alfredo with Zucchini Noodles, Half Portion	1X 	3X 
SALADS:		
House Salad*	1X 	3X 
Fresh Mozzarella & Tomato Salad*	½X 	2X 
PROTEINS:		
Beef		
Add-ons: Brewhouse Burger Patty	1X 	
Chicken		
Add-ons: Grilled Chicken	1X 	
Add-ons: Blackened Chicken	1X 	

*\*Salad options listed are plain without dressings, croutons, and other higher calorie/carbohydrate options, unless otherwise noted.*



Lean



Leaner



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Green

Healthy  
Fats**PROTEINS: (CONT'D)****Seafood**

Add-ons: Blackened Shrimp

1X

**VEGETABLES:**

Asparagus

2X

Broccoli

2X

Sautéed Green Beans

1X

2X

**BOB EVANS****COMPLETE LEAN & GREEN MEALS:**

Grilled to Perfection Chicken (2 chicken breasts) with Side of Broccoli

1X

3X

**PROTEINS:****Eggs**

2 Orders Farm Fresh Egg Whites

½X

**VEGETABLES:**

Buttered Broccoli

2X

1X

Green Beans with Ham

2X

**BONEFISH GRILL****COMPLETE LEAN & GREEN MEALS:**

Bonefish House Salad with Wood Grilled Chicken, Half Portion\*

1X

3X

Bonefish House Salad with Wood Grilled Salmon\*

1X

3X

**PROTEINS:****Beef**

6 oz. Filet Mignon

1X

The Angler's Sirloin Steak

1X

**Chicken**

Lily's Chicken, Half Portion

1X

1X

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and other higher calorie/carbohydrate options, unless otherwise noted.*



**PROTEINS: (CONT'D)****Chicken**

Chicken Marsala, Half Portion	1X 	
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**Seafood**

Rainbow Trout, Half Portion	1X 	
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Grilled Ahi Tuna Steak	1X 	
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Grilled Atlantic Salmon, Small Portion	1X 	
--	--	--

Grilled Mahi Mahi & Shrimp with Lemon Butter or Lime Tomato Garlic Sauce, Half Portion	1X 	
--	--	--

Georges Bank Scallops and Shrimp	1X 	
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**VEGETABLES:**

Steamed Asparagus		2X 
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Green Beans		2X 
-------------	--	--

Steamed Broccoli		2X 
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**BUFFALO WILD WINGS****PROTEINS:****Beef**

Hamburger Patty with 1 Slice Cheddar, Pepper Jack, or Swiss Cheese	1X 	
--	--	--

**Chicken**

Grilled Chicken Breast with 1 Slice Cheddar, Pepper Jack, or Swiss Cheese	1X 	
---	--	--

4 Naked Tenders (no sauce or fries)	1X 	
-------------------------------------	--	--

**SALADS:**

Garden Side Salad		3X 
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**CALIFORNIA PIZZA KITCHEN****COMPLETE LEAN & GREEN MEALS:**

Lettuce Wraps with Chicken & Shrimp, Half Portion	1X 	3X 
---	--	--

Classic Caesar Salad with Grilled Shrimp*	1X 	3X 
---	--	--

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Green

Healthy  
Fats**SALADS:**

Asparagus &amp; Arugula Salad with Lemon Vinaigrette\*

2X

3X

**THE CAPITAL GRILLE****COMPLETE LEAN & GREEN MEALS:**

Caesar Salad with All-Natural Chicken Breast and Caesar Dressing, Lunch Size, Half Portion\*

1X

3X

Maine Lobster Salad with Citrus Vinaigrette, Lunch Size\*

1X

3X

The Capital Grille Cobb Salad with Sliced Tenderloin and Mustard Dressing, Half Portion\*

1X

3X

Pan-seared Sea Bass with Shiitake Mushrooms &amp; Asparagus, Half Portion

1X

3X

Seared Citrus-glazed Salmon (no almonds) with Haricot Verts

1X

3X

**SALADS:**

Field Greens Salad with Parmesan Vinaigrette\*

2X

3X

**PROTEINS:****Beef**

Sirloin with Sweet Chili Vinaigrette, Wasabi Oil

1X

14 oz. Bone-In Strip, Half Portion

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

**Seafood**

Shrimp/Prawn Cocktail (no sauce)

1X

Cold Shellfish Platter (no sauce), Half Portion

1X
























Grand Plateau, Quarter Portion (no sauce)

1X

Tuna Tartare with Avocado, Mango, and Sriracha (no mango)

 $\frac{2}{3}$ X 

*\*Salad options listed are plain without dressings, croutons, and other higher calorie/carbohydrate options, unless otherwise noted.*

VEGETABLES:		
French Green Beans with Tomatoes, Half Portion	2X 	2X 
Grilled Asparagus with Lemon Mosto	1X 	2X 
Sautéed Spinach with Garlic Confit	1X 	3X 
CARRABBA'S ITALIAN GRILL		
COMPLETE LEAN & GREEN MEALS:		
Caesar Salad with Grilled Chicken, Half Portion*	1X 	3X 
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 	
Chicken		
Chicken Marsala, Half Portion	1X 	
Chicken Bryan, Half Portion	1X 	
Pollo Rosa Maria, Half Portion	1X 	
The Johnny, Half Portion	1X 	
Tuscan-Grilled Chicken	1X 	
Pork		
1 Tuscan-Grilled Pork Chop	1X 	
Seafood		
Simply Grilled Salmon, Half Portion	1X 	
VEGETABLES:		
Grilled Asparagus	1X 	2X 
Sautéed Spinach	2X 	3X 

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Fats**VEGETABLES: (CONT'D)**

Plain Freshly Steamed Broccoli

2X

Sautéed Broccoli

2X

3X

Steamed Asparagus

2X

**CHILI'S****COMPLETE LEAN & GREEN MEALS:**

6 oz. Sirloin with Grilled Avocado

1X

3X

Grilled Chicken Salad with Honey-Lime Vinaigrette\*

1X

3X

**SALADS:**

House Salad\*

1X

3X

**PROTEINS:****Beef**

6 oz. Classic Sirloin

1X

Mix &amp; Match Fajitas: Grilled Steak (protein only), One Portion

1X

**Chicken**

Mix &amp; Match Fajitas: Grilled Chicken (protein only), One Portion

1X

**Seafood**

Mix &amp; Match Fajitas: Seared Shrimp (protein only), One Portion

½X

**VEGETABLES:**

Steamed Broccoli (no butter)

2X

Asparagus

2X

**COWBOY CHICKEN****COMPLETE LEAN & GREEN MEALS:**

Grilled Chicken Salad\*

1X

3X




**SALADS:**

Tangy Tomato &amp; Cucumber Salad\*

1X

3X

\*Salad options listed are plain without dressings, croutons,  
and other higher calorie/carbohydrate options, unless otherwise noted.

