



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**[®], 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!



lean & green basics

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	10g - 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' located on **OPTAVIA** Client Answers ([ANSWERS.OPTAVIA.com](https://www.optavia.com/answers)) or contact Nutrition Support at 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.**

- **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
 - 12 oz. (1 ½ cups) 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.**

- **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
 - 1 ½ 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.**

- **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
- 1½ 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](#)' located on OPTAVIA Client Answers.

Lean & Green Meal: The "Green"

Choose 3 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, spinach (cooked), 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 Brussels 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.



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



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	10g - 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 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.

Search out the healthy

Just about every party has healthy food. Lean roasted meats, shrimp

the life you want is waiting



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) 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 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

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

Healthy Ideas

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

Avoid

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



Greek

Healthy Ideas

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

Avoid

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



Indian

Healthy Ideas

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

Avoid

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



Italian

Healthy Ideas

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

Avoid

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



Japanese

Healthy Ideas

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

Avoid

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



Mexican

Healthy Ideas

- Choose lean protein, like boneless, skinless chicken or fish that is grilled, barbecued or baked.
- Select soups like gazpacho, chili con carne or black bean soup.
- Skip the rice and refried beans; ask for more non-starchy vegetables instead.
- Ask for your food to be prepared without the use of added butter or lard.
- Flavor your meal with pico de gallo, fresh salsa or jalapeños. Use guacamole in moderation. Typically, 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

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

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.





Want to add a restaurant to our Dining Out Guide?
Contact 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.

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.

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-On: Brewhouse Burger Patty	1X 	
Chicken		
Add-On: Grilled Chicken	1X 	
Add-On: Blackened Chicken	1X 	
Seafood		
Add-On: Blackened Shrimp	1X 	

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

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
Chicken Marsala, Half Portion	1X	
Seafood		
Rainbow Trout, Half Portion	1X	



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Healthy Fats

PROTEINS (CONT'D):		
Seafood		
Grilled Ahi Tuna Steak	1X 	
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 	
VEGETABLES:		
Steamed Asparagus		2X 
Green Beans		2X 
Steamed Broccoli		2X 
BUFFALO WILD WINGS		
SALADS:		
Garden Side Salad		3X 
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 	
CALIFORNIA PIZZA KITCHEN		
COMPLETE LEAN & GREEN MEALS:		
Lettuce Wraps with Chicken & Shrimp, Half Portion	1X 	3X 
Classic Caesar Salad with Grilled Shrimp*	1X 	3X 
SALADS:		
Asparagus & Arugula Salad with Lemon Vinaigrette*	2X 	3X 

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

THE CAPITAL GRILLE

COMPLETE LEAN & GREEN MEALS:

Caesar Salad with All-Natural Chicken Breast & Caesar Dressing, Lunch Size, Half Portion*	1X 	3X 
Maine Lobster Salad w/ Citrus Vinaigrette, Lunch Size*	1X 	3X 
The Capital Grille Cobb Salad with Sliced Tenderloin & Mustard Dressing, Half Portion*	1X 	3X 
Pan-seared Sea Bass with Shiitake Mushrooms & Asparagus, Half Portion	1X 	3X 
Seared Citrus-glazed Salmon (no almonds) w/ 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)	%X 	
VEGETABLES:		
French Green Beans with Tomatoes, Half Portion	2X 	2X 
Grilled Asparagus with Lemon Mosto	1X 	2X 
Sautéed Spinach with Garlic Confit	1X 	3X 



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Healthy Fats

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 
Plain Freshly Steamed Broccoli		2X 
Sautéed Broccoli	2X 	3X 
Steamed Asparagus		2X 

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

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

1X



Chicken

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

1X



Seafood

Mix & 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 & Cucumber Salad*

1X



3X



Garden Salad*

2X



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Healthy Fats

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 	
Eggs		
2 Eggs, Any Way You Like 'Em	¾X 	
2 Scrambled Egg Whites	½X 	

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

PROTEINS: (CONT'D)**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

 $\frac{2}{3}$ X 

2 Egg Whites

 $\frac{1}{3}$ X **Seafood**

Wild Alaska Salmon (no potatoes or sides)

1X **VEGETABLES:**

Broccoli

1X 

Fresh Sautéed Zucchini & Squash

1X 1X 

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Healthy Fats

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 	
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 

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

COMPLETE LEAN & GREEN MEALS: (CONT'D)

Cedar Plank Salmon (no rice or mustard remoulade), Half Portion	1X 	3X 
Baymazing Crab & Grilled Chicken (no cheese), Half Portion	1X 	3X 
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 
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 
Turkey		
Turkey Burger (no roll, fries or mayo)	1X 	1X 
Seafood		
Grilled Shrimp Platter (no fries, cole slaw or cocktail sauce)	1X 	
<i>Add-On:</i> Grilled Shrimp (no cocktail sauce)	1X 	
VEGETABLES:		
Fresh Seasonal Vegetables		3X 



