

The Dining Out Guide



 **Medifast.**





Dining Out Is In

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.

Food Choices **5**

Behavior Choices **9**

Maintenance Tips **11**

Sit Down Restaurant Options **14**

Fast Food Restaurant Options **48**



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

KEY:



Medifast Meals



Lean



Green



Healthy Fats

7:30 a.m.	
■ Medifast Eggs	
10:00 a.m.	
■ Medifast Cold Drink	
12:30 p.m.	
■ Medifast Crunch Bar	
3:00 p.m.	
■ Medifast Soup	
6:00 p.m.	
■ 7 oz of steamed shrimp	
■ 2 cups spring mix, ½ cup of mushrooms	
■ 2 Tbsp low-carbohydrate salad dressing	
5 oz red wine	
9:00 p.m.	
■ Medifast Hot Drink	

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



Lean



Leaner



Leanest



Green



Healthy
Fats





Condiment

Sit Down Restaurant Options

Applebee's

Complete Lean & Green™ Meal:


Grilled Shrimp & Spinach Salad, Half Size (no dressing) 1x  3x 

Grilled Chicken Caesar Salad 1x  3x 

Salad:

Applebee's House Salad (no dressing) 2x  2x 


Protein:

7 oz House Sirloin 1x 

9 oz House Sirloin 1x 

Chili Bowl 1x 

Vegetable:

Steamed Broccoli 1x 


Bahama Breeze

Salad:

Breeze Salad 1x  1x 

Protein:

Beef:

Center Cut Filet Mignon with Onion & Tomato 1x 

Chicken:

Grilled Jamaican Jerk Chicken 1x 

Grilled Jamaican Jerk Chicken, Lighter Portion 1/2x 

Wood Grilled Chicken Breast 1x 

Grilled Chicken with Cilantro Creama

1x 

Lighter Portion Grilled Chicken with Cilantro Creama

1/2x 

Seafood:

Jerk Painted Fresh Salmon, Lunch Portion

1x 

Jerk Painter Fresh Mahi, Lunch Portion

1/2x 

Jerk Painted Fresh Tilapia, Lunch Portion

3/4x 

Jerk Painted Fresh Halibut, Lunch Portion

1/2x 

Jerk Painted Fresh Salmon, Dinner Portion

1x 

Jerk Painted Fresh Mahi, Dinner Portion

1x 

Jerk Painted Fresh Tilapia, Dinner Portion

1x 

Jerk Painted Fresh Halibu, Dinner Portion

3/4x 

Simply Grilled Fresh Salmon, Lunch Portion

1/2x 

Simply Grilled Fresh Mahi, Lunch Portion

1/2x 

Simply Grilled Fresh Tilapia, Lunch Portion

1/2x 

Simply Grilled Fresh Halibut, Lunch Portion

1/2x 

Simply Grilled Fresh Salmon, Dinner Portion

1x 

Simply Grilled Fresh Mahi, Dinner Portion

3/4x 

Simply Grilled Fresh Tilapia, Dinner Portion

1x 

Simply Grilled Fresh Halibut, Dinner Portion

1x 

Pan Seared Fresh Salmon, Lunch Portion

1x 

Pan Seared Fresh Mahi, Lunch Portion

1/2x 

Pan Seared Fresh Tilapia, Lunch Portion

1/2x 

Pan Seared Fresh Halibut, Lunch Portion

1/2x 

Pan Seared Fresh Salmon, Dinner Portion

1x 

Pan Seared Fresh Mahi, Dinner Portion


1/2x 

Pan Seared Fresh Tilapia, Dinner Portion 1x 

Pan Seared Fresh Halibut, Dinner Portion 1x 

Vegetable:

Green Beans 1x 

Tomato Salad 2x 

Blue Hickory Blues & BBQ

Complete Lean & Green™ Meal:

Spinach Salad with Turkey 1x  3x 

Protein:

Grilled Salmon Plate 1x 

Vegetable:

Collard Greens 2x 

Garlic Green Beans 2x  1x 

Bob Evan's

Complete Lean & Green™ Meal:

Cobb Salad, Savor Size (no dressing) 1x  3x 

Protein:

Beef:

Breakfast Sirloin Steak 1x 

Chicken:

Garlic Butter Grilled Chicken Breast 1x 

Grilled Chicken Breast 1x 

Wildfire Chicken Breast 1x 

Grilled Chicken Tenders

¼x per, eat 4 

Citrus Herb Chicken

1x 

Egg:

1 Hard Cooked Egg

½x 

1 Scrambled Egg

½x 

2 Scrambled Eggs

¾x 

3 Scrambled Eggs

1x 

3 Scrambled Bob Evans Egg Lites

½x 

3 Scrambled Egg Whites

½x 

Border Scramble Omelet with Bob Evans Egg Lites

1x 

Border Scramble Omelet with Egg Whites

1x 

Farmer's Market Omelet with Bob Evans Egg Lites

1x 

Farmer's Market Omelet with Egg Whites

1x 

Garden Harvest Omelet with Bob Evans Egg Lites

1x 

Garden Harvest Omelet with Egg Whites

1x 

Ham & Cheddar Omelet with Bob Evans Egg Lites

1x 

Ham & Cheddar Omelet with Egg Whites

1x 

Western Omelet with Bob Evans Egg Lites

1x 

Western Omelet with Egg Whites

1x 

Seafood:

Garlic Butter Salmon

1x 

Salmon

1x 

Wildfire Salmon

1x 

Blackened Whitefish

1x 

Turkey:

Turkey Sausage Link, 1 Link

1/3x 

Salad:

Farmhouse Garden Salad (no dressing)

2x  1x 

Heritage Chef Salad, Savor Size (no dressing)

1/2x  1x 

Fresh Garden Salad

1x 

Specialty Garden Salad

2x  1x 

Vegetable:

Green Beans

1x 

Broccoli Florets

1x 

Condiments:

Light Ranch Dressing

2x 

Bonefish Grill

Protein:

Beef:

6 oz Filet

1x 

Fish/ Seafood:

Long Fin Tilapia

1x 

Salmon

1x 

Rainbow Trout

1x 

Grouper

1x 

Grouper, Small

1x 

Norwegian Salmon

1x 

1x 

Norwegian Salmon, Small	1x	
Mahi Mahi	1x	
Mahi Mahi, Small	1x	
Rockfish	1x	
Rockfish, Small	1x	
Halibut	1x	
Halibut, Small	1x	
Sea Scallops and Shrimp	1x	

Salad:

Bonefish House Salad	2x		1x	
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Vegetable:

Side Green Beans	1x		1x	
Side Steamed Broccoli (no butter)			2x	
Side Steamed Vegetable Medley	2x		1x	

Condiments:

Light Balsamic Dressing	1x	
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Bubba Gump Shrimp Company

Complete Lean & Green™ Meal:

Salmon and Vegetable Skillet (no rice)	1x		3x			
Shrimp Caesar Salad	1x		3x		1x	

Protein:

Bourbon Street Mahi (no mashed potatoes)	1x			
Shrimp and Vegetable Skewers (no rice)	1x		2x	
Jumbo Shrimp Cocktail (no sauce)	1x			

Salad:

Caesar Salad

2x  1x 

Vegetable:

Steamed Broccoli

3x  1x 

Cactus Jack's

Complete Lean & Green™ Meal:

Chicken Caesar Salad

1x  3x 

Blackened B & B Salad with Non-Fat Dressing

1x  3x 

Chicken Fajita Salad

1x  3x 

Salad:

House Salad with Non-Fat Dressing

2x 

California Pizza Kitchen

Complete Lean & Green™ Meal:

Classic Caesar Salad with Grilled Shrimp, Half Sized

1x  3x 

Roasted Veggie Salad with Grilled Shrimp, Half Sized

1x  3x 

Classic Caesar Salad with Grilled Chicken Breast, Half Sized

1x  3x 

Capital Grille

Salad:

Spinach Salad

2x  2x 

Protein:

Beef:



8 oz Filet Mignon with Mushroom and Onions

1x  2x 

Seafood:









Broiled Lobster (no butter)	1x	
Oysters on Half Shell	1/2x	
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		3x	
Carrabba's Caesar Salad with Chicken, Light Balsamic Dressing	1x		3x	
Italian Cobb Salad with Shrimp, Light Balsamic Dressing	1x		3x	
Italian Cobb Salad, Light Balsamic	1x		3x	

Protein:

Grilled Chicken, Small	1x	
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Salad:

Side Caesar Salad, Light Balsamic Dressing	1x		1x	
Side House Salad, Light Balsamic Dressing	2x		1x	

Vegetable:

Asparagi Alla Romano	1x		2x	
Grilled Vegetables	2x		1x	
Broccoli Alla Gratinatta	2x		2x	

Chevy's Fresh Mex

Salad:

Mixed Baby Green Salad (no dressing)

3x  1x 

Protein:

Original Chicken Sizzling Platter (chicken and vegetables only)

1x  2x 

Chicken & Steak Sizzling Platter (meat and vegetables only)

1x  2x 

Chicken & Shrimp Sizzling Platter (meat and vegetables only)

1x  2x 

Condiment:

Guacamole

1x 

Chili's

Complete Lean & Green™ Meal:

Grilled Chicken Salad

1x  3x 

Protein:

Beef:

Classic Sirloin

1x 

Seafood:

Grilled Salmon with Broccoli (no rice)

1x  1x 

Salad:

Lunch House Salad (no dressing)

2x 

Condiments:

Low Fat Ranch Dressing

1x 

Avocado Slices

1x 

Vegetable:

Steamed Broccoli

1x  1x 

Cracker Barrel

Protein:

Chicken:

Country Dinner Plate: Grilled Chicken Tenderloins

1x 

Seafood:

Country Dinner Plate: Catfish Spicy Grilled

1/2x 

Salad:

Tossed Salad

1x 

Vegetable:

Green Beans

1x 

Damon's Grill & Sports Bar

Complete Lean & Green™ Meal:

Grilled Chicken Breast Salad

1x  3x 

Protein:

Beef:

Butchers Filet Mignon

1x 

8 oz Grilled Prime Rib

1x 

Chicken:

Chimi Chicken

1x 

Flame Grilled Chicken

1x 

Seafood:

Bourbon Salmon, Lunch Portion

1x 

Salad:

House Salad

1x  1x 

Southwestern Chop Salad

1x  3x 

Specialty Salad

1x 

Vegetable:

Grilled Vegetables

1x  1x 

Broccoli Florets

1x 

Green Beans

2x  2x 

Sautéed Vegetables

2x  1x 

Condiments:

1.5 fl oz Italian Dressing, Low Calorie

3x 

Denny's

Complete Lean & Green™ Meal:

Chicken Deluxe Salad, Grilled Chicken

1x  3x 

Protein:

Eggs:

Fit Fare Omelet

1x 

2 Eggs

2/3x 

2 Egg Whites

1/4x 

Ham:

Grilled Ham Slice

1/2x 

Salad:

Garden Salad (no dressing)

1x  1x 

Vegetable:

Broccoli

1x 

Don Pablo's

Protein:

Chicken:

Grilled Chicken (no rice or beans)

1x 

Seafood:

Grilled Tilapia (no rice or beans)

1x 

Grilled Shrimp (no cilantro lime butter sauce)

1x 

Salad:

Side Salad

3x 

Vegetable:

Seasoned Vegetables

3x  1x 

Condiments:

Ranch Dressing

1x 

Cilantro Ranch Dressing

1x 

Famous Dave's

Complete Lean & Green™ Meal:

Grilled Chicken Caesar Salad, Lunch Sized

1x  3x 

Vegetable:

Broccoli

2x  1x 

Condiments:

Light Italian Dressing

1x 

Farmer Boys

Complete Lean & Green™ Meal:

Chef's Salad

1x  3x 

Char Broiled Chicken Salad

1x  3x 

Tuna Salad

1x  3x 

Fleming's

Complete Lean & Green™ Meal:

Lobster Cobb Salad

1x  3x 

Protein:

Beef:

Petite Filet

1x 

Seafood:

Lobster Tail, ½ Portion

1x 

Salad:

Wedge

2x  1x 

Vegetable:

Steamed Spinach

2x 

Sautéed Green Beans

3x 






Grilled Asparagus

2x 

Fogo De Chao

Protein:

Beef:

5 oz Fraldina, Bottom Sirloin with Rock Salt	1x	
5 oz Picanha, Sirloin Beef with Sea Salt	1x	
5 oz Alcarta, Top Sirloin Beef with Rock Salt	1x	
5 oz Picanha, Sirloin with Garlic	1x	
5 oz Filet Mignon, Beef Tenderloin with Rock Salt	1x	