SALADS: (CONT'D)		
Garden Salad*		2X 
PROTEINS:		
Chicken		
3 Piece Chicken Dark	1X 	
¼ Chicken White	1X 	
¼ Chicken Dark	1X 	
6 oz. Grilled Chicken Breast from Platter	1X 	
VEGETABLES:		
Green Beans		2X 
CRACKER BARREL		
COMPLETE LEAN & GREEN MEALS:		
Homestyle Grilled Chicken Salad*	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		
Roast Beef (no sides), Half Portion	1X 	
Grilled Sirloin Steak (no sides)	1X 	
Chicken		
Grilled Chicken Tenderloins (no sides)	1X 	

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Fats**PROTEINS: (CONT'D)****Eggs**

2 Eggs, Any Way You Like 'Em

¾X

2 Scrambled Egg Whites

½X

**Seafood**

2 Spicy Grilled Farm-Raised Catfish Filets (no sides)

1X

Lemon Pepper Grilled Rainbow Trout (no sides)

1X

**VEGETABLES:**

Country Green Beans

2X

Turnip Greens

1X

2X

**DENNY'S****COMPLETE LEAN & GREEN MEALS:**

House Salad with Grilled Chicken\*

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

**Eggs**

2 Eggs

¾X

2 Egg Whites

½X

**Seafood**

Wild Alaska Salmon (no potatoes or sides)

1X

*\*Salad options listed are plain without dressings, croutons, and other higher calorie/carbohydrate options, unless otherwise noted.*

VEGETABLES:		
Broccoli		1X
Fresh Sautéed Zucchini & Squash	1X	1X
EAT 'N PARK		
COMPLETE LEAN & GREEN MEALS:		
Grilled Chicken Portobello Salad*	1X	3X
Classic Eat'n Park Salad with Grilled Chicken*	1X	3X
Veggie Omelet (no cheese or sides)	1X	3X
SALADS:		
Garden Side Salad*		2X
PROTEINS:		
Beef		
Sirloin Steak (no sides)	1X	
Chicken		
Grilled Chicken, 1 Piece	1X	
Chargrilled Chicken Sandwich (no bun)	1X	1X
Rosemary Chicken, 1 Piece (no white wine sauce)	1X	
Eggs		
2 Poached Eggs	$\frac{2}{3}$ X	
2 Egg Whites	$\frac{1}{2}$ X	
2 Hardboiled Eggs	$\frac{2}{3}$ X	
Seafood		
Baked Cod, 1 Piece (no breadcrumbs)	1X	

*\*Salad options listed are plain without dressings, croutons, and other higher calorie/carbohydrate options, unless otherwise noted.*



Lean



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Green

Healthy  
Fats

## GLORY DAYS GRILL

### COMPLETE LEAN & GREEN MEALS:

Grilled Salmon Tossed Salad, Half Portion*	1X	3X
8 Grilled Boneless Chicken Wings (no sauce) with Celery Sticks	1X	3X
Cedar Plank Salmon (no rice or mustard remoulade), Half Portion	1X	3X
Baymazing Crab & Grilled Chicken (no cheese), Half Portion	1X	3X

### COMPLETE LEAN & GREEN MEALS: (CONT'D)

Glory Days Cobb Salad, Half Portion*	1X	3X
Grilled Buffalo Chicken Salad, Half Portion*	1X	3X
Grilled Chicken Salad, Half Portion*	1X	3X
Grilled Chicken Caesar Salad with Caesar Dressing, Half Portion*	1X	3X

### SALADS:

Side Tossed Salad with Oil & Vinegar*	2X	3X
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### PROTEINS:
















#### Beef

Center-Cut Sirloin Steak (no potatoes), Half Portion	1X	
All-Star Burger (no roll, fries, or cheese)	1X	1X
Northfork Ranch Bison Burger (no roll or fries)	1X	1X

#### Chicken

Grilled Chicken Sandwich (no rolls, fries, sauce, or cheese), Half Portion	1X	1X
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PROTEINS: (CONT'D)		
<b>Turkey</b>		
Turkey Burger (no roll, fries, or mayo)	1X 	1X 
<b>Seafood</b>		
Grilled Shrimp Platter (no fries, cole slaw, or cocktail sauce)	1X 	
Add-On: Grilled Shrimp (no cocktail sauce)	1X 	
<b>VEGETABLES:</b>		
Fresh Seasonal Vegetables		3X 
<b>GOLDEN CORRAL</b>		
<b>PROTEINS:</b>		
<b>Beef</b>		
3 oz. BBQ Beef	½X 	
3 oz. Machaca Beef	½X 	
3 oz. Roast Beef (inside round)	½X 	
½ cup Carne Guisada Beef	½X 	
3 oz. Sirloin	½X 	
3 oz. Rib-eye	1X 	
3 oz. Portobello Mushroom Carved Sirloin	½X 	
3 oz. Garlic Parmesan Sirloin	½X 	
3 oz. Garlic Herb Butter Sirloin	½X 	
<b>Chicken</b>		
5 oz. Spicy Ranch Chicken Breast	1X 	

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Lean



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Green

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Fats**PROTEINS: (CONT'D)****Chicken**