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Healthy Fats






GOLDEN CORRAL

PROTEINS:

Beef

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		

Chicken

5 oz. Spicy Ranch Chicken Breast	1X		
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			
3 oz. Grilled BBQ Pork	1X		
3 oz. Grilled BBQ Pork Loin	½X		



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

PROTEINS: (CONT'D)






















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 
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 



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Healthy Fats

IHOP		
SALADS:		
Mixed Greens House Salad*		3X 
PROTEINS:		
Eggs		
2 Fried, Hard or Soft Boiled, or Poached Eggs	2/3X 	
2 Egg Whites	1/2X 	
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 
Sleek Greek Salad with Low Fat Vinaigrette*	1X 	3X 
SALADS:		
Side Caesar Salad*	2X 	3X 
Garden Salad*		3X 
PROTEINS:		
Chicken		
Chicken Patty	1X 	

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

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

Turkey Patty

1X

**VEGETABLES:**

Steamed Veggies

2X



3X

**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



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Healthy Fats

SALADS:		
Side Mixed Greens Salad*	1X 	3X 
PROTEINS:		
Beef		
6 oz. Renegade Sirloin	1X 	
6 oz. Flo's Filet	1X 	
6 oz. Renegade Sirloin & Redrock Grilled Shrimp (no rice), Half Portion	1X 	
Flo's Filet & 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 
Egg White and Veggie Omelette (no fruit)	1X 	3X 

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

SALADS:		
Petite House Salad*	2X 	3X 
PROTEINS:		
Eggs		
2 Eggs, Any Style	½X 	
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 & 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 	
Seafood		
Fresh Cedar-Planked Salmon, Half Portion	1X 	
6 oz. Fresh Grilled Atlantic Salmon, Blackened	1X 	



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Healthy Fats

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 	
SALADS:		
Famous House Salad with Italian Dressing (one serving)*	2X 	3X 
VEGETABLES:		
Steamed Broccoli		2X 

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

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 	
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VEGETABLES:



Sautéed Vegetables	1X 	3X 
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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 

SALADS:

Side House Salad*	2X 	2X 
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PROTEINS:

Beef

6 oz. Victoria's Filet Mignon	1X 	
6 oz. Filet Mignon & Lobster, Half Portion	1X 	
6 oz. Sirloin & Grilled Shrimp on the Barbie	1X 	



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Healthy Fats

PROTEINS (CONT'D):		
6 oz. Sirloin & 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 	
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 









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

PERKINS

COMPLETE LEAN & GREEN MEALS:

The Everything Omelette (no cheese)	1X 	3X 
Turkey BLT Salad*	1X 	3X 










COMPLETE LEAN & GREEN MEALS (CONT'D):

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 
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PROTEINS:

Eggs		
Hearty Extra: 2 Eggs	½X 	
Hearty Extra: 3 Egg Beaters	½X 	
Steak Medallions & Eggs (no hashbrowns or fruit), Half Portion	1X 	1X 
Pork		
Grilled Pork Chop (no applesauce)	1X 	
Seafood		
Grilled Cajun Tilapia & Shrimp (no rice)	1X 	3X 
Grilled Tilapia (no tartar sauce)	1X 	
Grilled Salmon, Half Portion	1X 	



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Healthy Fats

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 
Pepper Steak, Lunch or Half Portion	1X 	3X 
Miso Glazed Salmon, Half Portion	1X 	3X 
PROTEINS:		
Chicken		
Ginger Chicken with Broccoli, Half Portion	1X 	3X 
Steamed Kung Pao Chicken, Half Portion	1X 	
Tofu		
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 

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

PROTEINS:**Beef**

Beef Brisket Platter (no beans or slaw)

1X **PROTEINS (CONT'D):****Chicken**

Pulled Chicken Platter (no beans or slaw)

1X 

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

1X **Pork**

Pulled Pork Platter (no beans or slaw)

1X **VEGETABLES:**

Collard Greens

2X **RED LOBSTER****COMPLETE LEAN & 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 & 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 

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Healthy Fats

PROTEINS: (CONT'D)

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 	
<i>Add-Ons:</i>		
Wood-Grilled Sea Scallops	½X 	
Wood-Grilled Shrimp Skewers (no sides, including rice), Lunch Size	1X 	
Topped Maine Lobster Tail	¾X 	
Shrimp and Wood-Grilled Chicken (no rice), Lunch Size	1X 	
Wood-Grilled Shrimp Skewers (no rice), Lunch Size	¾X 	
VEGETABLES:		
Steamed Broccoli		2X 
Asparagus	1X 	2X 
Grilled Zucchini & Squash	2X 	3X 
RED ROBIN		
COMPLETE LEAN & GREEN MEALS:		
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 

