Letting someone else do the cooking is an indulgent and often necessary luxury. So we dine out. Sometimes we do it because we’re too busy to cook; other times we eat out because it’s an easy and enjoyable way to spend quality time with family.

But restaurants are in business to keep their customers coming back for delicious foods. Too often that means salty, fat-laden, calorie-dense meals in portions three times a normal serving size. And the more often you eat out, the more normal restaurant portions can seem. That’s why dining out can sometimes sabotage your best plan.

But it doesn’t have to.
Eat Out on Plan

With the help of this guide, you can make choices that let you enjoy a night away from the stove without putting your own health needs on the back burner.

*Dining Out* will help you make healthy choices, whether you’re at a white-tablecloth restaurant or a take-out joint.

This guide features everything from food and behavior tips to meal examples. Medifast’s Registered Dietitians have evaluated the menus of over 90 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 or maintaining that loss.

Each menu item is broken down into the Lean/Leaner/Leanest, Green, and Healthy Fat categories. You may notice that the breakdowns don’t always match the recommendations on the Lean & Green™ Options List. This is because the breakdown was determined based on the nutrition information and evaluated based on total calorie, fat, carbohydrate, protein, and sodium content.
While this is not by any means a complete list (some menu items that might have fit our Lean & Green™ criteria could not be included due to lack of nutrition information), you should find enough here to keep you happy, motivated, and on plan!

**Lean & Green™ Basics**

When you dine out, use the Lean & Green™ Meal guidelines to make informed choices, particularly for menu items not included here.

**The Lean**

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

**The Green**

Fill up on non-starchy, lower-carbohydrate vegetables such as 1 cup of green leafy vegetables (e.g. endive, lettuce, or raw spinach). You can also choose from more moderate or higher carbohydrate vegetables on the Green list such as asparagus, cauliflower, broccoli, or tomatoes, but limiting them to ½ cup serving size. You will want to choose a total of 3 servings of any combination of lower, moderate, or higher carbohydrate vegetables. All three levels of carbohydrates are appropriate for the Medifast Program.
Healthy Fats and Condiments

- Order your food *naked*, with sauces, dressings, and toppings on the side.
- Ask that your food be prepared without extra butter or oil.
- Be mindful of the condiments you use, and consider using lower carbohydrate Medifast Meals for the remainder of the day.

When in doubt, choose lean, skinless chicken or grilled fish with salad greens or steamed vegetables, which you can find almost everywhere.

Remember that even a small amount of bread, rice, pasta, potatoes, sweetened drinks, fruit, juice, desserts, or alcoholic beverages may take you out of the fat-burning state, cause cravings, and slow your weight-loss progress.

Dining Out Tips

We’ve divided these tips into three categories: the first, Food Choices, is full of good advice for making your meal selection; the second, Behavior Choices, will help you make the most out of every restaurant meal; the third, Maintenance Choices, will help you keep your health gains—and weight loss—for a lifetime.
Food Choices

Buffets
There’s no greater array of choices than at a buffet! But you’ll need to be particularly mindful. It’s easy to overeat and tack on extra calories. So stick with lean proteins and non-starchy vegetables. Train yourself to notice the appearance of food; butter, oil, dressings, and other toppings used to prepare foods will often make themselves visible. So move on—or take a small sample.

Dressings & Sauces
This often-healthy source of fat is easy to overdo. Ask for dressings and sauces on the side so you can monitor your portions. Try dipping your fork lightly into the dressing before grabbing a bite of salad, or drizzle the sauce lightly at your own discretion. Choose reduced-fat or low-fat options when they are available, but note that fat-free options tend to be higher in sugar and salt and don’t supply your body with the healthy fat it needs. When there’s a dearth of options, oil and vinegar is an all-natural, tasty dressing that is on plan, and it even enhances some lean meat dishes!

Toppings
Whether it’s a sandwich or a salad, toppings can quickly add calories to your meal. Choose raw veggies—lettuce, tomato, cucumbers—and forego things like cheese, which is high in fat; restaurants don’t typically use low-fat cheeses. Use small amounts of mustard, ketchup, and light mayonnaise to save calories without sacrificing flavor.
Preparation
Request that your food be *baked, broiled, poached, roasted, steamed, or grilled*. Avoid terms like *crispy, creamy, au gratin,* or *fried.*

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

Alcohol
Medifast does not recommend the use of alcohol for people following the 5 & 1 Plan®, especially if you have diabetes.

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

That said, the choice to drink an alcoholic beverage is up to each individual. So if you choose to imbibe, choose wisely.

- Select plain liquors with zero-calorie mixers or chasers (vodka or clear rum and diet soda, gin and soda water or diet tonic, etc.). Avoid those fancy drinks—margaritas, daiquiris, pina coladas—with loads of calories.
- Drink a glass of water in between each adult beverage you consume to slow you down and fill you up.
• Never skip a Medifast Meal or portion of the Lean & Green™ Meal to allow yourself extra alcohol calories.

• Remember that 1-½ ounces of clear, distilled alcohol has about 100 calories but contains no carbohydrates, which makes it a better choice than wine or beer for the 5 & 1 Plan®. But while it’s the best choice for alcohol consumption, abstaining is a better choice for overall health, not to mention weight loss.

• Alcohol should accompany a meal, especially for persons with diabetes, who could suffer hypoglycemic episodes as a result of a reduced calorie diet and some medications for diabetes.

• Keep in mind that while the body is in the fat-burning state, the liver is working hard to process and metabolize excess fat stores. When alcohol is consumed, the liver metabolizes it first instead, increasing the strain on your hard-working organ. Your liver may become less efficient during your weight-loss journey, and your goals may be delayed.

• Adjust meal choices when selecting higher-carbohydrate beverages like light beer or wine. Choose lower-carb meals like Medifast Eggs, Orange Blend, Caramel Crunch Bar, Fruit & Nut Crunch Bar, and Chicken Noodle Soup.