3 oz. Fajita Chicken

½X

Rotisserie Chicken (breast and wing)

1X

Smothered Grilled Chicken (1 piece)

1X

3 oz. Smoked Chicken (white meat)

1X

3 oz. Golden Roasted Chicken (white meat)

1X

**Pork**

3 oz. Pork Loin

½X

1 Pork Fillet

1X

3 oz. Grilled BBQ Pork

1X

3 oz. Grilled BBQ Pork Loin

½X

**Turkey**

3 oz. White Meat Turkey

1X

3 oz. Smoked BBQ Turkey Breast

½X

3 oz. Carved Turkey Breast

½X

**Seafood**

1 Baked Florentine Fish

½X

3 oz. Baked Fish with Piccata Sauce

½X

**VEGETABLES:**

4 Steamed Asparagus Spears

1X



















1X

½ cup Collard Greens

1X

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and other higher calorie/carbohydrate options, unless otherwise noted.*

## VEGETABLES: (CONT'D)

½ Cup Steamed Broccoli		1X 
½ Cup Steamed Cauliflower		1X 
½ Cup Steamed Green Beans		1X 
½ Cup Kettle Cooked Cabbage		1X 
½ Cup Sautéed Spinach	2X 	1X 
½ Cup Kettle Cooked Turnip Greens		2X 
½ Cup Sautéed Zucchini	1X 	1X 
½ Cup Italian Vegetable Medley	1X 	1X 
½ Cup Sautéed Mushrooms	1X 	1X 
½ Cup Skillet Vegetables	2X 	1X 
½ Cup Squash Medley		1X 
½ Cup Sautéed Yellow Squash	1X 	1X 

## IHOP

### SALADS:

Mixed Greens House Salad\*

3X 

### PROTEINS:

#### Eggs

2 Fried, Hard or Soft Boiled, or Poached Eggs

¾X 

2 Egg Whites

½X 

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Lean



Leaner



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Green

Healthy  
Fats**PROTEINS: (CONT'D)****Beef**

10 oz. T-bone Steak

1X

**Seafood**

Grilled Tilapia

1X

**VEGETABLES:**

Steamed Fresh Broccoli

1X

Sautéed Spinach

1X

2X

**ISLANDS RESTAURANTS****COMPLETE LEAN & GREEN MEALS:**

Jungle Caesar Salad with Caesar Dressing, Half Portion\*

1X

3X

**COMPLETE LEAN & GREEN MEALS: (CONT'D)**

Sleek Greek Salad with Low Fat Vinaigrette\*

1X

3X

**SALADS:**

Side Caesar Salad\*

2X

3X

Garden Salad\*

3X

**VEGETABLES:**

Steamed Veggies

2X

3X

**PROTEINS:****Chicken**

Chicken Patty

1X

**Turkey**

Turkey Patty

1X

*\*Salad options listed are plain without dressings, croutons,  
and other higher calorie/carbohydrate options, unless otherwise noted.*

## JOHNNY ROCKETS

### COMPLETE LEAN & GREEN MEALS:

Grilled Chicken Club Salad\*

1X 

3X 

### SALADS:

Garden Salad\*

2X 

3X 

### PROTEINS:

#### Beef

5.3 oz. Beef Burger Patty

1X 

#### Chicken

Grilled Chicken (Burger Patty Choice)

1X 

#### Vegetarian

Boca Veggie Burger

½X 

## LONGHORN STEAKHOUSE

### COMPLETE LEAN & GREEN MEALS:

Longhorn Caesar Salad with Chicken or Salmon and Caesar Dressing, Half Portion\*

1X 

3X 

7-Pepper Sirloin Salad, Half Portion\*

1X 

3X 

Farm Fresh Field Greens with Chicken or Sirloin\*

1X 

3X 

### SALADS:

Side Mixed Greens Salad\*

1X 

3X 

### PROTEINS:

#### Beef

6 oz. Renegade Sirloin

1X 

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Fats**PROTEINS: (CONT'D)****Beef**

6 oz. Flo's Filet

1X

6 oz. Renegade Sirloin &amp; Redrock Grilled Shrimp (no rice), Half Portion

1X

Flo's Filet &amp; Lobster Tail, Half Portion

1X

**Chicken**

6 oz Parmesan Crusted Chicken, Half Portion

1X

**Pork**

Cowboy Pork Chops, Half Portion

1X

**Seafood**

7 oz. LongHorn Salmon (no rice)

1X

Lobster Tail

½X

8 ct. Redrock Grilled Shrimp (no rice)

1X

**VEGETABLES:**

Fresh Steamed Asparagus

1X

3X

Fresh Steamed Broccoli

1X

2X

**MIMI'S CAFE****COMPLETE LEAN & GREEN MEALS:**

Cobb Salad\*

1X

3X

Mimi's Caesar Salad with Grilled Chicken or Shrimp, Half Portion\*

1X

3X

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and other higher calorie/carbohydrate options, unless otherwise noted.*

**COMPLETE LEAN & GREEN MEALS: (CONT'D)**

Egg White and Veggie Omelette (no fruit)

1X 3X **SALADS:**

Petite House Salad\*

2X 3X **PROTEINS:****Eggs**

2 Eggs, Any Style

 $\frac{1}{2}$ X **Seafood**

Grilled Atlantic Salmon

1X **VEGETABLES:**

Broccoli

2X 2X 

Garlic Spinach

1X 2X **O'CHARLEY'S****SALADS:**

Side House Salad\*

1X 3X **PROTEINS:****Beef**

Bacon &amp; Bourbon Glazed Filet Mignon, Half Portion

1X 

6 oz. Grilled Top Sirloin

1X 

Louisiana Sirloin, Half Portion

1X **Chicken**

Chicken Breast Burger Substitute (patty only)

1X 

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and other higher calorie/carbohydrate options, unless otherwise noted.*



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Fats**PROTEINS: (CONT'D)****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****SALADS:**