Chicken:

5 oz Frango, Chicken Thigh (no skin)	1x	
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Lamb:

5 oz Cordeiro, Lamb Chop	1x	
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Pork:









5 oz Lombo, Pork Loin with Parmesan Cheese	1x	
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Seafood:

Smoked Salmon	1x	
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Vegetable:

Green Olives	1x	
Cherry Peppers	1x	
Cherry Tomatoes	1x	
Mixed Green Salad with Tomatoes	1x	
Romaine Lettuce	1x	
Spinach Salad with Tomatoes	1x	
Parmesan Cheese	1x	

Cucumber & Onion Salad	1x	
Fresh Tomato Slices	1x	
Asparagus	1x	
Zucchini Slices	1x	
Red & Yellow Peppers	1x	
Green Bean Salad	1x	
Fresh Broccoli Florets	1x	
Shitake Mushrooms	1x	

Friendly's

Complete Lean & Green™ Meal:


Grilled Chicken Salad (no dressing)	1x		3x	
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Protein:

Cheese:

Swiss Cheese	1/2x	
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Chicken:

Grilled Chicken Breast	3x	
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Meatless:

Boca Burger (no bread)	3/4x	
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Turkey:

Turkey Burger (no bread)	3/4x	
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Vegetable:

Garden Vegetable Side	2x		1x	
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Condiments:

Fat-Free Italian Dressing

3x 

Glory Days Grill

Complete Lean & Green™ Meal:

Half Chicken Caesar Salad (no dressing)

1x  3x 

Grilled Chicken Salad (no dressing)

1x  3x 

Large Caesar Salad with Chicken (no dressing)

1x  3x 

Large Caesar Salad with Grilled Shrimp (no dressing)

1x  3x 

Half Grilled Chicken Salad (no dressing)

1x  3x 

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  1x 

Small Caesar Salad (no dressing)

2x 

Small Tossed Salad (no dressing)

2x  1x 

Vegetable:

Side Seasoned Vegetables

2x 

Golden Corral

Protein:

Beef:

3 oz or 5 oz Awesome Pot Roast 1x 

4.5 oz or 5 oz Sirloin 1x 

Chicken:

6 oz Chicken Breast 1x 

Rotisserie Chicken, Breast and Wing 1x 

Pork:

3 oz Boneless Spiral Cut Ham 1/2x 

Seafood:


Baked Florentine Fish 1x 

3 oz or 5 oz Salmon, Whole Carved 1x 

Turkey:

3 oz or 7 oz Turkey Breast with Wing 1x 

Vegetable:

1/2 Cup Broccoli Salad 1x 

1/4 Cup Raw Cauliflower 1/2x 

1/4 Cup Cucumbers 1/2x 

1/4 Cup Diced Onion 4x 

1 Cup Iceberg Lettuce 1x 

1/4 Cup Jalapeños, Sliced 1/2x 

1/4 Cup Mushrooms, Sliced 1/2x 

1 Cup Romaine Lettuce 1x 

1 Cup Shredded Lettuce	1x	
2 Tbsp Shredded Parmesan Cheese	2x	
1 Cup Spinach	1x	
1 Cup Spring Mix Lettuce	1x	
¼ Cup Tomatoes, Diced	½x	
¼ Cup Broccoli Florets	½x	
½ Cup Broccoli Steamed	1x	
½ Cup Cauliflower Steamed	1x	
½ Cup Cooked Green Beans	1x	
½ Cup Sautéed Mushrooms	1x	
½ Cup Cooked Tomatoes and Okra	1x	

Salad:


1 Cup Caesar Salad	1x	
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Condiments:


2 Tbsp Balsamic Vinaigrette Dressing	1x	
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Hooters

Complete Lean & Green™ Meal:

Grilled Chicken Garden Salad (no carrots)	1x		3x	
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Protein:

Dozen Raw Oysters	½x	
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Steamed Shrimp	1x	
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Salad:

Garden Salad (no carrots)	3x	
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Side Garden Salad (no carrots)	2x	
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IHOP

Protein:

Create Your Own Omelet with Egg Substitute	1x	
Provolone Cheese	1/3x	
American Cheese	1/3x	
Swiss Cheese	1/2x	

Vegetable:



Fresh Tomatoes	1x	
Fresh Green Peppers & Onions	1x	
Fresh Mushroom	1x	
Fresh Spinach	1x	

Johnny Rockets

Complete Lean & Green™ Meal:

Grilled Chicken Club Salad (no bacon)	1x		3x	
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Protein:

Grilled Chicken Breast Sandwich (no bread)	1x	
Tuna Salad Sandwich (no bread)	1x	

Salad:

Side Salad	1x		1x	
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Condiment:


Ranch Dressing, 1/2 Portion	2x	
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Joe's Crab Shack

Complete Lean & Green™ Meal:

Shrimp Caesar Salad (no dressing) 1x  3x 

Protein:

Bucket of 12 Shrimp 1x 

Salad:

House Salad (no dressing) 1x 

Vegetable:

Broccoli Florets 1x  1x 

King Edward Grill

Complete Lean & Green™ Meal:

Chopped Greek Salad with Chicken 1x  3x 

Broccoli Salad with Avocado & Chicken 1x  3x 

Summer Green Salad with Shrimp 1x  3x 

Lonestar Steakhouse

Complete Lean & Green™ Meal:

Chicken Caesar Salad 1x  3x 

Protein:

Chicken:

Grilled Chicken Special 1x 

Seafood:

Grilled Shrimp 1/3x 

King Crab

1/2x 

Lobster Tail

1/2x 

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

2x  1x 

Vegetable:

Fresh Steamed Asparagus

1x  1x 

Fresh Green Beans

1x 

Fresh Seasonal Vegetables

2x  1x 

Condiment:

Light Ranch Dressing

1x 

Noodles & Company

Protein:

Beef:

Marinated Steak, Sautéed

3/4x 

Chicken:

Chicken Breast

1/2x 

Parmesan Crusted Chicken Breast

3/4x 

Meatless:

Organic Tofu

3/4x 

Pork:

Naturally Raised Pork

3/4x 

Seafood:

Sautéed Shrimp

1/2x 

Salad:

Tossed Green Salad, Med Vinaigrette

1x  1x 

Tossed Green Salad, Balsamic Vinaigrette

1x  1x 

Side Caesar Salad

1x  1x 

Tossed Green Salad, Sesame Soy Vinaigrette

1x  1x 

Old Spaghetti Factory

Protein:

Seasoned Chicken Breast

1x 

Salad:

House Salad Mix

1x 

Vegetable:

Sautéed Mushrooms

1x  2x 

Small Spaghetti Squash, 1/2 Portion

2x  2x 

Condiment:

Balsamic Vinaigrette Dressing, 1/2 Portion

2x 

Olive Garden

Protein:

Herb Grilled Salmon

1x 

Grilled Chicken Spiedini

1x 

Sicilian Meatballs

1x 

Salad:

Garden Fresh Salad (no dressing, croutons, or cheese)

3x 

Garden Fresh Salad with Dressing (no croutons or cheese)

3x 

Vegetable:

Steamed Broccoli

1x  1x 

Original Fish Company

Complete Lean & Green™ Meal:

Avocado Louie with Bay Shrimp

1x  3x 

Protein:

Alaskan Halibut

1x 

Chicken Teriyaki

1x 

Salad:

House Salad

3x 

Vegetable:

Steamed Broccoli

1x 

Outback Steakhouse

Protein:

Chicken:

Grilled Chicken on the Barbie

1x 

Seafood:

Simply Grilled Mahi

1x 

Norwegian Salmon

1x 

Salad:

House Salad

3x  2x 

Vegetable:

Grilled Asparagus

1x  1x 

Fresh Steamed Broccoli

2x  1x 

Fresh Seasonal Vegetables

2x 

Palm Restaurant

Complete Lean & Green™ Meal:

Nova Scotia Lobster Salad

1x  3x 

Protein:

Beef:

Filet Mignon

1x 

Chicken:

Chicken Piccata

1x 

Seafood:

Broiled Nova Scotia Lobster

1x 

Steamed Alaskan King Crab Legs

1/3x 

Broiled Ahi Tuna Steak

1x 

Broiled Mahi

1x 

Colossal Lump Crab Meat

3/4x 

Clams on Half Shell

1/2x 

Oysters on Half Shell

1/4x 

Steamed Nova Scotia Lobster

1x 

Salad:

Mixed Green Salad

2x 

Vegetable:

Steamed Green Beans

2x 






Steamed Broccoli	2x	
Steamed Asparagus	1x	
Steamed Leaf Spinach	1x	

Pei Wei


Complete Lean & Green™ Meal:

Asian Chopped Chicken Salad	1x		3x	
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Protein:



Ginger Broccoli Chicken	1x			
Ginger Broccoli Beef	1x			
Ginger Broccoli Vegetables & Tofu	1/2x		2x	
Ginger Broccoli Shrimp	1/2x			

Vegetable:






Side of Vegetables	1x	
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Perkins

Complete Lean & Green™ Meal:

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

2x 

Vegetable:

Broccoli (no butter)

1x  1x 

Vegetable Medley Side

1x  1x 

Sautéed Spinach

1x 

P.F. Changs

Protein:

Tuna Taki

3/4x 

Salad:

Asian Tomato Cucumber Salad, Small

2x 

Vegetable:

Shanghai Cucumbers, Small

2x 

Spinach Stir Fried with Garlic, Small

2x 

Red Hot & Blue

Complete Lean & Green™ Meal:

Lunch Special Grilled Chicken Salad

1x  3x 

Protein:

Pulled Chicken Platter

1x 

Lunch Special Memphis Quarter Chicken

1x 

Salad:

Starter Salad

2x  1x 

Vegetable:

Collard Greens 2x 

Condiments:

2 fl oz BBQ Ranch Dressing 1x 

2 fl oz Honey Mustard 2x 

Red Lobster

Complete Lean & Green™ Meal:

RL Cobb Salad 1x  1x  2x 

RL Cobb Salad with Shrimp 1x  1x  2x 

Protein:

Steamed Snow Crab Legs 1/2x 

Rock Lobster Tail 1x 

Grilled Fresh Salmon 1x 

Walleye, Broiled 1x 

Walleye, Blackened 1x 

Salad:

Side Garden Salad 2x 

Vegetable:

Fresh Broccoli 1x 

Petite Green Beans 1x 

Asparagus 1x 

Roasted Vegetable Medley 1x 

Red Robin

Complete Lean & Green™ Meal:

Simply Grilled Chicken Salad with Balsamic Dressing
(no bread or croutons)

1x  3x  1x 

Southwest Grilled Salad with Balsamic Dressing
(no baja dressing, tortilla strips, beans, fried jalapeños,
lime, corn, or nacho cheese)

1x  3x  1x 

Avo-Cobb-O Salad with Cucumbers and Balsamic Dressing
(no bleu cheese, bacon, olives, or bread)

1x  3x  1x 

Protein:

Simply Grilled Chicken Sandwich (no bread)

1x 

Salad:

House Salad

2x  1x 

Vegetable:

Steamed Broccoli

1x 

Condiment:

Balsamic Vinaigrette Dressing

1x 

Romano's Macaroni Grill

Complete Lean & Green™ Meal:

Warm Spinach Salad with Shrimp and dressing

1x  3x 

Salad:

Side Fresh Greens Salad with dressing


2x  1x 

Side Caesar Salad with dressing

2x  2x 

Roy's

Protein:


Blackened Island Ahi	1/2x	
Ahi Sashimi	1x	
Ahi Nigiri	1/4x	
Hamachi (Yellowtail) Sashimi	1x	
Shake (Salmon) Sashimi	1x	
Tako Sashimi	1/2x	

Ruby Tuesday










Complete Lean & Green™ Meal:

Grilled Salmon Salad, 1/2 Portion	1x		3x	
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Protein:

Plain Grilled Chicken	1x	
Plain Grilled Salmon	1x	
Petite Sirloin	1x	

Vegetable:

Fresh Grilled Zucchini	1x			
Fresh Grilled Green Beans	1x			
Fresh Grilled Asparagus	2x			
Roasted Spaghetti Squash	1x			
Sautéed Baby Portabella Mushrooms	1x		2x	
Fresh Steamed Broccoli			2x	
Creamy Mashed Cauliflower	3x		1x	

Condiments:

½ oz Lite Ranch Dressing

2x 

½ oz Balsamic Vinaigrette Dressing

2x 

Seasons 52 Grill

Complete Lean & Green™ Meal:

Mediterranean Salad

1x  3x 

Salmon, Alaska Wild Copper River

1x  1x 

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  2x 

Stone Crab Claws

1x 

Salad:



Kalymnos Greek Salad	3x 	2x 
Organic Arugula Salad with Mushrooms	2x 	2x 

Vegetable:

Grilled Caesar Broccoli	3x 	1x 
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Stonefire Grill

Complete Lean & Green™ Meal:

Petite Spinach Salad with ½ the Cheese (no dressing)	1x 	3x 
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Protein:

4 oz Fresh Salmon	1x 
Tri Tip Roast, ½ Portion	1x 
4 oz Boneless Chicken Breast	1x 

Vegetable:

Seasonal Grilled Vegetables with Feta	2x 	1x 
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T.G.I. Friday's

Protein:

6 oz Sirloin	1x 
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Vegetable:

Fresh Vegetable Medley	2x 	1x 
Broccoli		2x 



The Greene Turtle

Protein:


Jerk Shrimp 1x 

Blackened Tilapia (no sour cream or corn pico) 1x 

Salad:

Small Garden Salad with Balsamic Vinaigrette (no croutons or onions) 1x  2x 

Vegetable:

Green Beans 2x 

Uno's Chicago Grill

Complete Lean & Green™ Meal:

House Salad with Grilled Chicken 1x  3x 

Salad:

Garden Side Salad 2x  1x 

Vegetable:

Roasted Seasonal Vegetables 2x  1x 

Steamed Broccoli 1x  1x 

Condiment:

Fat Free Vinaigrette Dressing 3x 

Zaxby's

Complete Lean & Green™ Meal:

House Salad, Grilled (no dressing) 1x  3x 

Caesar Salad, Grilled (no dressing) 1x  3x 

Salad:

Caesar Salad (no chicken or dressing)

2x



1x



House Salad (no chicken or dressing)

3x



2x



Vegetable:

Basket of Celery

1x



Condiment:

Lite Ranch Dressing, ½ Portion





1x



Fast Food Restaurant Options

Arby's

Salad:









Chopped Side Salad	1x 	1x 
Chopped Farmhouse Salad, Roasted Turkey	1x 	2x 

Condiments:

Light Italian Dressing	3x 
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Au Bon Pain

Complete Lean & Green™ Meal:

Chicken Cobb with Avocado Salad	1x 	3x 
Chicken Caesar Asiago	1x 	3x 
Chef's Salad	1x 	3x 
Tuna Garden	1x 	3x 

Salad:

Side Garden Salad	2x 
Garden Salad	3x 

Condiments:


Light Ranch Dressing	3x 
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Blimpie

Protein:

Tuna Salad	$\frac{3}{4}$ x 
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Salads:

Garden Salad		3x	
Grilled Chicken Caesar Salad	1x		2x 
Buffalo Chicken Salad	1x		2x 
Ultimate Club Salad	1x		2x 

Condiments:

Light Italian Dressing		2x	
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Bojangles

Complete Lean and Green™:

Grilled Chicken Salad	1x		3x 
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Salad:

Garden Salad	2x		2x	
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Vegetable:



Green Beans		1x	
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Condiments:

Fat-Free Italian Dressing, ½ packet		3x	
Chunky Bleu Dressing, ½ packet		2x	
Buttermilk Ranch, ½ packet		2x	

Boston Market

Protein:

Turkey Breast, Regular		1x	
Rotisserie Chicken, Quarter, white (no skin)		1x	

Vegetable:

Fresh Steamed Vegetables

2x  1x 

Green Beans

2x  1x 

Burger King

Complete Lean & Green™ Meal:

Chicken Caesar Garden Fresh Salad with Tendergrill Chicken (no dressing)

1x  3x 

California Tortilla

Complete Lean & Green™ Meal:

Southwestern Chicken Salad with fresh salsa (no guacamole, corn, or tortilla strips)

1x  3x 

Regular Sunset Chicken Vegetable Bowl (no rice or black beans)

1x  3x 

Southwestern Chicken Salad with steak (no guacamole, corn, or tortilla strips)

1x  3x 

Carl's Jr.

