

Eating out doesn't have to mean that you have to sacrifice your diet. Keep this handy guide with you so that you have a meal option for unexpected dining out occasions.

A&W®

- Grilled Chicken Sandwich
- Hamburger

Applebee's®

- Asiago Peppercorn Steak
- Grilled Dijon Chicken & Portobello
- Sizzling Asian Shrimp & Broccoli
- Sizzling Chili Lime Chicken

Arby's®

- Classic Roast Beef Sandwich + Sliced Apples (no dip)
- Cravin' Chicken Sandwich - Roasted + Sliced Apples (no dip)
- Jr. Roast Beef Sandwich + Apple Slices w/Yogurt Dip + Shamrock Farms® Lowfat white milk
- Jr. Pepper Jack Sandwich + Apple Slices w/Yogurt Dip + Shamrock Farms® Lowfat white milk
- Jr. Ham & Cheddar Sandwich Apple Slices w/Yogurt Dip + Shamrock Farms® Lowfat white milk
- Chopped Farmhouse chicken Salad w/1 packet light Italian Dressing + apple slices(no dip) & Shamrock Farms® lowfat white milk
- Arby-Q® Sandwich (only)
- Arby's Melt
- Ham & Swiss Melt + Shamrock Farms® Lowfat white milk

Au Bon Pain®

- Mediterranean Chicken Salad with 1 Packet Balsamic Vinaigrette Dressing
- Mandarin Sesame Chicken Salad with 1/2 packet of Sesame Ginger Dressing
- Grilled Chicken Caesar Asiago Salad with 1/2 Packet of Caesar Dressing
- Tuna Garden Salad with 1 packet Balsamic Vinaigrette Dressing
- Chef's Salad with 1 packet Balsamic Vinaigrette Dressing
- Thai Peanut Chicken Salad with 1 packet Thai Peanut Dressing + Small fruit cup
- 1/2 Chicken Pesto Sandwich + Small Fruit Cup
- 1/2 Ham & Swiss on Baguette + Small Fruit Cup
- 1/2 Arizona Chicken Sandwich + Small Fruit Cup
- 1/2 Chicken Salad Sandwich + Mixed Nuts
- Hummus Sandwich + Fresh Pineapple
- 1/2 Mozzarella Chicken Sandwich + Small Fruit Cup
- 1/2 Roast Beef Caesar Sandwich + Small Fruit Cup
- 1/2 Roast Beef on Baguette + Fresh Grapes (8 oz.)
- 1/2 Pastrami Sandwich + Fresh Pineapple

Au Bon Pain® Cont'd

- 1/2 Roasted Turkey on Baguette + Mixed Nuts
- 1/2 Spicy Tuna Sandwich + Fresh Grapes
- 1/2 Toasted Southwest Black Bean Burger on Country White + Small Fruit Cup
- Turkey Chili (medium size)

Baja Fresh®

- 2 Original Baja Chicken Tacos
- 2 Original Baja Shrimp Tacos
- Baja Ensalada® Charbroiled Shrimp Salad with Fat Free Salsa Verde & Veggie Mix
- Baja Ensalada® Charbroiled Chicken Salad with Fat Free Salsa Verde & Veggie Mix
- Chicken Tortilla Soup with Charbroiled Chicken

Blimpie® Subs & Salads

- Chicken Teriyaki Sandwich (no cheese) – 6 inch
- Club Sandwich on Wheat w/cheese, 6-inch
- Club Sandwich on Wheat (no cheese/ sauce), 6-inch, with Garden Vegetable Soup (cup)
- Cuban Sandwich on Wheat, 6-inch
- French Dip Sandwich on Wheat, 6-inch
- Ham & Swiss Sandwich on Wheat, 6-inch
- Ham Sandwich (no cheese/sauce) on Wheat, 6-inch, with Garden Vegetable Soup (cup)
- Roast Beef & Provolone Sandwich on Wheat, 6-inch
- Roast Beef Sandwich (no cheese/sauce), 6-inch, with Garden Vegetable Soup (cup)
- Turkey & Avocado Sandwich on Wheat, 6-inch
- Turkey & Cranberry Sandwich on Wheat, 6-inch
- Turkey & Provolone Sandwich on Wheat, 6-inch
- Turkey Sandwich on Wheat (no cheese/sauce), 6-inch, with Garden Vegetable Soup (cup)
- Veggie & Provolone Sandwich on Wheat (no sauce), 6-inch, with Garden Vegetable Soup (cup)
- Antipasto Salad with Fat-Free Italian Dressing & Tomato Basil with Ravolini Soup (cup)
- Buffalo Chicken Salad with Light Buttermilk Ranch Dressing & of Garden Vegetable Soup (cup)
- Chicken Caesar Salad with 1/2 Creamy Caesar Dressing & Tomato Basil with Ravolini Soup (cup)
- Ultimate Club Salad with Light Buttermilk Ranch Dressing & Garden Vegetable Soup (cup)
- Grande Chili with Bean & Beef, Garden Salad with Light Buttermilk Ranch Dressing