House Salad Mix\*

2X

**PROTEINS:****Beef**

Side of 4 oz. Tenderloin

1X

**VEGETABLES:**

Small Fresh Broccoli, Half Portion

2X

2X

**THE OLIVE GARDEN****COMPLETE LEAN & GREEN MEALS:**

Chicken Margherita, Lunch or Half Portion

1X

3X

Herb-Grilled Salmon, Half Portion

1X





















**Beef**

6 oz. Tuscan Sirloin

1X

*\*Salad options listed are plain without dressings, croutons,  
and other higher calorie/carbohydrate options, unless otherwise noted.*



SALADS:		
Famous House Salad with Italian Dressing (one serving)*	2X 	3X 
VEGETABLES:		
Steamed Broccoli		2X 
ON THE BORDER		
COMPLETE LEAN & 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*	1X 	3X 
Border's Best Lunch Fajitas: Chicken or Steak (no tortillas, rice, beans, or condiments)	1X 	3X 
PROTEINS:		
Seafood		
Add-on: 2 Shrimp Skewers	½X 	
VEGETABLES:		
Sautéed Vegetables	1X 	3X 
OUTBACK STEAKHOUSE		
COMPLETE LEAN & GREEN MEALS:		
Aussie Cobb Salad with Grilled Chicken*	1X 	3X 
Brisbane Caesar Salad with Grilled Chicken or Grilled Shrimp*	1X 	3X 
Tilapia with Pure Lump Crab Meat with Seasonal Mixed Veggies, Half Portion	1X 	3X 

*\*Salad options listed are plain without dressings, croutons, and other higher calorie/carbohydrate options, unless otherwise noted.*



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Fats**SALADS:**

Side House Salad\*

2X



2X

**PROTEINS:****Beef**

6 oz. Victoria's Filet Mignon

1X



6 oz. Filet Mignon &amp; Lobster, Half Portion

1X



6 oz. Sirloin &amp; Grilled Shrimp on the Barbie

1X



6 oz. Sirloin &amp; Grilled Chicken, Half Portion

1X



6 oz. Outback Center-Cut Sirloin

1X

**Chicken**

Grilled Chicken on the Barbie, Lunch Size

1X



3X

**Pork**

Pork Porterhouse (no mashed potatoes), Half Portion

1X

**Seafood**

Botany Bay Tilapia

1X



1X



Simply Grilled Mahi

1X



Toowoomba Salmon, Half Portion

1X



1X



Perfectly Grilled Salmon, Half Portion

1X



Steak Mate: Grilled Shrimp

½X

























5 oz. Steamed Lobster Tail

1X



*\*Salad options listed are plain without dressings, croutons,  
and other higher calorie/carbohydrate options, unless otherwise noted.*

VEGETABLES:		
Fresh Steamed Broccoli	2X 	3X 
Green Beans	2X 	3X 
PEI WEI		
COMPLETE LEAN & GREEN MEALS:		
Asian Chopped Chicken Salad with Ginger-Sesame Vinaigrette, Half Portion*	1X 	3X 
VEGETABLES:		
Side of Cauliflower Rice	1X 	3X 
PERKINS		
COMPLETE LEAN & GREEN MEALS:		
The Everything Omelette (no cheese)	1X 	3X 
Turkey BLT Salad*	1X 	3X 
Turkey Sausage Omelette (no fruit or toast)	1X 	3X 
Southwest Avocado Salad*	1X 	3X 
Grilled Chicken with Mushrooms & Asparagus (no rice)	1X 	3X 
Grilled Garlic Tilapia & Shrimp (no rice)	1X 	3X 
SALADS:		
Side Garden Salad*		3X 
PROTEINS:		
Eggs		
Hearty Extra: 2 Eggs	½X 	

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Fats**PROTEINS: (CONT'D)****Eggs**

Hearty Extra: 3 Egg Beaters

½X

Steak Medallions &amp; Eggs (no hashbrowns or fruit), Half Portion

1X

1X

**Pork**

Grilled Pork Chop (no applesauce)

1X

**Seafood**

Grilled Cajun Tilapia &amp; Shrimp (no rice)

1X

3X

Grilled Tilapia (no tartar sauce)

1X

Grilled Salmon, Half Portion

1X

**VEGETABLES:**

Fresh Broccoli

2X

2X

Green Beans with Bacon

2X

Sautéed Spinach

2X

Grilled Asparagus

2X

**P.F. CHANGS****COMPLETE LEAN & GREEN MEALS:**

Asian Caesar Salad with Chicken and Caesar Dressing, 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

\*Salad options listed are plain without dressings, croutons,  
and other higher calorie/carbohydrate options, unless otherwise noted.

PROTEINS:		
<b>Chicken</b>		
Ginger Chicken with Broccoli, Half Portion	1X 	3X 
Steamed Kung Pao Chicken, Half Portion	1X 	
<b>Tofu</b>		
Buddha's Feast Steamed (no rice)	1X 	3X 
RED HOT & BLUE		
COMPLETE LEAN & GREEN MEALS:		
Smokehouse Salad, Half Portion*	1X 	3X 
Caesar Salad with Grilled Chicken and Caesar Dressing, Half Portion*	1X 	3X 
SALADS:		
Pulled Chicken Salad*	1X 	3X 
PROTEINS:		
<b>Beef</b>		
Beef Brisket Platter (no beans or slaw)	1X 	
<b>Chicken</b>		
Pulled Chicken Platter (no beans or slaw)	1X 	
Memphis Half Chicken (no beans or slaw), Half Portion	1X 	
<b>Pork</b>		
Pulled Pork Platter (no beans or slaw)	1X 	
VEGETABLES:		
Collard Greens		2X 

*\*Salad options listed are plain without dressings, croutons, and other higher calorie/carbohydrate options, unless otherwise noted.*



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## RED LOBSTER

### COMPLETE LEAN & GREEN MEALS:

Classic Caesar Salad with Wood-grilled Chicken,  
Half Portion with Dressing\*

1X

3X

### SALADS:

Side Garden Salad\*

1X

3X

### PROTEINS:

#### Beef

Wood-grilled Shrimp &amp; Sirloin, Half Portion

1X

#### Seafood

Signature Shrimp Cocktail (no cocktail sauce)