Choose from the lower-carb veggies, and stay away from higher-carb meatless options. Eliminate all other optional condiments, snacks, and Infusers.
### Sample Day with Lower-Carbohydrate Choices

<table>
<thead>
<tr>
<th>Time</th>
<th>Meal/Drink</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30 a.m.</td>
<td>Medifast Meals</td>
<td>Medifast Eggs</td>
</tr>
<tr>
<td>10:00 a.m.</td>
<td>Medifast Cold Drink</td>
<td>Medifast Crunch Bar</td>
</tr>
<tr>
<td>12:30 p.m.</td>
<td>Medifast Crunch Bar</td>
<td>Medifast Soup</td>
</tr>
<tr>
<td>6:00 p.m.</td>
<td>7 oz of steamed shrimp, 2 cups spring mix, ½ cup of mushrooms, 2 Tbsp low-carbohydrate salad dressing, 5 oz red wine</td>
<td>Medifast Hot Drink</td>
</tr>
<tr>
<td>9:00 p.m.</td>
<td>Medifast Hot Drink</td>
<td></td>
</tr>
</tbody>
</table>

**KEY:**
- **Medifast Meals**
- **Lean**
- **Green**
- **Healthy Fats**
Portion Sizes
Pay attention to proper portion sizes. When sizes aren’t listed, remember these visual cues:

- **3 oz protein** = deck of cards
- **1-½ oz of cheese** = three stacked dice (about the size of your thumb)
- **3 oz of any type of fish** = one checkbook
- **1 oz of lunch meat** = one compact disc
- **1 cup** = one baseball
- **½ cup** = one light bulb
- **¼ cup** = one golf ball
- **1 Tbsp** = one poker chip

Behavior Choices

Eat mindfully
Stay attuned to your body’s hunger and fullness cues by eating slowly. Chew, chew, chew, and savor every wonderful flavor. Soak up the atmosphere and the company around you. Stop eating occasionally, putting your fork or spoon down between bites, taking sips of water, talking with your companions. Halfway through the meal, determine whether you’re still hungry. It typically takes your stomach 15 to 20 minutes to signal your brain that you’ve had enough food.

Be prepared
It helps to apply this motto to just about everything these days, but it’s especially helpful when dining out. Should a spontaneous dining opportunity present itself, you’ll know just what to do. The following tips will help you maintain control.
Research menus
These days, it’s common for restaurants to have a web presence, and this means you’ll probably find a menu online. Some even publish the nutrition information of their dishes. If there’s no information online and the eatery is close, consider stopping in for an advance peek.

Looking over the offerings in advance lets you take your time and make careful 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 plan, 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 a child or adult with food allergies or other special needs, you should feel good about inquiring about healthy choices just because you’re worth it!

Pick good companions
Sometimes whom you eat with is almost as important as where you dine. The first few times you eat in a restaurant after starting the 5 & 1 Plan®, be sure your dinner companions are supportive of you and your endeavors. Soon, you’ll be comfortable enough to make the right choices, no matter the company.

Feed your spirit and your relationships
Dining out and enjoying social gatherings strengthen bonds between people, so food doesn’t have to take center stage.
Think positive thoughts

Our inner dialogue can get us into trouble when we 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 cake, it’s all over and you’ve blown it. Try counterbalancing these ideas with more constructive thoughts, such as, “It’s going to be tough not eating dessert, but I’ll be okay. I have techniques I can use, and my health goals are definitely worth it.”

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. “Thanks, but no thanks: I’m completely committed to healthy eating right now.”

Maintenance Tips

Already reached your goal? When you’ve worked hard to achieve your new standard of health, knowing your way around a restaurant menu is a valuable skill that will keep you healthy. And while all the tips above still count, you’ll get a little more leeway.

Choose the right carbohydrates

Choose reasonable servings of whole-grain bread or brown rice, whole fruit, and vegetables. Avoid refined carbohydrates—sugar, white bread, pasta, rice, pastries, baked goods, frozen desserts, sweet sauces (barbecue, ketchup, duck sauce, syrup, fruit glazes),
and sugar-sweetened sodas, liqueurs, and mixed drinks. Once you’re in Maintenance, healthier cocktail options include a glass of dry red wine or a shot of spirits in a calorie-free mixer.

**Limit fat**
Opt for lean protein and healthy fats like olive oil. Steer clear of fried foods (including wontons and tortilla chips), butter, creamy soups and sauces, peanut sauce, coconut milk, scampi, creamy salad dressing, mayonnaise, pâté, ice cream, melted cheese, burgers, hot dogs, bacon, sausage, cold cuts, ham, and fatty meats.

**Limit calories**
Restaurant portions—even of healthy items—are often enormous. Learn to visually measure appropriate portion sizes. Estimate a serving size of protein as the size of a deck of cards—about 3 ounces. A half-cup of vegetables would fill a light bulb. A tablespoon of fat is about the size of a poker chip. When your dish comes, plan to take at least half of it home. If it helps, ask the kitchen to put half in a to-go container before they bring it out!

Consult the *Medifast Maintenance Guide* for additional food choices and guidance for healthy eating over the long term.

The next few pages focus on specific meals you’ll find at many popular restaurants. But remember: while this guide is designed to help you when you eat out, be sure you’re doing so fewer than three times per week for a healthier life. Cooking healthy
meals at home is another positive way to bond with friends and family! Spend that extra effort on your health—you’re worth it!

Key for Restaurant Options
# Sit Down Restaurant Options

## Applebee’s

### Complete Lean & Green™ Meal:

- Grilled Shrimp & Spinach Salad, Half Size (no dressing)  
- Grilled Chicken Caesar Salad

### Salad:

- Applebee’s House Salad (no dressing)

### Protein:

- 7 oz House Sirloin
- 9 oz House Sirloin
- Chili Bowl

### Vegetable:

- Steamed Broccoli

## Bahama Breeze

### Salad:

- Breeze Salad

### Protein:

#### Beef:

- Center Cut Filet Mignon with Onion & Tomato

#### Chicken:

- Grilled Jamaican Jerk Chicken
- Grilled Jamaican Jerk Chicken, Lighter Portion
- Wood Grilled Chicken Breast
Grilled Chicken with Cilantro Creama  
Lighter Portion Grilled Chicken with Cilantro Creama

