



**BUFFALO
WILD
WINGS**



Domino's

Olive
Garden

ITALIAN KITCHEN



Staying healthy while dining out can be a stressful task. Prepping your own meals/snacks always is the way to go BUT once in a while if you are running around and didn't get a chance to prep, or are out eating with family or friends these are some healthy options to choose from at some of our favorite restaurants.



1. Roast Beef Classic Sandwich -
360kcal: 14F/37C/23P

2. Prime-cut Chicken Tenders (3) -
360kcal: 17F/28C/23P

3. Double Roast Beef Sandwich
510kcal: 24F/38C/38P

4. Turkey Gyro
470kcal: 20F/48C/25P

5. Chopped Farmhouse Salad w/ Roast
Turkey:
230kcal: 13F/8C/23P



1. Whopper Jr. Sandwich w/o Mayo -
250kcal: 10F/27C/13P

2. Hamburger
220kcal: 8F/26C/11P

3. Grilled Chicken Sandwich w/o Mayo
-370kcal: 7F/39C/37P

4. Grilled Chicken Salad
340kcal: 15F/16C/39P

5. Ice Cream Cup
170kcal: 4.5F/25C/5P



1. 12-count Grilled Nuggets
210kcal: 5F/3C/38P
2. Grilled Chicken Sandwich
310kcal: 6F/36C/29P
3. Grilled Market Salad w/ Grilled Nuggets -
350kcal: 14F/27C/31P
4. Grilled Chicken Club Sandwich
430kcal: 16F/36C/37P
5. Grilled Chicken Cool Wrap
360kcal: 13F/30C/40P
6. Egg White Chicken Grill -
300kcal: 7F/31C/25P



Chipotle is pretty calorie safe. Im going to give you a few tips on different options to chose from and you can play around with the rest :)

Step 1

Get the bowl (skip the extra calories from the wrap)

Step 2

Select any MEAT

Step 3

Filling: Choose ONLY ONE Carbohydrate
(Rice or Beans)

Step 4

Load on Vegetables (Fajita vegetables, fresh tomato salsa, lettuce)

Step 5: Choose ONLY ONE Fat Source:
Guacamole/cheese/sour cream

ADD 1 bottle of water and SKIP THE CHIPS :)



1. Grilled Chicken Sandwich -
390kcal: 7F/40C/41P
2. Cranberry Bacon Bleu Salad w/ Grilled Chicken
360kcal: 13F/14C/44P
3. George's Chili -
300kcal: 13F/26C/17P
4. Oven Roasted Turkey Noodle Soup -
170kcal: 5F/21C/11P
5. Garden Fresco Salad w/ Grilled Chicken -
360kcal: 13F/18C/44P



1. Original Recipe Chicken Breast -
390kcal: 21F/11C/39P
2. Kentucky Grilled Chicken Thigh
- 150kcal: 9F/0C/17P
3. Kentucky Grilled Chicken Breast
- 210kcal: 7F/0C/38P
4. Kentucky Grilled Chicken
Drumstick - 80kcal: 4F/0C/11P
5. Kentucky Grilled Chicken Wing -
70kcal: 3F/0C/9P



1. Bacon Ranch Salad w/ Grilled Chicken
320kcal: 14F/9C/42P
2. Egg White Delight McMuffin -
260kcal: 8F/29C/16P
3. Southwest Salad w/ Grilled Chicken -
350kcal: 11F/27C/37P
4. Artisan Grilled Chicken Sandwich-
1380kcal: 7F/44C/37P
5. Vanilla Ice Cream Cone - 200kcal:
5F/32C/5P



1. Jr Burger -
330kcal: 16F/32C/15P
2. Chicken Strips Kids Meal -
230kcal: 11F/18C/15P
3. Classic Grilled Chicken
Sandwich - 480kcal: 22F/39C/32P
4. Grilled Chicken Wrap -
420kcal: 14F/41C/30P
5. Vanilla Cone - 240kcal
12F/30C/4P



Note: Most all of their salads are extremely Calorie-friendly so I won't even bother listing those.