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

SALADS:		
Side Salad*	1X 	3X 
House Salad*	1X 	3X 
Simply Grilled Chicken Salad*	1X 	3X 
PROTEINS:		
Beef		
6 oz. Burger Patty with Lettuce Wrap, Tomato Slice and Cucumber Slices	1X 	2X 
Chicken		
Grilled Chicken Patty With Lettuce Wrap, Tomato Slice and Cucumber Slices	1X 	2X 
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 



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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 	

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 	
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Seafood

5 oz. Grilled Salmon (no tartar sauce)	1X 	
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VEGETABLES:

Green Beans		3X 
Sautéed Mushrooms	1X 	2X 

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

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 
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VEGETABLES:

Lemon-Butter Broccoli	2X 	3X 
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THE GREENE TURTLE

COMPLETE LEAN & GREEN MEALS:



Black & 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 
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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 	
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PROTEINS: (CONT'D)		
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 
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 	

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

PROTEINS: (CONT'D)		
Baked Haddock (no crumb topping), Half Portion	1X 	
Grilled Shrimp & Sirloin, Half Portion	1X 	
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 



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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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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



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



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.

PROTEINS: (CONT'D)

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 **PROTEINS:**

2 Hard-Boiled Eggs

½X 

6 oz. Adobo Chicken

1X **VEGETABLES:**

Roasted Eggplant Soup, Small

1X 3X 

Wild Mushroom Bisque, Small

1X 3X 

2 oz. Roasted Mediterranean Vegetables

1X 2X 

12 Veggies Soup, Small

1X 3X 

Beef and Vegetable Stew, Small

½X 3X 

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

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



Grilled Chicken Caesar Salad*

1X



2X



BOJANGLES

COMPLETE LEAN & GREEN MEALS:

Roasted Chicken Bites Salad, Half Portion*

1X



3X



Grilled Chicken Salad*

1X



3X



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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 	
Build Your Own Bowl with Chicken Breast or Turkey Breast, Steamed Veggies, & 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 

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

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 
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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 
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 
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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 
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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 
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PROTEINS:

Wild Alaskan Salmon	1X 	
2 Grilled Shrimp Skewers	1X 	
Grilled White Fish & Shrimp Skewer	1X 	
Lemon Pepper White Fish	1X 	
Blackened Tilapia	1X 	

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 

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

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 	
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4 oz. Carnitas	1X 	
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VEGETABLES:

Cilantro-Lime Cauliflower Rice, Regular Portion		2X 
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Fajita Vegetables, Regular Portion		1X 
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COMPLETE LEAN & GREEN MEALS:

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

SALADS:

Cashew Kale Caesar Salad*	2X 	2X 
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PROTEINS:

Charred Chicken Marketbowl	1X 	
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Wild Alaskan Salmon Marketbowl	1X 	
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Healthy Fats

PROTEINS: (CONT'D)		
Grilled Organic Tofu Marketbowl	½X 	
Herb Roasted Chicken Marketbowl	1X 	
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 
Hot Specialty Subs (no roll or mayo), Medium: Club On A Sub, Engineer, Hero, Hook & Ladder, Spicy Cajun Chicken, Steak & Cheese or Turkey Bacon Ranch	1X 	3X 
Single Meat Subs (no roll or mayo), Medium: Chicken Breast, Corned Beef, Ham, Pastrami, Roast Beef or Turkey	1X 	3X 
Cold Subs (no roll, 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	½X 	
Roasted Chicken	½X 	
Roasted Shrimp	½X 	

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

VEGETABLES:

Curly Kale		1X 
Arugula		1X 
Baby Spinach		3X 
Grape Tomatoes		1X 
Roasted Broccoli		1X 



















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 



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COMPLETE LEAN & GREEN MEALS: (CONT'D)		
Jersey Shore Favorite, In a Tub (no oil)	1X 	3X 
Big Kahuna, In a Tub	1X 	3X 
Grilled Chicken Salad, Half Portion*	1X 	3X 
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 & 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 & 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: Chicken, Half Portion	1X		
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		

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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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



**Salad options listed are plain without dressings, croutons 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 
Mexican Cauliflower Mash	1X 	1X 
Pico de Gallo		1X 

QUIZNOS

COMPLETE LEAN & GREEN MEALS:

Turkey Ranch & Swiss Full Salad*	1X 	3X 
Honey Mustard Chicken Full Salad, Half Portion*	1X 	3X 



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COMPLETE LEAN & GREEN MEALS: (CONT'D)		
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 	
Chicken Strips, Teriyaki Glazed	½X 	
Roast Beef	½X 	
Steak (no cheese)	½X 	
Subway Club Meats	½X 	
Veggie Patty	½X 	
Egg Patty (white)	½X 	

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

PROTEINS: (CONT'D)		
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 
ZOE'S KITCHEN		
PROTEINS:		
Chicken Kabobs	1X 	
Salmon Kabobs	1X 	
Shrimp Kabobs	1X 	
Spicy Chicken Kabobs:	1X 	
Mediterranean Chicken	1X 	
VEGETABLES:		
Roasted Vegetables	1X 	2X 



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Healthy Fats

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

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