**Seafood:**

<table>
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<th>Item</th>
<th>Portion</th>
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</tr>
<tr>
<td>Jerk Painter Fresh Mahi, Lunch Portion</td>
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<tr>
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<tr>
<td>Simply Grilled Fresh Mahi, Dinner Portion</td>
<td>¾x</td>
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<tr>
<td>Simply Grilled Fresh Tilapia, Dinner Portion</td>
<td>1x</td>
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<tr>
<td>Simply Grilled Fresh Halibut, Dinner Portion</td>
<td>1x</td>
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<tr>
<td>Pan Seared Fresh Salmon, Lunch Portion</td>
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<td>½x</td>
</tr>
<tr>
<td>Pan Seared Fresh Tilapia, Lunch Portion</td>
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<tr>
<td>Pan Seared Fresh Halibut, Lunch Portion</td>
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<td>Pan Seared Fresh Tilapia, Dinner Portion</td>
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<td><strong>Vegetable:</strong></td>
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<tr>
<td></td>
<td>Green Beans</td>
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<td></td>
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<tr>
<td><strong>Blue Hickory Blues &amp; BBQ</strong></td>
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<tr>
<td><strong>Protein:</strong></td>
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<tr>
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<td>Grilled Salmon Plate</td>
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<tr>
<td></td>
<td>Collard Greens</td>
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<tr>
<td><strong>Bob Evan’s</strong></td>
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<tr>
<td><strong>Protein:</strong></td>
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<td></td>
<td>Breakfast Sirloin Steak</td>
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<td>Garlic Butter Grilled Chicken Breast</td>
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<td>Grilled Chicken Breast</td>
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<td>Grilled Chicken Tenders</td>
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<tr>
<td><strong>Egg:</strong></td>
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</tr>
<tr>
<td>1 Hard Cooked Egg</td>
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<tr>
<td>1 Scrambled Egg</td>
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<td>2 Scrambled Eggs</td>
<td>2⁄3x</td>
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<tr>
<td>3 Scrambled Eggs</td>
<td>1x</td>
</tr>
<tr>
<td>3 Scrambled Bob Evans Egg Lites</td>
<td>1⁄2x</td>
</tr>
<tr>
<td>3 Scrambled Egg Whites</td>
<td>1⁄2x</td>
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<td>Border Scramble Omelet with Bob Evans Egg Lites</td>
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<tr>
<td>Border Scramble Omelet with Egg Whites</td>
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<tr>
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<tr>
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<tr>
<td>Ham &amp; Cheddar Omelet with Bob Evans Egg Lites</td>
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<td>Ham &amp; Cheddar Omelet with Egg Whites</td>
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<tr>
<td>Western Omelet with Bob Evans Egg Lites</td>
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<td><strong>Seafood:</strong></td>
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<tr>
<td>Garlic Butter Salmon</td>
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<tr>
<td>Salmon</td>
<td>1x</td>
</tr>
<tr>
<td>Wildfire Salmon</td>
<td>1x</td>
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<tr>
<td>Blackened Whitefish</td>
<td>1x</td>
</tr>
</tbody>
</table>
**Turkey:**

Turkey Sausage Link, 1 Link

**Salad:**

- Farmhouse Garden Salad (no dressing)  
  - Quantity: 2x  
  - Pictogram: 
- Heritage Chef Salad, Savor Size (no dressing)  
  - Quantity: ½x  
  - Pictogram: 
- Fresh Garden Salad  
  - Quantity: 1x  
  - Pictogram: 
- Specialty Garden Salad  
  - Quantity: 2x  
  - Pictogram: 

**Vegetable:**

- Green Beans  
  - Quantity: 1x  
  - Pictogram: 
- Broccoli Florets  
  - Quantity: 1x  
  - Pictogram: 

**Condiments:**

- Light Ranch Dressing  
  - Quantity: 2x  
  - Pictogram: 

**Bonefish Grill**

**Protein:**

**Beef:**

- 6 oz Filet  
  - Quantity: 1x  
  - Pictogram: 

**Fish/Seafood:**

- Long Fin Tilapia  
  - Quantity: 1x  
  - Pictogram: 
- Salmon  
  - Quantity: 1x  
  - Pictogram: 
- Rainbow Trout  
  - Quantity: 1x  
  - Pictogram: 
- Grouper  
  - Quantity: 1x  
  - Pictogram: 
- Grouper, Small  
  - Quantity: 1x  
  - Pictogram: 
- Norwegian Salmon  
  - Quantity: 1x  
  - Pictogram:
Norwegian Salmon, Small
Mahi Mahi
Mahi Mahi, Small
Rockfish
Rockfish, Small
Halibut
Halibut, Small
Sea Scallops and Shrimp

**Salad:**

Bonefish House Salad

**Vegetable:**

Side Green Beans
Side Steamed Broccoli (no butter)
Side Steamed Vegetable Medley

**Condiments:**

Light Balsamic Dressing

**Bubba Gump Shrimp Company**

**Complete Lean & Green™ Meal:**

Salmon and Vegetable Skillet (no rice)
Shrimp Caesar Salad

**Protein:**

Bourbon Street Mahi (no mashed potatoes)
Shrimp and Vegetable Skewers (no rice)
Jumbo Shrimp Cocktail (no sauce)
### Salad:
- Caesar Salad 2x

### Vegetable:
- Steamed Broccoli 3x

### Cactus Jack’s
**Complete Lean & Green™ Meal:**
- Chicken Caesar Salad 1x
- Blackened B & B Salad with Non-Fat Dressing 1x
- Chicken Fajita Salad 1x

**Salad:**
- House Salad with Non-Fat Dressing 2x

### California Pizza Kitchen
**Complete Lean & Green™ Meal:**
- Classic Caesar Salad with Grilled Shrimp, Half Sized 1x
- Roasted Veggie Salad with Grilled Shrimp, Half Sized 1x
- Classic Caesar Salad with Grilled Chicken Breast, Half Sized 1x

### Capital Grille
**Salad:**
- Spinach Salad 2x

**Protein:**
- **Beef:**
  - 8 oz Filet Mignon with Mushroom and Onions 1x
**Seafood:**
- Broiled Lobster (no butter) 1x
- Oysters on Half Shell ½x
- Shrimp Cocktail (no sauce) 1x

**Vegetable:**
- Field Green, Tomatoes, Fresh Herbs Appetizer 1x
- Fresh Asparagus (no hollandaise) 1x

**Carrabba’s Italian Grill**

**Complete Lean & Green™ Meal:**
- Carrabba’s Caesar Salad with Shrimp, Light Balsamic Dressing 1x
- Carrabba’s Caesar Salad with Chicken, Light Balsamic Dressing 1x
- Italian Cobb Salad with Shrimp, Light Balsamic Dressing 1x
- Italian Cobb Salad, Light Balsamic 1x

**Protein:**
- Grilled Chicken, Small 1x

**Salad:**
- Side Caesar Salad, Light Balsamic Dressing 1x
- Side House Salad, Light Balsamic Dressing 2x

**Vegetable:**
- Asparagi Alla Romano 1x
- Grilled Vegetables 2x
- Broccoli Alla Gratinatta 2x
## Chevy’s Fresh Mex

**Salad:**
- Mixed Baby Green Salad (no dressing)  

**Protein:**
- Original Chicken Sizzling Platter (chicken and vegetables only)
- Chicken & Steak Sizzling Platter (meat and vegetables only)
- Chicken & Shrimp Sizzling Platter (meat and vegetables only)