½X

Today's Catch: Wahoo/Ono or Swordfish (no sides)

1X

Today's Catch: Rainbow Trout or Salmon, Lunch or Half Portion (no sides)

1X

Today's Catch: Gold Band Snapper, Orange Roughy, or  
Tilapia, Lunch or Half Portion (no sides)

1X

Today's Catch: Atlantic Cod, Walleye, or Mahi Mahi (no sides)

1X

Fresh Wood-Grilled Tilapia

1X

Soy-Ginger Salmon

1X

Wild Caught Ovenbroiled Whitefish Dinner, Half Portion

1X

Farm-raised Catfish, Blackened, Lunch

1X

#### Add-Ons:

Wood-Grilled Sea Scallops

½X
























Wood-Grilled Shrimp Skewers (no sides, including rice), Lunch Size

1X

Topped Maine Lobster Tail

¾X

*\*Salad options listed are plain without dressings, croutons,  
and other higher calorie/carbohydrate options, unless otherwise noted.*

PROTEINS: (CONT'D)		
<b>Seafood</b>		
Shrimp and Wood-Grilled Chicken (no rice), Lunch Size	1X 	
Wood-Grilled Shrimp Skewers (no rice), Lunch Size	2/3X 	
<b>VEGETABLES:</b>		
Steamed Broccoli		2X 
Asparagus	1X 	2X 
Grilled Zucchini & Squash	2X 	3X 
<b>RED ROBIN</b>		
<b>COMPLETE LEAN &amp; GREEN MEALS:</b>		
Avo-Cobb-O Salad, Half Portion*	1X 	3X 
Ensenada Chicken Platter (one chicken breast) with Side Salad*	1X 	3X 
The Wedgie Burger (no bacon or guacamole)	1X 	3X 
<b>SALADS:</b>		
Side Salad*	1X 	3X 
House Salad*	1X 	3X 
Simply Grilled Chicken Salad*	1X 	3X 
<b>PROTEINS:</b>		
<b>Beef</b>		
6 oz. Burger Patty with Lettuce Wrap, Tomato Slice, and Cucumber Slices	1X 	2X 
<b>Chicken</b>		
Grilled Chicken Patty With Lettuce Wrap, Tomato Slice, and Cucumber Slices	1X 	2X 

*\*Salad options listed are plain without dressings, croutons, and other higher calorie/carbohydrate options, unless otherwise noted.*



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Fats**PROTEINS: (CONT'D)****Turkey**

Turkey Patty with Lettuce Wrap, Tomato Slice, and Cucumber Slices

1X

2X

**VEGETABLES:**

Steamed Broccoli

2X

**ROMANO'S MACARONI GRILL****COMPLETE LEAN & GREEN MEALS:**

Rosa's Signature Caesar Salad with Chicken and Caesar Dressing, Half Portion\*

1X

3X

Bibb and Bleu Salad with Chicken and Buttermilk Ranch, Half Portion\*

1X

3X

Pollo Caprese, Half Portion

1X

3X

**VEGETABLES:**

Broccolini Side

1X

2X

**TEXAS ROADHOUSE****COMPLETE LEAN & GREEN MEALS:**

Grilled Chicken, Salmon, or Shrimp Salad, Half Portion\*

1X

3X

Steakhouse Filet Salad, Half Portion\*

1X

3X

**PROTEINS:****Beef**

6 oz. Dallas Filet

1X

8 oz. NY Strip, Half Portion

1X

6 oz. USDA Choice Sirloin

1X

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

1X

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

1X

\*Salad options listed are plain without dressings, croutons,  
and other higher calorie/carbohydrate options, unless otherwise noted.



**PROTEINS: (CONT'D)****Chicken**

Grilled BBQ Chicken with 6 oz. Sirloin, Half Portion

1X 

Grilled BBQ Chicken

1X 

Portobello Mushroom Chicken, Half Portion

1X 

Smothered Chicken topped with Jack Cheese (no cream gravy), Half Portion

1X **Pork**

Single Grilled Pork Chop, Half Portion

1X **Seafood**

5 oz. Grilled Salmon (no tartar sauce)

1X **VEGETABLES:**

Green Beans

3X 

Sautéed Mushrooms

1X 2X **T.G.I. FRIDAY'S****COMPLETE LEAN & GREEN MEALS:**

Caesar Salad with Grilled Chicken and Caesar Dressing, Half or Lunch Portion\*

1X 3X 

6 oz. Sirloin with Lemon-Butter Broccoli (no mashed potatoes, parmesan butter, or whiskey glaze)

1X 3X **SALADS:**

House Salad\*

3X 

*\*Salad options listed are plain without dressings, croutons, and other higher calorie/carbohydrate options, unless otherwise noted.*



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Fats**VEGETABLES:**

Lemon-Butter Broccoli

2X

3X

**THE GREENE TURTLE****COMPLETE LEAN & GREEN MEALS:**

Black &amp; Bleu Shrimp Salad, Half Portion\*

1X

3X

Chicken Caesar Salad, Half Portion\*

1X

3X

Nola Chicken (no rice pilaf), Half Portion

1X

3X

Ty Cobb Salad, Half Portion\*

1X

3X

Power House Salad with Grilled Chicken and House Dressing, Half Portion\*

1X

3X

**SALADS:**

Garden Salad with House Dressing\*

2X

3X

**PROTEINS:****Beef**

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

California Turkey Wrap (no tortilla or mayo), Half Portion

1X

1X

Chick 'n' Ranch Sandwich (no roll or ranch), Half Portion

1X

1X

Grilled Chicken Sandwich (no bun), Lunch Entrée

1X

1X

Build Your Own Burger: Grilled Chicken Patty, Lettuce, Tomato Slice, Dill Pickle Slice (optional), 1 slice of cheese

1X

1X

\*Salad options listed are plain without dressings, croutons,  
and other higher calorie/carbohydrate options, unless otherwise noted.