Complete Lean & Green™ Meal:

Grilled Chicken Salad

1x  3x 

Salad:

Side Salad

3x  1x 

Condiment:

Low Fat Balsamic Vinaigrette Dressing

3x 

Chick-fil-a

Protein:

Grilled Chicken Nuggets, 6 count

1/2x 

Salad:

Side Salad

1x  1x 

Condiment:

Light Italian Dressing

3x 

Chipotle

Protein:

Chicken

1x 

Steak

1x 

Cheese

1/3x 

Salad:

Romaine Salad Lettuce, Salad Bowl

1x 

Vegetable:

Fajita Vegetables

1x 

Fresh Tomato Salsa

1x 

Firehouse Subs

Complete Lean & Green™ Meal:

Chef's Salad Chicken

1x  3x 

Chef's Salad Turkey

1x  3x 

Chef's Salad Chicken Salad

1x  3x 

Condiments:

Balsamic Vinaigrette Dressing, ½ packet

2x 

Flamers Grill

Protein:

5 oz Chicken Breast

1x 

Turkey Patty

1x 

4 oz Burger

1x 

6 oz Burger

1x 

Jack in the Box

Complete Lean & Green™ Meal:

Chicken Club Salad with Grilled Chicken Strips

1x  3x 

Grilled Chicken Salad

1x  3x 

Protein:

4 piece Grilled Chicken Strips

1x 

Grilled Chicken Strips with Teriyaki sauce

1x 

KFC

Protein:

Kentucky Grilled Chicken, Whole Wing

1/3x 

Kentucky Grilled Chicken, Drumstick

1/3x 

Kentucky Grilled Chicken, Thigh

3/4x 

Kentucky Grilled Chicken, Breast

1x 

Salad:

Caesar Side Salad (no dressing or croutons)

1x 

House Salad (no dressing)

1x 

Vegetable:

Green Beans

1x 

Condiments:

Marzetti Light Italian Dressing

2x 

Hidden Valley the Original Ranch Fat-Free Dressing

3x 

Long John Silver's

Protein:

Hold The Batter Shrimp, 21 pieces

1x 

Hold The Batter Cod, 3 pieces

1x 

Grilled Pacific Salmon

1/2x 

Vegetable:

Seasoned Green Beans

1x 

McDonald's

Complete Lean & Green™ Meal:

Premium Caesar Salad with Grilled Chicken

1x  3x 

Salad:

Side Salad

1x 

Condiments:

Newman's Own Low Fat Balsamic Vinaigrette

1/2x 

Newman's Own Low Fat Family Recipe Italian Dressing

1/2x 





Panda Express

Protein:

Grilled Teriyaki Chicken	1x	
Mandarin Chicken	1x	
Beef Vegetable Bowl: Broccoli Beef	1/3x	
	2x	

Panera

Complete Lean & Green™ Meal:

Chicken Caesar Salad	1x		3x	
Chopped Chicken Cobb with Avocado (no bacon or dressing)	1x		3x	

Protein:

Tuna Salad Sandwich (no bread)	3/4x	
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Salad:

Classic Salad	3x		2x	
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Popeyes

Protein:

Louisiana Leaux Naked Tenders	1x	
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Vegetable:









Regular Louisiana Leaux Green Beans	1x	
Large Louisiana Leaux Green Beans	3x	

Condiments:

Ranch Dressing	1x	
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Quiznos

Salad:

Peppercorn Caesar, Small	1/2x 	1x 
Peppercorn Caesar, Large	1x 	2x 
Lobster & Seafood Fresh Salad, Small	1/2x 	1x 
Lobster & Seafood Fresh Salad, Large	1x 	2x 

Subway

Salad:

Veggie Delight Salad		2x 
Turkey Breast Salad	1/2x 	2x 
Oven Roasted Chicken Breast Salad	1/2x 	2x 

Protein:

Grilled Chicken Strips	1/2x 
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Tahinas Mediterranean Grill

Protein:

Marinated Chicken	1x 
Marinated Beef	1x 
Cheddar Cheese	1x 

Vegetable:

Spring Mix	1x 
Jalapeños	1x 
Cucumbers	1x 
Shredded Romaine	1x 

Red Onion Salad	1x	
Sweet Peppers	1x	
Diced Tomatoes	1x	
Red Cabbage Salad	1x	

Wendy's

Complete Lean & Green™ Meal:

Whole Spicy Chicken Caesar Salad	1x		3x	
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Salad:

Garden Side Salad	1x	
Caesar Side Salad	1x	

Condiments:

Light Classic Ranch	1x	
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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.



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