**Condiment:**
- Guacamole

## Chili’s

**Complete Lean & Green™ Meal:**
- Grilled Chicken Salad

**Protein:**
- **Beef:**  
  - Classic Sirloin

- **Seafood:**  
  - Grilled Salmon with Broccoli (no rice)

**Salad:**
- Lunch House Salad (no dressing)

**Condiments:**
- Low Fat Ranch Dressing
- Avocado Slices
### Vegetable:

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Steamed Broccoli</td>
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</tbody>
</table>

### Cracker Barrel

**Protein:**

- **Chicken:**
  - Country Dinner Plate: Grilled Chicken Tenderloins

- **Seafood:**
  - Country Dinner Plate: Catfish Spicy Grilled

- **Salad:**
  - Tossed Salad

### Damon’s Grill & Sports Bar

**Complete Lean & Green™ Meal:**

- Grilled Chicken Breast Salad

**Protein:**

- **Beef:**
  - Butchers Filet Mignon
  - 8 oz Grilled Prime Rib

- **Chicken:**
  - Chimi Chicken
  - Flame Grilled Chicken
**Seafood:**
Bourbon Salmon, Lunch Portion

<table>
<thead>
<tr>
<th><strong>Salad:</strong></th>
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<tbody>
<tr>
<td>House Salad</td>
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<tr>
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<table>
<thead>
<tr>
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</tr>
<tr>
<td>Broccoli Florets</td>
</tr>
<tr>
<td>Green Beans</td>
</tr>
<tr>
<td>Sautéed Vegetables</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Condiments:</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>1.5 fl oz Italian Dressing, Low Calorie</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Denny’s</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Complete Lean &amp; Green™ Meal:</strong></td>
</tr>
<tr>
<td>Chicken Deluxe Salad, Grilled Chicken</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Protein:</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Eggs:</strong></td>
</tr>
<tr>
<td>Fit Fare Omelet</td>
</tr>
<tr>
<td>2 Eggs</td>
</tr>
<tr>
<td>2 Egg Whites</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Ham:</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Grilled Ham Slice</td>
</tr>
</tbody>
</table>
### Salad:
- Garden Salad (no dressing)

### Vegetable:
- Broccoli

### Don Pablo’s

#### Protein:
- **Chicken:**
  - Grilled Chicken (no rice or beans)
- **Seafood:**
  - Grilled Tilapia (no rice or beans)
  - Grilled Shrimp (no cilantro lime butter sauce)

#### Salad:
- Side Salad

#### Vegetable:
- Seasoned Vegetables

#### Condiments:
- Ranch Dressing
- Cilantro Ranch Dressing

### Famous Dave’s

#### Complete Lean & Green™ Meal:
- Grilled Chicken Caesar Salad, Lunch Sized

#### Vegetable:
- Broccoli
### Condiments:
- Light Italian Dressing

### Farmer Boys
**Complete Lean & Green™ Meal:**
- Chef’s Salad
- Char Broiled Chicken Salad
- Tuna Salad

### Fleming’s
**Complete Lean & Green™ Meal:**
- Lobster Cobb Salad

### Protein:
**Beef:**
- Petite Filet

**Seafood:**
- Lobster Tail, ½ Portion

### Salad:
- Wedge

### Vegetable:
- Steamed Spinach
- Sautéed Green Beans
- Grilled Asparagus
Fogo De Chao

**Protein:**

**Beef:**
- 5 oz Fraldina, Bottom Sirloin with Rock Salt
- 5 oz Picanha, Sirloin Beef with Sea Salt
- 5 oz Alcarta, Top Sirloin Beef with Rock Salt
- 5 oz Picanha, Sirloin with Garlic
- 5 oz Filet Mignon, Beef Tenderloin with Rock Salt

**Chicken:**
- 5 oz Frango, Chicken Thigh (no skin)

**Lamb:**
- 5 oz Cordeiro, Lamb Chop

**Pork:**
- 5 oz Lombo, Pork Loin with Parmesan Cheese

**Seafood:**
- Smoked Salmon

**Vegetable:**
- Green Olives
- Cherry Peppers
- Cherry Tomatoes
- Mixed Green Salad with Tomatoes
- Romaine Lettuce
- Spinach Salad with Tomatoes
- Parmesan Cheese
<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cucumber &amp; Onion Salad</td>
<td>1x</td>
</tr>
<tr>
<td>Fresh Tomato Slices</td>
<td>1x</td>
</tr>
<tr>
<td>Asparagus</td>
<td>1x</td>
</tr>
<tr>
<td>Zucchini Slices</td>
<td>1x</td>
</tr>
<tr>
<td>Red &amp; Yellow Peppers</td>
<td>1x</td>
</tr>
<tr>
<td>Green Bean Salad</td>
<td>1x</td>
</tr>
<tr>
<td>Fresh Broccoli Florets</td>
<td>1x</td>
</tr>
<tr>
<td>Shitake Mushrooms</td>
<td>1x</td>
</tr>
</tbody>
</table>

### Friendly’s

#### Complete Lean & Green™ Meal:

<table>
<thead>
<tr>
<th>Item</th>
<th>Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grilled Chicken Salad (no dressing)</td>
<td>1x 3x</td>
</tr>
</tbody>
</table>

### Protein:

#### Cheese:

<table>
<thead>
<tr>
<th>Type</th>
<th>Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Swiss Cheese</td>
<td>½x</td>
</tr>
</tbody>
</table>

#### Chicken:

<table>
<thead>
<tr>
<th>Type</th>
<th>Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grilled Chicken Breast</td>
<td>3x</td>
</tr>
</tbody>
</table>

#### Meatless:

<table>
<thead>
<tr>
<th>Type</th>
<th>Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boca Burger (no bread)</td>
<td>¾x</td>
</tr>
</tbody>
</table>

#### Turkey:

<table>
<thead>
<tr>
<th>Type</th>
<th>Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Turkey Burger (no bread)</td>
<td>¾x</td>
</tr>
</tbody>
</table>

### Vegetable:

<table>
<thead>
<tr>
<th>Item</th>
<th>Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Garden Vegetable Side</td>
<td>2x 1x</td>
</tr>
</tbody>
</table>
### Condiments:
- Fat-Free Italian Dressing