**PROTEINS: (CONT'D)****Turkey**

California Turkey Wrap (no tortilla), Half Portion

1X 1X **VEGETABLES:**

Fresh Broccoli

1X 2X **UNO PIZZERIA & GRILL****COMPLETE LEAN & GREEN MEALS:**

Baked Stuffed Spinoccoli

1X 3X 

Classic Cobb Salad, Half Portion\*

1X 3X 

Gluten-sensitive Chicken Caesar Salad with Caesar Dressing\*

1X 3X **SALADS:**

Garden Side Salad\*

1X 3X **PROTEINS:****Beef**

10 oz. Sirloin, Half Portion

1X 

Sirloin Steak Tips, Half Portion

1X **Chicken**

Herb Rubbed Chicken

1X **Seafood**

Shrimp Skewer

½X 

Baked Haddock (no crumb topping), Half Portion

1X 

Grilled Shrimp &amp; Sirloin, Half Portion

1X 

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and other higher calorie/carbohydrate options, unless otherwise noted.*



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Fats**PROTEINS: (CONT'D)****Seafood**

Lemon Basil Salmon, Half Portion

1X

Shrimp Skewer

½X

**VEGETABLES:**

Roasted Seasonal Vegetables

1X

2X

Steamed Broccoli

1X

2X

**ZAXBY'S****COMPLETE LEAN & GREEN MEALS:**

Grilled House Zalad, Half Portion\*

1X

3X

Grilled Caesar Zalad, Half Portion\*

1X

3X

Blackened Blue Zalad, Half Portion\*

1X

3X

Grilled Cobb Zalad, Half Portion\*

1X

3X

**SALADS:**

Side Salad\*

2X

**PROTEINS:****Chicken**

5 Traditional Chicken Wings (no sauce)

1X

**VEGETABLES:**

Side of Celery

1X

*\*Salad options listed are plain without dressings, croutons,  
and other higher calorie/carbohydrate options, unless otherwise noted.*

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# Fast Food Restaurant Options

## Key for Fast Food Restaurant Options



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### ARBY'S

#### COMPLETE LEAN & GREEN MEALS:

Roast Chicken Salad with Light Italian Dressing\*

1X

3X

#### SALADS:

Chopped Side Salad with Light Italian Dressing\*

1X

2X

#### PROTEINS:

Classic Roast Beef Sandwich (no bun)

½X

Double Roast Beef Sandwich (no bun)

1X

Classic Beef 'n Cheddar (no bun or red ranch sauce)

½X

Classic French Dip & Swiss (no roll or au jus)

1X

Double Beef 'n' Cheddar (no bun or red ranch sauce)

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

*This guide is a review and rating of menu options at various restaurants. OPTAVIA LLC is an independent entity not associated with any of the restaurants named throughout this guide.*

*\*Salad options listed are plain without dressings, croutons, and other higher calorie/carbohydrate options, unless otherwise noted.*

**PROTEINS: (CONT'D)**

Roast Turkey & Swiss Wrap (no wrap or mayo)	1X 	1X 
Roast Beef Gyro (no pita or tzatziki sauce)	½X 	1X 
Turkey Gyro (no pita or tzatziki sauce)	½X 	1X 
Reuben (no bread or thousand island spread)	1X 	1X 
3 Jalapeño Roast Beef Sliders (no buns)	1X 	
3 Roast 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 & GREEN MEALS:**

Chef Salad*	1X 	3X 
Chicken Cobb with Avocado Salad*	1X 	3X 
Chicken Caesar Asiago Salad*	1X 	3X 

**SALADS:**

Side Garden Salad*		3X 
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**PROTEINS:**

2 Hard-Boiled Eggs	½X 	
6 oz. Adobo Chicken	1X 	

**VEGETABLES:**

Roasted Eggplant Soup, Small	1X 	3X 
Wild Mushroom Bisque, Small	1X 	3X 

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Fats**VEGETABLES: (CONT'D)**

2 oz. Roasted Mediterranean Vegetables

1X

2X

12 Veggies Soup, Small

1X

3X

Beef and Vegetable Stew, Small

½X

3X

**BAJA FRESH****COMPLETE LEAN & GREEN MEALS:**

Baja Ensalada with Carnitas, Chicken, Grilled Wahoo, Shrimp, or Steak\*

1X

3X

**SALADS:**

Side Salad\*

1X

3X

**PROTEINS:**

Carnitas or Steak, à la carte

1X

Chicken, à la carte

1X

Shrimp, à la carte

½X

Wahoo, à la carte

1X

**VEGETABLES:**

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

3X

**BLIMPIE****COMPLETE LEAN & GREEN MEALS:**

Ultimate Club Salad\*

1X

3X

**SALADS:**

Garden Salad\*

2X




















Buffalo Chicken Salad\*

1X

3X

\*Salad options listed are plain without dressings, croutons,  
and other higher calorie/carbohydrate options, unless otherwise noted.



SALADS: (CONT'D)		
Grilled Chicken Caesar Salad*	1X 	2X 
BOJANGLES		
COMPLETE LEAN & GREEN MEALS:		
Roasted Chicken Bites Salad, Half Portion*	1X 	3X 
Grilled Chicken Salad*	1X 	3X 
SALADS:		
Garden Salad*	2X 	3X 
PROTEINS:		
Roasted Chicken Bites	1X 	
VEGETABLES:		
Green Beans, Individual Size		2X 
BOSTON MARKET		
COMPLETE LEAN & GREEN MEALS:		
Caesar Salad with Rotisserie Chicken Breast and Caesar Dressing, Half Portion*	1X 	3X 
Southwest Cobb Salad*	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 	
Rotisserie Prime Rib, Half Portion*	1X 	

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Fats**PROTEINS: (CONT'D)**

Build Your Own Bowl with Chicken Breast or Turkey Breast, Steamed Veggies, &amp; Poultry Gravy

1X



2X



Roasted Turkey or Roasted Rotisserie Chicken Carver Sandwich (no roll or mayo)