1. 6" Roast Beef -
320kcal: 5F/45C/25P

2. 6" Oven Roasted Chicken -
320kcal: 5F/45C/23P

3. 6" Turkey Breast -
280kcal: 3.5F/46C/18P

4. 6" Rotisserie Chicken - 350kcal:
6F/45C/29P

5. 6" Steak, Egg White & Cheese -
450kcal: 18F/45C/28P



Note: Taco Bell has many small items like tacos for around 150kcal, which can easily be fit into anyone's calories.

1. Breakfast Soft Taco w/ egg & cheese -
170kcal: 9F/15C/7P
2. Grilled Steak Soft Taco -
200kcal: 10F/17C/12P
3. Fresco Soft Steak Taco -
140kcal: 4F/17C/10P
4. Fresco Soft Chicken Taco -
150kcal: 6F/16C/9P
5. Chicken Power Bowl w/o avocado ranch,
rice, guacamole -
260kcal: 10F/17C/24P



1. Full Size Apple Pecan Chicken Salad w/o
dressing -

350kcal: 11F/28C/35P

3. Large Chili -

250kcal: 7F/23C/23P

4. Jr. Cheeseburger -

280kcal: 13F/25C/16P

5. Grilled Chicken Sandwich -

370kcal: 10F/38C/34P

6. Grilled Chicken Wrap -

270kcal: 10F/24C/20P



1. Original Slider -
140kcal: 6F/13C/7P

2. Grilled Chicken Slider -
180kcal: 7F/13C/15P

3. Plain Veggie Slider -
150kcal: 5F/20C/5P

4. Egg & Cheese Breakfast Slider -
160kcal: 7F/13C/9P

5. Egg & Hamburger Breakfast Slider -
190kcal: 11F/12C/12P



Note: They have tons of veggie side combos, basically all are 0F/8-10C/1-2P (besides anything w/ potatoes obviously)

1. 7oz House Sirloin – 270kcal:
15F/1C/34P

2. 12oz New York Strip – 480kcal:
25F/1C/65P

3. Napa Chicken & Portobellos –
500kcal: 16F/38C/50P

4. Pepper-crusted Sirloin & Whole Grains
– 350kcal: 10F/41C/28P

5. Thai Shrimp Salad – 390kcal:
19F/33C/23P



NOTE:

Wings with "ave sauce" is crazy high in fat. Be careful haha :)

1. Grilled Chicken Salad -
420kcal: 18F/27C/41P
2. Grilled Chicken Sandwich (no toppings) -
360kcal: 9F/38C/34P
3. Naked Tenders (4)
- 170kcal: 1F/1C/37P
4. Grilled Chicken Buffalito Wrap w/ Ave
Sauce - 410kcal: 18F/25C/36P



Note: All items listed are from their "skinny dishes" menu. Some great side item choices --

Edamame (140kcal: 4.5F/13C/12P)

Grilled Asparagus (107kcal: 7F/4C/7P)

1. Tuscan Chicken - 592kcal: 20F/21C/82P

2. Skinny Steak Medallions -
380kcal: 16F/22C/37P

3. Ahi Tartare - 256kcal: 16F/16C/12P

4. White Chicken Chili - 502kcal: 14F/33C/61P

5. Skinny Salmon - 576kcal: 36F/19C/44P

6. "Add on" grilled chicken to any meal - 169kcal:
5F/2C/29P



Note: Some great side item choices -- Full Seared Shrimp 40kcal: 2F/4C/12P ; Spinach & Garlic Roasted Tomatoes 45kcal: 0F/9C/3P

1. 6oz Sirloin w/ Grilled Avocado –
410kcal: 20F/21C/39P

2. Ancho Salmon – 600kcal: 27F/43C/48P

3. Grilled Chicken Salad –
430kcal: 23F/23C/39P

4. Mango-Chile Tilapia – 520kcal: 18F/
56C/38P (chicken is almost same calories)

5. Margarita Grilled Chicken – 580kcal:
13F/66C/51P



1. Ahi Poke - 449kcal: 20F/11C/46P
2. Southwestern Tortilla Soup (bowl) -
385kcal: 9F/39C/43P
3. Angus Steak Chili (bowl) -
258kcal: 9F/25C/22P
4. 5 Grilled Shrimp -
67kcal: 3F/2C/10P
5. Thai Chicken Chopped Salad -
411kcal: 11F/48C/28P