### Glory Days Grill

#### Complete Lean & Green™ Meal:
- Half Chicken Caesar Salad (no dressing) 1x
- Grilled Chicken Salad (no dressing) 1x
- Large Caesar Salad with Chicken (no dressing) 1x
- Large Caesar Salad with Grilled Shrimp (no dressing) 1x
- Half Grilled Chicken Salad (no dressing) 1x

#### Protein:

**Chicken:**
- Grilled Boneless Wings, 4 to 5 Wings 1x

**Seafood:**
- Grilled Shrimp Dinner 1x
- Pan Seared Tilapia 1x

#### Salad:
- Large Caesar Salad (no dressing) 3x
- Small Caesar Salad (no dressing) 2x
- Small Tossed Salad (no dressing) 2x

#### Vegetable:
- Side Seasoned Vegetables 2x
## Golden Corral

### Protein:

**Beef:**
- 3 oz or 5 oz Awesome Pot Roast
- 4.5 oz or 5 oz Sirloin

**Chicken:**
- 6 oz Chicken Breast
- Rotisserie Chicken, Breast and Wing

**Pork:**
- 3 oz Boneless Spiral Cut Ham

**Seafood:**
- Baked Florentine Fish
- 3 oz or 5 oz Salmon, Whole Carved

**Turkey:**
- 3 oz or 7 oz Turkey Breast with Wing

### Vegetable:
- ½ Cup Broccoli Salad
- ¼ Cup Raw Cauliflower
- ¼ Cup Cucumbers
- ¼ Cup Diced Onion
- 1 Cup Iceberg Lettuce
- ¼ Cup Jalapeños, Sliced
- ¼ Cup Mushrooms, Sliced
- 1 Cup Romaine Lettuce
1 Cup Shredded Lettuce
2 Tbsp Shredded Parmesan Cheese
1 Cup Spinach
1 Cup Spring Mix Lettuce
¼ Cup Tomatoes, Diced
¼ Cup Broccoli Florets
½ Cup Broccoli Steamed
½ Cup Cauliflower Steamed
½ Cup Cooked Green Beans
½ Cup Sautéed Mushrooms
½ Cup Cooked Tomatoes and Okra

**Salad:**
1 Cup Caesar Salad

**Condiments:**
2 Tbsp Balsamic Vinaigrette Dressing

**Hooters**

**Complete Lean & Green™ Meal:**
Grilled Chicken Garden Salad (no carrots)

**Protein:**
Dozen Raw Oysters
Steamed Shrimp

**Salad:**
Garden Salad (no carrots)
Side Garden Salad (no carrots)
### IHOP

**Protein:**
- Create Your Own Omelet with Egg Substitute
- Provolone Cheese
- American Cheese
- Swiss Cheese

**Vegetable:**
- Fresh Tomatoes
- Fresh Green Peppers & Onions
- Fresh Mushroom
- Fresh Spinach

### Johnny Rockets

**Complete Lean & Green™ Meal:**
- Grilled Chicken Club Salad (no bacon)

**Protein:**
- Grilled Chicken Breast Sandwich (no bread)
- Tuna Salad Sandwich (no bread)

**Salad:**
- Side Salad

**Condiment:**
- Ranch Dressing, ½ Portion
<table>
<thead>
<tr>
<th>Joe’s Crab Shack</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Complete Lean &amp; Green™ Meal:</strong></td>
</tr>
<tr>
<td>Shrimp Caesar Salad (no dressing)</td>
</tr>
<tr>
<td><strong>Protein:</strong></td>
</tr>
<tr>
<td>Bucket of 12 Shrimp</td>
</tr>
<tr>
<td><strong>Salad:</strong></td>
</tr>
<tr>
<td>House Salad (no dressing)</td>
</tr>
<tr>
<td><strong>Vegetable:</strong></td>
</tr>
<tr>
<td>Broccoli Florets</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>King Edward Grill</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Complete Lean &amp; Green™ Meal:</strong></td>
</tr>
<tr>
<td>Chopped Greek Salad with Chicken</td>
</tr>
<tr>
<td>Broccoli Salad with Avocado &amp; Chicken</td>
</tr>
<tr>
<td>Summer Green Salad with Shrimp</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Lonestar Steakhouse</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Complete Lean &amp; Green™ Meal:</strong></td>
</tr>
<tr>
<td>Chicken Caesar Salad</td>
</tr>
</tbody>
</table>

<p>| <strong>Protein:</strong> |
| <strong>Chicken:</strong> |
| Grilled Chicken Special |
| <strong>Seafood:</strong> |
| Grilled Shrimp |</p>
<table>
<thead>
<tr>
<th>King Crab</th>
<th>½x</th>
<th>Lobster Tail</th>
<th>½x</th>
</tr>
</thead>
</table>

**Vegetable:**

| Steamed Vegetables | 3x | | 2x |

**Longhorn Steakhouse**

**Complete Lean & Green™ Meal:**

| Grilled Chicken Salad Mixed Green | 1x | | 3x |

**Protein:**

**Beef:**

- 6 oz Renegade Sirloin 1x
- 7 oz Flo’s Filet 1x
- 6 oz Rancher's Sirloin 1x
- Flat Iron Steak 1x

**Chicken:**

- Napa Grilled Chicken 1x
- Sierra Chicken 1x

**Pork:**

- Cowboy Pork Chops 1x

**Seafood:**

- Red Rock Grilled Shrimp 1x
- 7 oz Grilled Fresh Rainbow Trout 1x
- 7 oz Longhorn Salmon 1x
### Salad:
- Mixed Green Side Salad

### Vegetable:
- Fresh Steamed Asparagus
- Fresh Green Beans
- Fresh Seasonal Vegetables

### Condiment:
- Light Ranch Dressing

### Noodles & Company

#### Protein:

**Beef:**
- Marinated Steak, Sautéed

**Chicken:**
- Chicken Breast
- Parmesan Crusted Chicken Breast

**Meatless:**
- Organic Tofu

**Pork:**
- Naturally Raised Pork

**Seafood:**
- Sautéed Shrimp

**Salad:**
- Tossed Green Salad, Med Vinaigrette
<table>
<thead>
<tr>
<th>Restaurant</th>
<th>Protein</th>
<th>Salad</th>
<th>Vegetable</th>
<th>Condiment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Old Spaghetti Factory</td>
<td>Seasoned Chicken Breast</td>
<td>House Salad Mix</td>
<td>Sautéed Mushrooms</td>
<td>Balsamic Vinaigrette Dressing, ½ Portion</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Small Spaghetti Squash, ½ Portion</td>
<td></td>
</tr>
<tr>
<td>Olive Garden</td>
<td>Herb Grilled Salmon</td>
<td>Garden Fresh Salad (no dressing, croutons, or cheese)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Grilled Chicken Spiedini</td>
<td>Garden Fresh Salad with Dressing (no croutons or cheese)</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sicilian Meatballs</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Sit Down Restaurant Options
### Vegetable:
- Steamed Broccoli