1X



1X

**VEGETABLES:**

Steamed Broccoli

1X



Fresh Steamed Vegetables

2X

**CAFE RIO****COMPLETE LEAN & GREEN MEALS:**

Salad with Shredded Chicken, Fire Grilled Chicken, Chile Roasted Beef, Fire Grilled Steak, or Fire Grilled Salmon\*

1X



3X

**CALIFORNIA TORTILLA****COMPLETE LEAN & 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, Grilled Mesquite Steak, Grilled Mesquite Chicken, or Grilled Chicken (no rice, tortilla strips, sour cream, or guacamole)

1X



3X



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

1X



3X



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

1X



3X



Korean BBQ Burrito with Blackened Fish 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



*\*Salad options listed are plain without dressings, croutons, and other higher calorie/carbohydrate options, unless otherwise noted.*

**COMPLETE LEAN & GREEN MEALS: (CONT'D)**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, guacamole, or tortilla strips)1X 3X **SALADS:**

Side Salad\*

1X 1X **PROTEINS:**Korean BBQ Burrito with Carnitas, Grilled Mesquite Steak,  
Grilled Mesquite Chicken, or Grilled Chicken, Regular,  
In Bowl (no tortilla, rice, or bbq sauce)1X 3X **CAPTAIN D'S****COMPLETE LEAN & GREEN MEALS:**

Grilled Tilapia Salad\*

1X 3X 

Skewer Shrimp Salad\*

1X 3X 

Wild Alaskan Salmon Salad\*

1X 3X **SALADS:**

Side Salad\*

1X **PROTEINS:**

Wild Alaskan Salmon

1X 

2 Grilled Shrimp Skewers

1X 

Grilled White Fish &amp; Shrimp Skewer

1X 

Lemon Pepper White Fish

1X 

Blackened Tilapia

1X 

*\*Salad options listed are plain without dressings, croutons,  
and other higher calorie/carbohydrate options, unless otherwise noted.*



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Fats**VEGETABLES:**

Broccoli		1X
Green Beans		2X

**CHICK-FIL-A****COMPLETE LEAN & GREEN MEALS:**

Spicy Southwest Salad*	1X	3X
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**SALADS:**

Side Salad*	1X	2X
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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.*

**COMPLETE LEAN & GREEN MEALS:**

Paleo Salad Bowl*	1X	3X
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**PROTEINS:**

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

**VEGETABLES:**

Cilantro-Lime Cauliflower Rice, regular portion		2X
Fajita Vegetables, regular portion		1X

*\*Salad options listed are plain without dressings, croutons, and other higher calorie/carbohydrate options, unless otherwise noted.*





## CHOPT

### COMPLETE LEAN & GREEN MEALS:

Kale Caesar with Chicken*	1X 	3X 
Palm Beach Salad with Chicken*	1X 	3X 
Asian Crunch Salad*	1X 	3X 
Mexican Caesar with Chicken*	1X 	3X 
Classic Cobb, Half Portion*	1X 	3X 

## DIG INN





### PROTEINS:

Charred Chicken Marketbowl	1X 	
Wild Alaskan Salmon Marketbowl	1X 	
Grilled Organic Tofu Marketbowl	2/3X 	
Herb Roasted Chicken Marketbowl	1X 	

### SALADS:



Cashew Kale Caesar Salad*	2X 	2X 
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### VEGETABLES:

Cauliflower with Garlic & Parmesan	1X 	3X 
Charred Broccoli with Lemon	2X 	2X 

## FIREHOUSE SUBS

### COMPLETE LEAN & GREEN MEALS:

Chopped Salads: Grilled Chicken, Turkey, or Hook & Ladder with Light Italian Dressing*	1X 	3X 
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*\*Salad options listed are plain without dressings, croutons, and other higher calorie/carbohydrate options, unless otherwise noted.*



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Fats**COMPLETE LEAN & GREEN MEALS: (CONT'D)**

Hot Specialty Subs (no roll or mayo), Medium: Club On A Sub, Engineer, Hero, Hook &amp; Ladder, Spicy Cajun Chicken, Steak &amp; 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, mayo, or cheese), Medium: Tuna Salad

1X

3X

**PROTEINS:**

Hot Specialty Subs (no roll or mayo), Medium: NY Steamer

1X

**HONEYGROW****COMPLETE LEAN & GREEN MEALS:**

Kale Chicken Caesar\*

1X

3X

**PROTEINS:**

Hardboiled Egg

1/3 X

Roasted Chicken

1/2 X

Roasted Shrimp

1/2 X

**VEGETABLES:**

Curly Kale

1X

Arugula

1X

Baby Spinach

3X

Grape Tomatoes

1X

Roasted Broccoli

1X

*\*Salad options listed are plain without dressings, croutons, and other higher calorie/carbohydrate options, unless otherwise noted.*

## JACK IN THE BOX

### COMPLETE LEAN & GREEN MEALS:













Chicken Club Salad with Grilled Chicken Strips*	1X 	3X 
Grilled Chicken Salad*	1X 	3X 
Southwest Chicken Salad with Grilled Chicken*	1X 	3X 

### SALADS:

Side Salad*		1X 
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## JERSEY MIKE'S SUBS

### COMPLETE LEAN & GREEN MEALS:

Jersey Shore Favorite, In a Tub (no oil)	1X 	3X 
Super Sub, In a Tub (no oil)	1X 	3X 
Roast Beef & Provolone, In a Tub (no oil)	1X 	3X 
Turkey Breast & Provolone, In a Tub (no oil)	1X 	3X 
Veggie, In a Tub (no oil & vinegar)	1X 	3X 
Famous Philly, In a Tub (no cheese)	1X 	3X 
Original Italian, In a Tub (no oil)	1X 	3X 
California Club, In a Tub (no oil)	1X 	3X 
Chicken Philly, In a Tub	1X 	3X 
Grilled Pastrami Reuben, In a Tub (no Thousand Island dressing)	1X 	3X 
Big Kahuna, In a Tub	1X 	3X 
Grilled Chicken Salad, Half Portion*	1X 	3X 

