



Dine Out Guide and Tips

APPLEBEE'S

COMPLETE LEAN & GREEN MEALS:

PORTION SIZE

Grilled Chicken Caesar Salad with Caesar Dressing
(includes dressing; no breadstick)*

Half or
Lunch Portion

Grilled Chicken Salad with Lemon Olive Oil
Vinaigrette (no breadstick)*

Half Portion

BONEFISH GRILL

COMPLETE LEAN & GREEN MEALS:

PORTION SIZE

Bonefish House Salad with Wood Grilled Chicken (dressing
included)*

Half Portion

Bonefish House Salad with Wood-Grilled Salmon (dressing
included)*

Half Portion

Caesar Salad (entrée) with Grilled Chicken
(dressing included)*

Half Portion

Atlantic Salmon; small with Steamed Asparagus

Small Portion

BUBBA'S 33

COMPLETE LEAN & GREEN MEALS:**PORTION
SIZE**

Grilled Chicken Salad (no potato straws)*

Half Portion

Salmon Salad (no potato straws)*

Half Portion

The Big Salad (no potato straws)*

Regular Portion

CHEDDAR'S SCRATCH KITCHEN**COMPLETE LEAN & GREEN MEALS:****PORTION
SIZE**

Grilled Chicken Pecan Salad (no glazed pecans)*

Half Portion

6 oz. Top Sirloin Steak with House Salad*

Regular Portion

THE CHEESECAKE FACTORY**COMPLETE LEAN & GREEN MEALS:****PORTION
SIZE**Tossed Green Salad with an add on of Grilled
Chicken, Shrimp, Salmon or Chargrilled Steak*

Regular Portion

EAT'N PARK**COMPLETE LEAN & GREEN MEALS:****PORTION
SIZE**

Veggie Omelet (no cheese)

Regular Portion

Classic Eat'n Park Salad with Grilled Chicken (no
fries or cheese)*

Regular Portion

GLORY DAYS GRILL**COMPLETE LEAN & GREEN MEALS:****PORTION
SIZE**8 Grilled Boneless Chicken Wings (no sauce) with
Celery Sticks

Regular Portion

Cedar Plank Salmon (no rice or mustard remoulade)	Half Portion
Glory Days Cobb Salad*	Half Portion
Grilled Buffalo Chicken Salad*	Half Portion
Grilled Chicken Salad*	Half Portion
Grilled Chicken Caesar Salad with Caesar dressing*	Half Portion

ISLANDS RESTAURANTS

COMPLETE LEAN & GREEN MEAL: PORTION SIZE

Jungle Caesar Salad with Caesar Dressing*	Half Portion
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JOHNNY ROCKETS

COMPLETE LEAN & GREEN MEAL: PORTION SIZE

Grilled Chicken Club Salad*	Regular Portion
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LONGHORN STEAKHOUSE

COMPLETE LEAN & GREEN MEALS: PORTION SIZE

Longhorn Caesar Salad with Chicken or Salmon and Caesar Dressing*	Half Portion
7-Pepper Sirloin Salad* with Side of Fresh Steamed Broccoli	Half Portion
Farm Fresh Field Greens with Salmon* and Side of Fresh Steamed Broccoli	Half Portion

MIMI'S CAFE

COMPLETE LEAN & GREEN MEALS: PORTION SIZE

Mimi's Chopped Cobb Salad* Regular Portion

Egg White & Veggie Omelet (no toast or muffin) Regular Portion

Petite Caesar Salad* with Caesar Dressing
and Shrimp Skewer Regular Portion

MISSION BBQ

COMPLETE LEAN & GREEN MEALS: **PORTION SIZE**

Meat Market: Pulled Pork with Entrée Salad* Half Portion

Meat Market: Lean Brisket with Entrée Salad,
plus 1 tablespoon of salad dressing* Half Portion

MISSION BBQ (CONTINUED)

COMPLETE LEAN & GREEN MEALS: **PORTION SIZE**

Meat Market: Pulled Chicken with Entrée Salad,
plus 1 tablespoon of salad dressing* Half Portion

Meat Market: Turkey with Entrée Salad, plus
1 tablespoon of salad dressing* Regular Portion