### Original Fish Company

**Complete Lean & Green™ Meal:**
- Avocado Louie with Bay Shrimp

**Protein:**
- Alaskan Halibut
- Chicken Teriyaki

**Salad:**
- House Salad

**Vegetable:**
- Steamed Broccoli

### Outback Steakhouse

**Protein:**
- **Chicken:**
  - Grilled Chicken on the Barbie

- **Seafood:**
  - Simply Grilled Mahi
  - Norwegian Salmon

**Salad:**
- House Salad

**Vegetable:**
- Grilled Asparagus
Palm Restaurant

Complete Lean & Green™ Meal:

- Nova Scotia Lobster Salad

Protein:

**Beef:**
- Filet Mignon

**Chicken:**
- Chicken Piccata

**Seafood:**
- Broiled Nova Scotia Lobster
- Steamed Alaskan King Crab Legs
- Broiled Ahi Tuna Steak
- Broiled Mahi
- Colossal Lump Crab Meat
- Clams on Half Shell
- Oysters on Half Shell
- Steamed Nova Scotia Lobster

Salad:

- Mixed Green Salad

Vegetable:

- Steamed Green Beans
<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Steamed Broccoli</td>
<td>2x</td>
<td></td>
</tr>
<tr>
<td>Steamed Asparagus</td>
<td>1x</td>
<td></td>
</tr>
<tr>
<td>Steamed Leaf Spinach</td>
<td>1x</td>
<td></td>
</tr>
</tbody>
</table>

### Pei Wei

**Complete Lean & Green™ Meal:**

- Asian Chopped Chicken Salad | 1x | 3x |

**Protein:**

- Ginger Broccoli Chicken | 1x |
- Ginger Broccoli Beef | 1x |
- Ginger Broccoli Vegetables & Tofu | ½x | 2x |
- Ginger Broccoli Shrimp | ½x |

**Vegetable:**

- Side of Vegetables | 1x |

### Perkins

**Complete Lean & Green™ Meal:**

- Chicken & Spinach Salad (no bacon, dressing, or parmesan wedges) | 1x | 3x |

**Protein:**

- Build Own Omelet with Cheddar Cheese, Spinach, Tomatoes, Mushrooms | 1x | 2x |
- Mushroom & Swiss Omelet | 1x |
- Grilled Salmon (no roll, rice, or whipped butter) | 1x |
- Tilapia Grille | 1x |
### Salad:
- Side Salad (no dressing or croutons)  

### Vegetable:
- Broccoli (no butter)  
- Vegetable Medley Side  
- Sautéed Spinach

### P.F. Changs
#### Protein:
- Tuna Taki

#### Salad:
- Asian Tomato Cucumber Salad, Small

### Vegetable:
- Shanghai Cucumbers, Small  
- Spinach Stir Fried with Garlic, Small

### Red Hot & Blue
#### Complete Lean & Green™ Meal:
- Lunch Special Grilled Chicken Salad

#### Protein:
- Pulled Chicken Platter  
- Lunch Special Memphis Quarter Chicken

#### Salad:
- Starter Salad
### Vegetable:

- Collard Greens

### Condiments:

- 2 fl oz BBQ Ranch Dressing
- 2 fl oz Honey Mustard

### Red Lobster

#### Complete Lean & Green™ Meal:

- RL Cobb Salad
- RL Cobb Salad with Shrimp

#### Protein:

- Steamed Snow Crab Legs
- Rock Lobster Tail
- Grilled Fresh Salmon
- Walleye, Broiled
- Walleye, Blackened

#### Salad:

- Side Garden Salad

#### Vegetable:

- Fresh Broccoli
- Petite Green Beans
- Asparagus
- Roasted Vegetable Medley
### Red Robin

**Complete Lean & Green™ Meal:**

- Simply Grilled Chicken Salad with Balsamic Dressing (no bread or croutons)  
  - Protein: 1x  
  - Vegetable: 3x  
  - Condiment: 1x

- Southwest Grilled Salad with Balsamic Dressing (no baja dressing, tortilla strips, beans, fried jalapeños, lime, corn, or nacho cheese)  
  - Protein: 1x  
  - Vegetable: 3x  
  - Condiment: 1x

- Avo-Cobb-O Salad with Cucumbers and Balsamic Dressing (no bleu cheese, bacon, olives, or bread)  
  - Protein: 1x  
  - Vegetable: 3x  
  - Condiment: 1x

**Protein:**

- Simply Grilled Chicken Sandwich (no bread)  
  - Protein: 1x

**Salad:**

- House Salad  
  - Vegetable: 2x  
  - Condiment: 1x

**Vegetable:**

- Steamed Broccoli  
  - Vegetable: 1x

**Condiment:**

- Balsamic Vinaigrette Dressing  
  - Condiment: 1x

### Romano’s Macaroni Grill

**Complete Lean & Green™ Meal:**

- Warm Spinach Salad with Shrimp and dressing  
  - Protein: 1x  
  - Vegetable: 3x

**Salad:**

- Side Fresh Greens Salad with dressing  
  - Vegetable: 2x  
  - Condiment: 1x

- Side Caesar Salad with dressing  
  - Vegetable: 2x  
  - Condiment: 2x
## Roy’s

**Protein:**
- Blackened Island Ahi
- Ahi Sashimi
- Ahi Nigiri
- Hamachi (Yellowtail) Sashimi
- Shake (Salmon) Sashimi
- Tako Sashimi

## Ruby Tuesday

**Complete Lean & Green™ Meal:**
- Grilled Salmon Salad, ½ Portion

**Protein:**
- Plain Grilled Chicken
- Plain Grilled Salmon
- Petite Sirloin

**Vegetable:**
- Fresh Grilled Zucchini
- Fresh Grilled Green Beans
- Fresh Grilled Asparagus
- Roasted Spaghetti Squash
- Sautéed Baby Portabella Mushrooms
- Fresh Steamed Broccoli
- Creamy Mashed Cauliflower
### Condiments:

<table>
<thead>
<tr>
<th>Dressing</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ oz Lite Ranch Dressing</td>
<td>2x</td>
</tr>
<tr>
<td>½ oz Balsamic Vinaigrette Dressing</td>
<td>2x</td>
</tr>
</tbody>
</table>

### Seasons 52 Grill

#### Complete Lean & Green™ Meal:

<table>
<thead>
<tr>
<th>Meal</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mediterranean Salad</td>
<td>1x (3x)</td>
</tr>
<tr>
<td>Salmon, Alaska Wild Copper River</td>
<td>1x (1x)</td>
</tr>
</tbody>
</table>

#### Protein:

**Beef:**

- Oak Grilled Filet Mignon | 1x

**Chicken:**

- Grilled Chipotle Chicken Skewers | 1x
- Grilled Spicy Tandoori Chicken Skewers | 1x

**Lamb:**

- Lamb T-Bone Chops | 1x

**Pork:**

- Wood Roasted Pork Tenderloin | 1x

**Seafood:**

- Chilled Jumbo Shrimp | 1x
- Grilled Chipotle Glazed Shrimp | 1x
- Shrimp, Crab, & Spinach Stuffed Mushrooms | 1x
- Stone Crab Claws | 1x
<table>
<thead>
<tr>
<th><strong>Salad:</strong></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Kalymnos Greek Salad</td>
<td>3x 2x ( )</td>
</tr>
<tr>
<td>Organic Arugula Salad with Mushrooms</td>
<td>2x 2x</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Vegetable:</strong></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Grilled Caesar Broccoli</td>
<td>3x 1x ( )</td>
</tr>
</tbody>
</table>

### Stonefire Grill

**Complete Lean & Green™ Meal:**

- Petite Spinach Salad with ½ the Cheese (no dressing) | 1x 3x ( ) |

<table>
<thead>
<tr>
<th><strong>Protein:</strong></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>4 oz Fresh Salmon</td>
<td>1x ( )</td>
</tr>
<tr>
<td>Tri Tip Roast, ½ Portion</td>
<td>1x ( )</td>
</tr>
<tr>
<td>4 oz Boneless Chicken Breast</td>
<td>1x ( )</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th><strong>Vegetable:</strong></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Seasonal Grilled Vegetables with Feta</td>
<td>2x 1x ( )</td>
</tr>
</tbody>
</table>

### T.G.I. Friday’s

<table>
<thead>
<tr>
<th><strong>Protein:</strong></th>
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</tr>
</thead>
<tbody>
<tr>
<td>6 oz Sirloin</td>
<td>1x ( )</td>
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</table>

<table>
<thead>
<tr>
<th><strong>Vegetable:</strong></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Fresh Vegetable Medley</td>
<td>2x 1x ( )</td>
</tr>
<tr>
<td>Broccoli</td>
<td>2x</td>
</tr>
<tr>
<td>Restaurant</td>
<td>Protein</td>
</tr>
<tr>
<td>---------------------</td>
<td>----------------------------------</td>
</tr>
<tr>
<td>The Greene Turtle</td>
<td>Jerk Shrimp</td>
</tr>
<tr>
<td></td>
<td>Blackened Tilapia (no sour cream</td>
</tr>
<tr>
<td></td>
<td>or corn pico)</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Uno’s Chicago Grill</td>
<td>Complete Lean &amp; Green™ Meal:</td>
</tr>
<tr>
<td></td>
<td>House Salad with Grilled Chicken</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Salad:</td>
</tr>
<tr>
<td></td>
<td>Garden Side Salad</td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Vegetable:</td>
</tr>
<tr>
<td></td>
<td>Roasted Seasonal Vegetables</td>
</tr>
<tr>
<td></td>
<td>Steamed Broccoli</td>
</tr>
<tr>
<td></td>
<td>Condiment:</td>
</tr>
<tr>
<td></td>
<td>Fat Free Vinaigrette Dressing</td>
</tr>
<tr>
<td>Zaxby’s</td>
<td>Complete Lean &amp; Green™ Meal:</td>
</tr>
<tr>
<td></td>
<td>House Salad, Grilled (no dressing)</td>
</tr>
<tr>
<td></td>
<td>Caesar Salad, Grilled (no dressing)</td>
</tr>
<tr>
<td>Salad:</td>
<td>2x</td>
</tr>
<tr>
<td>-------------------------------</td>
<td>-----</td>
</tr>
<tr>
<td>Caesar Salad (no chicken or dressing)</td>
<td>2x</td>
</tr>
<tr>
<td>House Salad (no chicken or dressing)</td>
<td>3x</td>
</tr>
<tr>
<td>Vegetable:</td>
<td></td>
</tr>
<tr>
<td>Basket of Celery</td>
<td>1x</td>
</tr>
<tr>
<td>Condiment:</td>
<td></td>
</tr>
<tr>
<td>Lite Ranch Dressing, ½ Portion</td>
<td>1x</td>
</tr>
</tbody>
</table>

Dining Out Guide | 47
# Fast Food Restaurant Options

## Arby’s

**Salad:**
- Chopped Side Salad
- Chopped Farmhouse Salad, Roasted Turkey

**Condiments:**
- Light Italian Dressing

## Au Bon Pain

**Complete Lean & Green™ Meal:**
- Chicken Cobb with Avocado Salad
- Chicken Caesar Asiago
- Chef’s Salad
- Tuna Garden

**Salad:**
- Side Garden Salad
- Garden Salad

**Condiments:**
- Light Ranch Dressing

## Blimpie

**Protein:**
- Tuna Salad
### Salads:
- Garden Salad
- Grilled Chicken Caesar Salad
- Buffalo Chicken Salad
- Ultimate Club Salad

### Condiments:
- Light Italian Dressing

### Bojangles

#### Complete Lean and Green™:
- Grilled Chicken Salad

#### Salad:
- Garden Salad

#### Vegetable:
- Green Beans

#### Condiments:
- Fat-Free Italian Dressing, ½ packet
- Chunky Bleu Dressing, ½ packet
- Buttermilk Ranch, ½ packet

### Boston Market

#### Protein:
- Turkey Breast, Regular
- Rotisserie Chicken, Quarter, white (no skin)
### Vegetable:
- Fresh Steamed Vegetables
- Green Beans