*\*Salad options listed are plain without dressings, croutons, and other higher calorie/carbohydrate options, unless otherwise noted.*



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Fats**SALADS:**

Tossed Salad\*

3X

**JIMMY JOHNS****PROTEINS:**

Bootlegger Club Unwich

1X

1X

Club Lulu Unwich

1X

1X

**KFC****SALADS:**

Side Caesar Salad\*

2X

Side House Salad\*

1X

**PROTEINS:**

Kentucky Grilled Chicken, 3 Whole Wings

1X

Kentucky Grilled Chicken, 2 Drumsticks

1X

Kentucky Grilled Chicken, Drumstick &amp; Thigh

1X

Kentucky Grilled Chicken, Breast

1X

Nashville Hot Kentucky Grilled Chicken, Breast

1X

Nashville Hot Kentucky Grilled Chicken, 2 Drumsticks

1X

Nashville Hot Kentucky Grilled Chicken, Drumstick &amp; Thigh

1X

**VEGETABLES:**

Green Beans, Individual


1X

*\*Salad options listed are plain without dressings, croutons,  
and other higher calorie/carbohydrate options, unless otherwise noted.*






## MISSION BBQ

### SALADS:

Entrée 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: Smoked Salmon, Half Portion	1X 	
Meat Market: Chicken, Half Portion	1X 	

### VEGETABLES:



Green Beans & Bacon	1X 	3X 
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## NOODLES & COMPANY

### COMPLETE LEAN & GREEN MEALS:

Grilled Chicken Caesar Salad with Caesar Dressing, Regular*	1X 	3X 
The Med Salad with Chicken and Spicy Yogurt Dressing, Regular*	1X 	3X 
Zucchini Pesto with Grilled Chicken, Small	1X 	3X 
Chicken Veracruz Salad with Jalapeño Ranch Dressing, Small*	1X 	3X 
Zucchini Rosa with Grilled Chicken, Small	1X 	3X 

### SALADS:

Caesar Side Salad with Caesar Dressing*	1X 	2X 
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*\*Salad options listed are plain without dressings, croutons, and other higher calorie/carbohydrate options, unless otherwise noted.*



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## PANDA EXPRESS

### COMPLETE LEAN & GREEN MEALS:

Shanghai Angus Steak

1X

3X

### PROTEINS:

Grilled Teriyaki Chicken

1X

String Bean Chicken Breast

½X

3X

Mushroom Chicken

½X

3X

Broccoli Beef

½X

3X

### VEGETABLES:

Super Greens

3X

## PANERA BREAD

### COMPLETE LEAN & GREEN MEALS:

Asian Sesame with Chicken Salad, Whole Size\*

1X

3X

Caesar Salad with Chicken, Whole Size\*

1X

3X

Green Goddess Cobb Salad, Half Size\*

1X

3X

### SALADS:

Caesar Salad with Caesar Dressing, Half Portion\*

2X

3X

## POPEYES

### PROTEINS:

Blackened Tenders

1X

### VEGETABLES:

Green Beans, Regular

2X






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and other higher calorie/carbohydrate options, unless otherwise noted.

## PROTEIN BAR & KITCHEN

### COMPLETE LEAN & GREEN MEALS:

Buffalo Salad*	1X 	3X 
Kale Chicken Caesar Salad, Half Portion*	1X 	3X 


### PROTEINS:

Beyond Chorizo Scramble	1X 	
Egg White, Spinach, & Feta Scramble	1X 	2X 
Big Bacon Scramble	1X 	
Steak & Eggs Scramble (no beans)	1X 	

## 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:

Pulled Pork	½X 	
Eggs	¾X 	
Grilled Adobo Chicken	½X 	

### VEGETABLES:

Fajita Vegetables		2X 
Pico de Gallo		1X 

*\*Salad options listed are plain without dressings, croutons, and other higher calorie/carbohydrate options, unless otherwise noted.*



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## QUIZNOS

### COMPLETE LEAN & GREEN MEALS:

Turkey Ranch & Swiss Full Salad*	1X	3X
Honey Mustard Chicken Full Salad, Half Portion*	1X	3X
Spicy Monterey Full Salad*	1X	3X
Mesquite Chicken Half Salad*	1X	3X
Italian Meatball Half Salad*	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*	1X	3X
Cold Cut Combo Salad*	½X	3X
Italian B.M.T. Salad*	½X	3X
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	

*\*Salad options listed are plain without dressings, croutons, and other higher calorie/carbohydrate options, unless otherwise noted.*

PROTEINS: (CONT'D)		
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	½X 	
VEGETABLES:		
Tomato Basil Soup	1X 	3X 
WAHOO'S FISH TACO		
COMPLETE LEAN & GREEN MEALS:		
Protein Bowl (no citrus slaw): Blackened or Charbroiled Chicken, Blackened or Charbroiled Fish, Shrimp, Salmon, or any combination of these protein options	1X 	3X 
Kale Kai Salad with Charbroiled Fish, Blackened Fish, Charbroiled Chicken, Blackened Chicken, Carne Asada, Carnitas, or Salmon*	1X 	3X 
WENDY'S		
COMPLETE LEAN & GREEN MEALS:		
Southwest Avocado Chicken Salad, Half Size*	1X 	3X 
Parmesan Caesar Chicken Salad, Half Size*	1X 	3X 

*\*Salad options listed are plain without dressings, croutons, and other higher calorie/carbohydrate options, unless otherwise noted.*



Lean



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Leanest



Green

Healthy  
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## ZOE'S KITCHEN

### PROTEINS:

Chicken Kabobs	1X	
Salmon Kabobs	1X	
Shrimp Kabobs	1X	
Spicy Chicken Kabobs:	1X	
Mediterranean Chicken	1X	
<b>VEGETABLES:</b>		
Roasted Vegetables	1X	2X

*\*Salad options listed are plain without dressings, croutons,  
and other higher calorie/carbohydrate options, unless otherwise noted.*









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