1. Original Buttermilk Pancakes (3) -
410kcal: 14F/60C/12P

(If you're gonna spring for pancake carbs, go for this)

2. Simple & Fit Veggie Omelette -
310kcal: 12F/12C/27P

3. Simple & Fit 2 Egg Breakfast -
350kcal: 9F/44C/25P

4. Simple & Fit Spinach, Mushroom & Tomato
Omelette - 310kcal: 12F/31C/29P

5. Big 2-Egg Breakfast w/ Poached Eggs & Bacon
- 284kcal: 20F/1C/25P

6. Egg White Omelette with Spinach, Tomato &
Ham - 193kcal: 5F/7C/30P



Note: The only decent side item is steamed broccoli
(35kcal: 0F/7C/4P).

Also, the mini-desserts are awesome here including:

- Mini Chocolate Mousse (290kcal: 21F/23C/3P)

- Mini Strawberry & White Chocolate Cake (190kcal:
11F/22C/1P),

- Mini Amaretto Tiramisu (260kcal: 17F/14C/3P).

Sweet toothed peeps rejoice!

1. Tuscan Sirloin (11 oz) - 540kcal: 24F/24C/77P

2. Cod Piccata - 370kcal: 19F/11C/37P

3. Tilapia Piccata - 420kcal: 22F/11C/46P

4. Herb-Grilled Salmon - 460kcal: 28F/8C/43P

5. Chicken Margherita - 590kcal: 32F/9C/69P

6. 1 Breadstick (because you just gotta) -
140kcal: 2.5F/25C/4P



1. Chicken Tortilla Soup (bowl) -
299kcal: 16F/23C/16F
2. Grilled Chicken on the Barbie w/ Mixed Veggies -
460kcal: 13F/26C/61P
3. 4oz Lobster Tails w/ Mixed Veggies & House
salad w/ Light Balsamic -
572kcal: 24F/35C/53P
4. 6oz Outback Special Sirloin w/ Mixed Veggies &
House salad w/ Tangy Tomato -
552kcal: 20F/42C/53P
5. Sesame Ahi Salad - 252kcal: 8F/15C/33P
6. Simply Grilled Mahi w/ Mixed Veggies -
375kcal: 13F/17C/51P



I recommend the low fat Thai Chilli Vinaigrette dressing for any salad (1.5tbsp = 25kcal: 1F/4C/0P)

1. Bacon Turkey Bravo Sandwich on Tomato Basil (half) -
320kcal: 12F/29C/19P

2. Frontega Chicken Panini on Focaccia (half) - 380kcal:
12F/40C/24P

3. Classic Salad w/ Chicken (whole) -
300kcal: 13F/20C/27P

6. Low-Fat Chicken Noodle Soup (bowl) -
160kcal: 5F/19C/14P

5. Spicy Thai Chicken Salad (half) -
260kcal: 11F/21C/12P

6. Ham, Egg & Cheese Power Sandwich (whole) -
340kcal: 15F/30C/23P



PEI WEI

These items do not include the side choices. For a side, I recommend Lettuce Wraps (30kcal: 0F/6C/2P) or a small salad (34cal: 0F/7C/2P) instead of rice or noodles (as both are relatively high in carbs).

1. Sweet and Sour Small with Chicken (steamed) -
290kcal: 3F/42C/24P
2. Ginger Broccoli Regular with Chicken - 480kcal:
480kcal: 15F/42C/43P
3. Original Asian Chopped Chicken Salad - 470kcal:
16F/37C/46P
4. Sesame Small with Chicken (steamed) - 410kcal:
13F/44C/26P
5. Mongolian Small with Chicken- 330kcal:
13F/30C/23P
6. Thai Dynamite Small with Chicken (steamed):
280kcal: 8F/25C/26P
7. Lemon Pepper Regular Chicken (steamed):
400kcal: 4.5F/44C/43P