### Burger King

**Complete Lean & Green™ Meal:**
- Chicken Caesar Garden Fresh Salad with Tendergrill Chicken (no dressing)

### California Tortilla

**Complete Lean & Green™ Meal:**
- Southwestern Chicken Salad with fresh salsa (no guacamole, corn, or tortilla strips)
- Regular Sunset Chicken Vegetable Bowl (no rice or black beans)
- Southwestern Chicken Salad with steak (no guacamole, corn, or tortilla strips)

### Carl’s Jr.

**Complete Lean & Green™ Meal:**
- Grilled Chicken Salad

### Salad:
- Side Salad

### Condiment:
- Low Fat Balsamic Vinaigrette Dressing
<table>
<thead>
<tr>
<th>Chick-fil-a</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Protein:</strong></td>
</tr>
<tr>
<td>Grilled Chicken Nuggets, 6 count 1/2x</td>
</tr>
<tr>
<td><strong>Salad:</strong></td>
</tr>
<tr>
<td>Side Salad 1x 1x</td>
</tr>
<tr>
<td><strong>Condiment:</strong></td>
</tr>
<tr>
<td>Light Italian Dressing 3x</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Chipotle</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Protein:</strong></td>
</tr>
<tr>
<td>Chicken 1x</td>
</tr>
<tr>
<td>Steak 1x</td>
</tr>
<tr>
<td>Cheese 1/3x</td>
</tr>
<tr>
<td><strong>Salad:</strong></td>
</tr>
<tr>
<td>Romaine Salad Lettuce, Salad Bowl 1x</td>
</tr>
<tr>
<td><strong>Vegetable:</strong></td>
</tr>
<tr>
<td>Fajita Vegetables 1x</td>
</tr>
<tr>
<td>Fresh Tomato Salsa 1x</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Firehouse Subs</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Complete Lean &amp; Green™ Meal:</strong></td>
</tr>
<tr>
<td>Chef’s Salad Chicken 1x 3x</td>
</tr>
<tr>
<td>Chef’s Salad Turkey 1x 3x</td>
</tr>
<tr>
<td>Chef’s Salad Chicken Salad 1x 3x</td>
</tr>
</tbody>
</table>
### Condiments:
Balsamic Vinaigrette Dressing, ½ packet

### Flamers Grill

#### Protein:
- 5 oz Chicken Breast
- Turkey Patty
- 4 oz Burger
- 6 oz Burger

### Jack in the Box

#### Complete Lean & Green™ Meal:
- Chicken Club Salad with Grilled Chicken Strips
- Grilled Chicken Salad

#### Protein:
- 4 piece Grilled Chicken Strips
- Grilled Chicken Strips with Teriyaki sauce

### KFC

#### Protein:
- Kentucky Grilled Chicken, Whole Wing
- Kentucky Grilled Chicken, Drumstick
- Kentucky Grilled Chicken, Thigh
- Kentucky Grilled Chicken, Breast

#### Salad:
Caesar Side Salad (no dressing or croutons)
<table>
<thead>
<tr>
<th>Restaurant</th>
<th>Item</th>
<th>Protein</th>
<th>Vegetable</th>
<th>Condiments</th>
</tr>
</thead>
<tbody>
<tr>
<td>House Salad (no dressing)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vegetable:</td>
<td>Green Beans</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>Condiments:</td>
<td>Marzetti Light Italian Dressing</td>
<td>2x</td>
<td></td>
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</tr>
<tr>
<td></td>
<td>Hidden Valley the Original Ranch Fat-Free Dressing</td>
<td>3x</td>
<td></td>
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</tr>
<tr>
<td>Long John Silver’s</td>
<td>Protein: Hold The Batter Shrimp, 21 pieces</td>
<td>1x</td>
<td></td>
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</tr>
<tr>
<td></td>
<td>Hold The Batter Cod, 3 pieces</td>
<td>1x</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Grilled Pacific Salmon</td>
<td>½x</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vegetable:</td>
<td>Seasoned Green Beans</td>
<td>1x</td>
<td></td>
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</tr>
<tr>
<td>McDonald’s</td>
<td>Complete Lean &amp; Green™ Meal:</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Premium Caesar Salad with Grilled Chicken</td>
<td>1x</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Salad:</td>
<td>Side Salad</td>
<td>1x</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Condiments:</td>
<td>Newman’s Own Low Fat Balsamic Vinaigrette</td>
<td>½x</td>
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</tr>
<tr>
<td></td>
<td>Newman’s Own Low Fat Family Recipe Italian Dressing</td>
<td>½x</td>
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</tbody>
</table>
# Panda Express

**Protein:**
- Grilled Teriyaki Chicken
- Mandarin Chicken
- Beef Vegetable Bowl: Broccoli Beef

# Panera

**Complete Lean & Green™ Meal:**
- Chicken Caesar Salad
- Chopped Chicken Cobb with Avocado (no bacon or dressing)

**Protein:**
- Tuna Salad Sandwich (no bread)

**Salad:**
- Classic Salad

# Popeyes

**Protein:**
- Louisiana Leaux Naked Tenders

**Vegetable:**
- Regular Louisiana Leaux Green Beans
- Large Louisiana Leaux Green Beans

**Condiments:**
- Ranch Dressing
### Quiznos

**Salad:**
- Peppercorn Caesar, Small
- Peppercorn Caesar, Large
- Lobster & Seafood Fresh Salad, Small
- Lobster & Seafood Fresh Salad, Large

### Subway

**Salad:**
- Veggie Delight Salad
- Turkey Breast Salad
- Oven Roasted Chicken Breast Salad

**Protein:**
- Grilled Chicken Strips

### Tahinas Mediterranean Grill

**Protein:**
- Marinated Chicken
- Marinated Beef
- Cheddar Cheese

**Vegetable:**
- Spring Mix
- Jalapeños
- Cucumbers
- Shredded Romaine
- Red Onion Salad
- Sweet Peppers
- Diced Tomatoes
- Red Cabbage Salad

**Wendy’s**

**Complete Lean & Green™ Meal:**

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>Whole Spicy Chicken Caesar Salad</td>
<td>1x 🍭 3x 🥗</td>
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</tbody>
</table>

**Salad:**

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Garden Side Salad</td>
<td>1x 🥗</td>
</tr>
<tr>
<td>Caesar Side Salad</td>
<td>1x 🥗</td>
</tr>
</tbody>
</table>

**Condiments:**

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Light Classic Ranch</td>
<td>1x 🥤</td>
</tr>
</tbody>
</table>
Want to add a restaurant to our *Dining Out* guide? Contact NutritionAndWellness@ChooseMedifast.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.