Bob Evans®

- Grilled Chicken Breast w/Baked Potato & Broccoli Florets
- Apple Cranberry Spinach Salad w/RF Raspberry dressing
- Wildfire Grilled Chicken Salad w/Balsamic Vinaigrette Dressing
- Grilled Cheese Sandwich + Side Green Beans + Side Broccoli Florets
- Half Turkey Bacon Melt + Side Green Beans + Side Broccoli Florets + Fruit Dish

Boston Market®

- BBQ Chicken Slider with Mediterranean Green Beans & Fresh Steamed Vegetables
- Beef Brisket (Regular - 4 oz.) with Garlic Dill New Potatoes & Fresh Steamed Vegetables
- Caesar Salad (1/2)
- Chicken Noodle Soup with Mediterranean Green Beans
- Chicken Tortilla Soup with Toppings
- Mediterranean Salad (1/2)
- Meatloaf Slider with Green Beans & Fresh Steamed Vegetables
- Pulled BBQ Rotisserie Chicken Sandwich (1/2) w/ Fresh Steamed Vegetables
- Quarter White Rotisserie Chicken (No skin) with Garlic Dill New Potatoes & Fresh Steamed Vegetables
- Roasted Turkey Breast (Regular - 4 oz.) with Garlic Dill New Potatoes & Fresh Steamed Vegetables
- Roasted Turkey Breast w/Fresh Vegetable Stuffing & Fresh Steamed Vegetables
- Rotisserie Chicken Carver with Fresh Steamed Vegetables (1/2)
- Southwest Santa Fe Salad (1/2)
- Turkey Slider with Green Beans & Fresh Steamed Vegetables

Buffalo Wild Wings

- Grilled Chicken Buffalitos (only, no chips/salsa)
- Grilled Chicken Sandwich (only, no fries)
- 1/2 portion Honey BBQ chicken Flatbread

Burger King®

- WHOPPER JR.® (no mayo) & Side Garden Salad with Ken's® Fat Free Ranch Dressing
- WHOPPER JR.® w/ Cheese (no mayo) & Side Garden Salad w/ Ken's® Fat Free Ranch Dressing
- TENDERGRILL® Chicken Sandwich (no mayo) & Side Garden Salad w/ Ken's® Fat Free Ranch Dressing
- TENDERGRILL® Chicken Sandwich with Cheese (no mayo)
- BK VEGGIE® Burger
- BK VEGGIE® Burger with Cheese (no mayo)
- TENDERGRILL™ Garden Salad with Ken's® Fat Free Salad Dressing & Fat Free Milk

Camille's® Sidewalk Café

- Ham & Swiss Sandwich on Honey Wheatberry Bread (1 Slice) & Spring Mix Salad with Raspberry Vinaigrette
- Turkey Deluxe Sandwich on Honey Wheatberry Bread (1 Slice) & Spring Mix Salad with Raspberry Vinaigrette
- Zorba the Greek Flatbread Pizza (1/2 Pizza) & Spring Mix Salad with Raspberry Vinaigrette
- Bangkok Thai Flatbread Pizza (1/2 Pizza)
- Kickin BBQ Chicken Flatbread Pizza (1/2 Pizza) & Spring Mix Salad with Raspberry Vinaigrette
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Camille's® Sidewalk Café Cont'd

- Napa Valley Chicken Panini Sandwich (1/2 Sandwich) & Spring Mix Salad with Raspberry Vinaigrette & Seasonal Fruit Cup
- Italian Roast Beef Panini Sandwich (1/2 Sandwich) & Spring Mix Salad with Raspberry Vinaigrette & Seasonal Fruit Cup
- Chicken Caesar Salad & 3 packages Saltine Crackers
- Just a Cheese Flatbread Pizza (1/2 pizza) + Spring Mix Salad w/Raspberry Vinaigrette
- Paris Bistro Wrap (1/2 Wrap) + Spring Mix Salad w/Raspberry Vinaigrette + Seasonal Fruit Cup

Carl's Jr.®

- Charbroiled BBQ Chicken™ Sandwich
- Original Grilled Chicken Salad + 1/2 packet Raspberry Vinaigrette Dressing
- 2 Hard Tacos – Chicken
- 2 Soft Tacos – ChickenCranberry Apple Walnut Grilled Chicken Salad with Low Fat Balsamic Vinaigrette Salad Dressing