1. Ginger Chicken w/ Broccoli -
550kcal: 14F/47C/63P
2. Buddha's Feast Steamed -
250kcal: 4F/32C/26P
3. Shrimp w/ Lobster Sauce - 380kcal:
20F/20C/29P
4. Chang's Chicken Lettuce Wraps -
580kcal: 29F/48C/34P
5. Edamame w/ Kosher Salt - 400kcal:
17F/25C/37P
6. Handmade Shrimp Steamed Dumplings
(6) - 290kcal: 4F/33C/29P



Side options – Garden Salad (70kcal: 1.5F/13C/1P), Broccoli (.5F/7C/4P), Asparagus (60kcal: 3.5F/5C/3P)

1. Garlic Grilled Sea Scallops - 100kcal:
5F/4C/12P

2. Garlic Shrimp Scampi - 150kcal:
7F/2C/20P

3. Steamed Snow Crab Legs - 90kcal:
1F/0C/20P

4. 7oz Peppercorn Grilled Sirloin -
240kcal:9F/3C/36P

5. Rock Lobster Tail – 170kcal: 1F/1C/39P

6. Cheddar Bay Biscuit (because you HAVE to despite crap macros) – 160kcal: 10F/16C/3P



Note: Great side options – Side Salad (100kcal: 6F/8C/6P), Steamed Broccoli (32kcal: 0F/6C/3P),
Fruit Salad (110kcal: 0F/31C/1P)

1. Grilled Turkey Burger w/o mayo or margarine -
519kcal: 21F/52C/33P

2. Whiskey Rio BBQ Salad w/o dressing or
croutons - 245kcal: 9F/20C/21P

3. Bruschetta Chicken Burger w/o margarine or
balsamic cream - 520kcal: 23F/45C/36P

4. Simply Grilled Chicken Burger w/o margarine -
355kcal: 6F/51C/26P

5. Chicken Tortilla Soup (bowl) - 408kcal:
20F/35C/24P

6. Ensenada Chicken Platter (2pc) - 345kcal:
14F/13C/44P

Ruby Tuesday

Note: Great side options –

Grilled Zucchini (41kcal: 2F/4C/1P),

Steamed Broccoli (52kcal: 2F/7C/3P),

Roasted Spaghetti Squash (54kcal: 3F/6C/1P)

1. Fit & Trim Hickory Bourbon Chicken – 355kcal:
10F/25C/41P
2. Fit & Trim Petite Blackened Tilapia – 286kcal:
12F/23C/22P
3. Smart Eating Grilled Chicken Salad – 298kcal:
12F/3C/36P
4. Smart Eating New Orleans Seafood – 317kcal:
14F/6C/40P
5. Smart Eating Plain Grilled Petite Sirloin –
203kcal: 8F/2C/32P
6. Smart Eating Plain Grilled Top Sirloin – 270kcal:
10F/2C/43P
7. Fire Wings – 178kcal: 11F/4C/16P
8. Petite Sirloin & Lobster Tail – 373kcal:
17F/2C/55P



Sides –

Broccoli (50kcal: .5F/10C/3P),

Spinach (180kcal: 14F/8C/4P),

Coleslaw (90kcal: 6F/7C/0P),

Tomato Mozzarella Salad (110kcal: 8F/5C/5P)

1. Sizzling Chicken & Spinach – 410kcal:
15F/18C/50P

2. Sizzling Sirloin & Spinach – 410kcal:
19F/11C/49P

3. Tortilla Soup – 210kcal: 10F/18C/14P

4. 6oz Sirloin – 330kcal: 19F/2C/38P

5. Jack Daniel's Sirloin – 610kcal: 14F/58C/64P



Tomato & Mozzarella:

Roasted tomatoes, mozzarella, spinach and basil pesto
toasted focaccia.

CALORIES: 350

Macros: 13F/42C/15P

Turkey & Havarti Sandwich:

Fresh oven-roasted turkey, dill Havarti cheese and
lettuce is stacked on our hearty harvest wheat
bread, then topped off with a scallion mayo.

CALORIES: 460

Macros: 21F/31C/29P

Egg Salad Sandwich:

Hard boiled egg salad mixed with chives and arugula on
cider wheat bread.

CALORIES: 480

Macros: 27F/42C/16P