Smokehouse Signature: Salmon with Entrée Salad* Half Portion

Smokehouse Signature: Chicken with Entrée Salad* Half Portion

THE OLIVE GARDEN

COMPLETE LEAN & GREEN MEAL: **PORTION SIZE**

Chicken Margherita Half or Lunch Portion

ON THE BORDER

COMPLETE LEAN & GREEN MEALS: **PORTION**

	SIZE
Fajita Salad with Chicken*	Regular Portion
Chicken Fajitas (no tortillas, rice, beans or extra condiments)	Regular Portion
Monterey Ranch Chicken Fajitas (no tortillas, rice, beans, or extra condiments)	Half Portion
Border's Best Lunch Fajitas: Chicken (no tortillas, rice, beans, or condiments)	Regular Portion
Border's Best Lunch Fajitas: Steak (no tortilla, rice, beans, or other condiments)	Regular Portion

OUTBACK STEAKHOUSE

COMPLETE LEAN & GREEN MEALS:

PORTION SIZE

Brisbane Caesar Salad with Grilled Chicken*

Half Portion

PERKINS

COMPLETE LEAN & GREEN MEALS:

PORTION SIZE

The Everything Omelet (no cheese)

Regular Portion

Southwest Avocado Salad*

Regular Portion

Grilled Garlic Tilapia & Shrimp (no rice)

Regular Portion

Grilled Chicken with Mushrooms & Asparagus (no rice)

Regular Portion

P.F. CHANG'S

COMPLETE LEAN & GREEN MEALS:

PORTION

SIZE

Asian Caesar Salad with Chicken or
Salmon and Caesar Dressing*

Half Portion

Beef with Broccoli

Regular Portion

Miso Glazed Salmon

Regular Portion

RED HOT & BLUE**COMPLETE LEAN & GREEN MEALS:****PORTION
SIZE**

Smokehouse Salad*

Half Portion

Caesar Salad with Grilled Chicken and
Caesar Dressing*

Half Portion

RED LOBSTER**COMPLETE LEAN & GREEN MEALS:****PORTION
SIZE**

6 oz. Filet Mignon with Side House Salad*

Regular Portion

RED ROBIN**COMPLETE LEAN & GREEN MEALS:****PORTION
SIZE**

Avo-Cobb-O Salad*

Half Portion

Simply Grilled Chicken Salad*

Regular Portion

The Wedgie Burger (no bacon or guacamole)
with House Salad*

Half Portion with
Regular Salad Portion

Turkey Patty with Lettuce Wrap, Tomato &
Cucumber Slices, and House Salad*

Regular Portion

Ensenada Chicken Platter (one Chicken Breast)
with Side Salad*

Regular Portion

ROMANO'S MACARONI GRILL

COMPLETE LEAN & GREEN MEALS:

PORTION SIZE

Rosa's Signature Caesar Salad with Chicken and
Caesar Dressing*

Half Portion

Bibb & Bleu Salad with Chicken and Buttermilk
Ranch*

Half Portion

Pollo Caprese with Side of Grilled Asparagus

Half Portion
with Regular Side

TEXAS ROADHOUSE

COMPLETE LEAN & GREEN MEALS:

PORTION SIZE

Grilled Chicken, Salmon, or Shrimp Salad*

Half Portion

Caesar Salad with Grilled Chicken and
Caesar Dressing*

Half or Lunch
Portion

TEXAS ROADHOUSE (CONTINUED)

COMPLETE LEAN & GREEN MEALS:

PORTION SIZE

6 oz. Sirloin with Green Beans

Regular Portion

THE GREENE TURTLE

COMPLETE LEAN & GREEN MEALS:

PORTION SIZE

Chicken Caesar Salad*

Half Portion

Ty Cobb Salad*

Half Portion

Nola Chicken (no rice pilaf)

Half Portion

Black & Bleu Shrimp Salad*

Half Portion

Gluten-sensitive Chicken Caesar Salad with
Caesar Dressing*

Regular Portion

YARD HOUSE

COMPLETE LEAN & GREEN MEALS:

PORTION SIZE

Kale and Romaine Caesar Salad*
with Chicken, Small

Half Portion

Cobb Salad with Chicken, Small

Half Portion

ZAXBY'S

COMPLETE LEAN & GREEN MEALS:

PORTION SIZE

Grilled House Zalad*

Half Portion

Grilled Caesar Zalad*

Half Portion

Blackened Blue Zalad*

Half Portion

Grilled Cobb Zalad*

Half Portion

**RESULTS
FITNESS**

Fast Food Restaurant Options

AU BON PAIN

COMPLETE LEAN & GREEN MEALS:

PORTION SIZE

Chicken Cobb with Avocado Salad*

Regular Portion

Chicken Caesar Asiago Salad*

Regular Portion

BAJA FRESH

COMPLETE LEAN & GREEN MEALS:

PORTION SIZE

Baja Ensalada with Grilled Chicken*

Regular Portion

Baja Ensalada with Steak*

Regular Portion

BLAZE PIZZA

COMPLETE LEAN & GREEN MEALS:

PORTION SIZE

BYO Salad with Mixed Greens, Cherry Tomatoes, Mushrooms, Green & Red Bell Peppers, Grilled Chicken, Shredded Mozzarella, & Greek Salad Dressing*

Regular Portion

BOJANGLES

COMPLETE LEAN & GREEN MEALS:

PORTION SIZE

Roasted Chicken Bites Salad*

Half Portion

Grilled Chicken Salad*

Regular Portion

BOSTON MARKET

COMPLETE LEAN & GREEN MEALS:

PORTION SIZE

Caesar Salad with Chicken Breast &
Caesar Dressing*

Half Portion

BOSTON MARKET (CONTINUED)

COMPLETE LEAN & GREEN MEALS:

**PORTION
SIZE**

Rotisserie Chicken Quarter White, Quarter Dark (1 thigh &
1 drumstick), or 3 Piece Dark (2 drum, 1 thigh) with
Steamed Broccoli

Regular Portion

CAFE RIO

COMPLETE LEAN & GREEN MEAL:

**PORTION
SIZE**

Salad with Shredded Chicken, Fire Grilled Chicken,
Chile Roasted Beef, or Fire Grilled Steak (no beans,
rice, tortilla strips, cheese, guacamole, or sour cream)*

Regular Portion

CAFÉ ZUPAS

COMPLETE LEAN & GREEN MEAL:

**PORTION
SIZE**

Garden Protein Bowl (no bacon, no dressing)

Half Portion

Mediterranean Protein Bowl (no artichoke hearts, no
dressing)

Large Portion

Steak Cobb Protein Bowl (no bacon, no dressing)

Large Portion

Southwest Protein Bowl (no bacon, no dressing)

Half Portion

Avocado Chicken Chop Salad*

Large Portion

California Cobb with Ranch Dressing*

Half Portion

CALIFORNIA TORTILLA

COMPLETE LEAN & GREEN MEALS:

PORTION SIZE

Mixed Grill Bowl (no rice, beans or BBQ sauce)

Regular Portion

California Sunset Bowl (no rice, beans or sunset sauce)

Regular Portion

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

Regular Portion

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

Regular Portion

California Screamin Burrito: Regular, In Bowl (no tortilla, rice or queso)

Regular Portion

Enchilada Bowl with Carnitas, Grilled Mesquite Steak, Grilled Mesquite Chicken or Grilled Chicken (no rice, tortilla strips, sour cream or guacamole)

Regular Portion

Korean BBQ Burrito with Blackened Fish or Blackened Chicken: Regular, In Bowl (no tortilla, rice or BBQ sauce)

Regular Portion

Fajita Burrito with Carnitas, Grilled Mesquite Steak, Grilled Mesquite Chicken, Blackened Chicken, or Grilled Chicken; Regular, In Bowl (no tortilla, rice, or sour cream)

Regular Portion

Southwestern Salad with Carnitas, Blackened Fish, Grilled Mesquite Steak, Grilled Mesquite Chicken, or Blackened Chicken (no corn, guacamole, or tortilla strips)*

Regular Portion

CAPTAIN D'S

COMPLETE LEAN & GREEN MEALS:

PORTION SIZE

Grilled Tilapia Salad*	Regular Portion
Skewer Shrimp Salad*	Regular Portion
Wild Alaskan Salmon Salad*	Regular Portion
Wild Alaskan Salmon with Side of Green Beans	Regular Portion
Grilled White Fish & Shrimp Skewer with Side of Green Beans	Regular Portion

CHICK-FIL-A

COMPLETE LEAN & GREEN MEALS:

PORTION SIZE

Spicy Southwest Salad*	Regular Portion
12 Count Grilled Chicken Nuggets with Side Salad and a 1/2 packet of Light Balsamic Vinaigrette Dressing*	Regular Portion

CHIPOTLE

COMPLETE LEAN & GREEN MEALS:

PORTION SIZE

Burrito Bowl with 4 oz. Chicken, Steak, or Barbacoa with Cheese and an extra portion of Fajita Vegetables and Romaine Lettuce	Regular Portion
Burrito Bowl with 4 oz. Carnitas and an extra order of Fajita Vegetables and Romaine Lettuce	Regular Portion
Paleo Salad Bowl*	Regular Portion

CHOPT

COMPLETE LEAN & GREEN MEALS:

PORTION SIZE

Kale Caesar with Chicken*	Regular Portion
Palm Beach Salad with Wild Caught Shrimp or Grilled Chicken*	Regular Portion
Mexican Caesar with Chicken*	Regular Portion
Classic Cobb*	Half Portion

CORELIFE EATERY

COMPLETE LEAN & GREEN MEALS:

PORTION SIZE

Chicken Cobb Bowl (no bacon, no dressing)	Small Portion
Kale Caesar Chicken with Dressing*	Large Portion

CRAZY BOWLS & WRAPS

COMPLETE LEAN & GREEN MEALS:

PORTION SIZE

2 Caesar Lettuce Wraps with Grilled Chicken, Salmon, or Tofu with Dressing (no brown rice)	Regular Portion
Fajita Bowl with Grilled Chicken, Salmon or Tofu (no brown rice or other base, no beans, no sides)	Regular Portion
Pesto Bowl with Grilled Chicken, Salmon, or Tofu (no brown rice, no sides)	Regular Portion
Jerk Bowl with Grilled Chicken, (no brown rice, no beans, no sides)	Regular Portion

JACK IN THE BOX

COMPLETE LEAN & GREEN MEALS:

PORTION SIZE

Chicken Club Salad with Grilled Chicken, Salmon, or Tofu Strips*

Regular Portion

Grilled Chicken Salad*

Regular Portion

Southwest Chicken Salad with Grilled Chicken*

Regular Portion

JERSEY MIKE'S SUBS

COMPLETE LEAN & GREEN MEAL:

PORTION SIZE

Grilled Chicken Salad*

Half Portion

KFC

COMPLETE LEAN & GREEN MEALS:

PORTION SIZE

Kentucky Grilled Chicken: 3 whole wings with a Side House Salad or Side Caesar Salad, plus 1 tablespoon salad dressing*

Regular Portion

KFC

COMPLETE LEAN & GREEN MEALS:

PORTION SIZE

Kentucky Grilled Chicken: 2 Drumsticks with a Side House Salad or Side Caesar Salad, plus 1 tablespoon salad dressing*

Regular Portion

Kentucky Grilled Chicken: Drumstick & Thigh with a Side House Salad, Side Caesar Salad, or Green Beans*

Regular Portion

Kentucky Grilled Chicken: Breast with a Side House or Caesar Salad, plus 1 tablespoon salad dressing* Regular Portion

Nashville Hot Kentucky Grilled Chicken Breast with a Side House Salad, Side Caesar Salad, or Green Beans* Regular Portion

2 Nashville Hot Kentucky Grilled Chicken Drumsticks with a Side House Salad, Side Caesar Salad, or Green Beans* Regular Portion

Nashville Hot Kentucky Grilled Chicken Drumstick and Thigh with a Side House Salad, Side Caesar Salad, or Green Beans* Regular Portion

NOODLES & COMPANY

COMPLETE LEAN & GREEN MEALS:

PORTION SIZE

Grilled Chicken Caesar Salad with Caesar Dressing* Regular Portion

The Med Salad with Chicken & Spicy Yogurt Dressing (no pasta)* Regular Portion

Zucchini Rosa with Grilled Chicken Small Portion

Zucchini Pesto with Grilled Chicken Small Portion

PANDA EXPRESS

COMPLETE LEAN & GREEN MEALS:

PORTION SIZE

Black Pepper Angus Steak with Super Greens Entrée Regular Portion

Grilled Asian Chicken with Super Greens Entrée Regular Portion

Grilled Teriyaki Chicken with Super Greens Entrée* Regular Portion

PANERA BREAD

COMPLETE LEAN & GREEN MEALS:

PORTION SIZE

Caesar Salad with Chicken & Caesar Dressing* Regular Portion

Green Goddess Cobb Salad with
Green Goddess Dressing* Half Portion

Asian Sesame with Chicken and Asian
Sesame Vinaigrette* Regular Portion

PEI WEI

COMPLETE LEAN & GREEN MEAL:

PORTION SIZE

Asian Chopped Chicken Salad with
Ginger-Sesame Vinaigrette (no crispy wontons)* Half Portion

EL POLLO LOCO

COMPLETE LEAN & GREEN MEAL:

PORTION SIZE

Double Avocado Salad with Grilled Chicken*

Regular Portion

1 Fire-grilled Chicken Breast with
double side order of Broccoli

Regular Portion
with Double side

EL POLLO LOCO (CONTINUED)

COMPLETE LEAN & GREEN MEAL:

PORTION SIZE

3 Fire-grilled Chicken Legs with double side order
of Broccoli

Regular Portion
with Double side

1 Chicken Thigh with double side order of Broccoli

Regular Portion
with Double side

PROTEIN BAR & KITCHEN

COMPLETE LEAN & GREEN MEAL:

PORTION SIZE

Kale Chicken Caesar Salad with Caesar Dressing*

Half Portion

Healthy Club Salad with Greek Yogurt Salad
Dressing*

Half Portion

QDOBA

COMPLETE LEAN & GREEN MEALS:

PORTION SIZE

Create Your Own Bowl: Grilled Adobo Chicken with Fajita
Vegetables and Romaine Lettuce

Double Portion

Create Your Own Bowl: Pulled Pork with Fajita Vegetables
and Romaine Lettuce

Double Portion

SUBWAY

COMPLETE LEAN & GREEN MEAL:

PORTION SIZE

Grilled or Oven Roasted Chicken Protein Bowl (includes lettuce, spinach, tomatoes, onions, green peppers, cucumbers, & olives) with Oil & Vinegar or MVP Parmesan Vinaigrette

Regular Portion

Steak & Cheese Protein Bowl (includes lettuce, spinach, tomatoes, onions, green peppers, cucumbers, & olives)

Regular Portion

VIVA CHICKEN

COMPLETE LEAN & GREEN MEALS:

PORTION SIZE

Viva Salad with Pulled Chicken (white meat)*

Regular Portion

Half Chicken (white, dark, or dark/white meat) with House Salad*

Regular Portion

WAHOO'S FISH TACO

COMPLETE LEAN & GREEN MEALS:

PORTION SIZE

Kale Kai Salad with Charbroiled Fish, Blackened Fish, Charbroiled Chicken, Blackened Chicken, Shrimp, or Salmon*

Regular Portion

Protein Bowl (no citrus slaw): Blackened Chicken, Charbroiled Chicken, Blackened Fish, Charbroiled Fish, Shrimp, Salmon, or any combination of these proteins

Regular Portion

WENDY'S

COMPLETE LEAN & GREEN MEALS:

PORTION SIZE

Parmesan Caesar Chicken Salad (includes dressing)*

Half Portion

Southwest Avocado Chicken Salad*
(includes dressing)

Half Portion

ZOE'S KITCHEN

COMPLETE LEAN & GREEN MEAL:

**PORTION
SIZE**

Regular Chicken, Salmon, or Shrimp Kabobs with Roasted
Vegetables

Regular Portion