Chick-fil-A®

- Chargrilled Chicken Club Sandwich
- Chargrilled Chicken Sandwich + Side Salad + Light Italian Dressing
- Chargrilled Chicken Cool Wrap + Light Italian Dressing
- Spicy Chicken Cool Wrap + Light Italian Dressing
- Chargrilled & Fruit Salad + Harvest Granola + Reduced Fat Berry Balsamic Vinaigrette
- Chargrilled Chicken Garden Salad + Garlic & Butter Croutons + Honey Roasted Sunflower Kernels + Fat Free Honey Mustard Dressing
- Southwest Chargrilled Salad + Spicy Dressing (no tortilla strips)
- Small Chicken Salad Cup & Medium Fruit Cup
- 'Chicken Tortilla Soup (Large, no tortilla strips)
- 'Chicken Tortilla Soup (medium, no tortilla strips) + Side Salad w/ Fat Free Honey Mustard Dressing
- Hearty Breast of chicken Soup + Side Salad w/ Fat Free Honey Mustard Dressing

Chili's®

- Chili's Terlingua Chili with Toppings (Bowl) & Side of Seasonal Veggies
- Grilled Salmon with Garlic & Herbs & 1/2 Portion Rice
- Custom Combinations: Margarita Grilled Chicken with Black Beans & Seasonal Veggies
- Custom Combinations: Monterey Chicken (1/2 Portion) with Black Beans & Seasonal Veggies
- Caribbean Salad w/ Grilled Chicken or Shrimp (1/2 portion)
- Custom Combinations: Classic Sirloin + 2 Sides Steamed Broccoli (no butter)

Chipotle Mexican Grill®

- Burrito Bowl with Meat (Your choice - Barbacoa, Chicken, Carnitas, or Steak), Beans (Black or Pinto), Cilantro-Lime Rice, & Salsa (Tomato or Green Tomatillo)

Chipotle Mexican Grill® Cont'd

- Salad with Meat (Your choice - Barbacoa, Chicken, Carnitas, or Steak), Beans (Black or Pinto), Corn Salsa, Fajita Vegetables & Salsa (Tomato or Green Tomatillo)

Dairy Queen®

- Original Hamburger & Side Salad w/Fat Free Dressing
- Original Cheeseburger
- Grilled Chicken Salad & Side Salad
- Iron Grilled Cheese Sandwich + Side Salad w/ Fat Free Dressing
- Grilled Chicken Sandwich (only)
- Barbecue Pork or Beef Sandwich + Side Salad w/Fat Free Dressing

Denny's®

- Fit Slam®
- Cranberry Apple Chicken Salad w/Balsamic Vinaigrette Dressing (no bread)

Dominoes Pizza®

- Lighter Options: Veggies Pizza (2 slices of medium)
- Lighter Options: Philly Steak Pizza (2 slices of medium)
- Lighter Options: Ham & Pineapple Pizza (2 slices of medium)
- Lighter Options: Grilled Chicken & Veggies Pizza (2 slices of medium)

Fazoli's®

- Mushroom Chicken Alfredo Mini Bake
- 1/2 Twice Baked Lasagna & Side Garden Salad with Fat Free Italian Dressing
- 1/2 Baked Spaghetti & Side Garden Salad with Fat Free Italian Dressing
- 1/2 Cheesy Baked Ziti + side salad w/ Fat Free Italian dressing
- 1/2 Portion Chicken Carbonara
- Chicken Penne & Peppers

Firehouse Subs®

- Medium Chicken on Wheat Sandwich (No Mayo, Cheese)
- Medium Corned Beef on Wheat Sandwich (No Mayo, Cheese)
- Medium Engine Company on Wheat Sandwich (No Mayo, Cheese)
- Medium Engineer on Wheat Sandwich (No Mayo, Cheese)
- Medium Roast Beef on Wheat Sandwich (No Mayo, Cheese)
- Medium Turkey on Wheat Sandwich (No Mayo, Cheese)
- Chief's Turkey Salad with Fat Free Ranch Dressing
- Medium Veggie on Wheat (no mayo, no cheese)
- Medium Pastrami on Wheat (no mayo, no cheese)
- Medium Steamer on Wheat (no mayo, no cheese)

Heavenly Ham

- Paradise Club on Focaccia Bread (no bacon, no that mustard, no mayo)
- Smokehouse Sandwich on Onion Roll (no cheese, no BBQ sauce)
- Turkey Bistro (no mayo, no bistro sauce)
- Turkey Ranch Wrangler (no ranch, no bacon)
- Zesty Roast Beef (no sweet café sauce) w/half portion swiss cheese and 1/2 portion horseradish sauce
- Classic Roast Beef (no mayo)
- Open Face (1 slice wheat bread) Heavenly' s Famous Ham Salad Sandwich
- Heavenly' s Original on Focaccia Bread (no mayo, no that mustard) w/ 1/2 portion Havarti Cheese
- Roasted Turkey Sensation (no dill sauce)
- Swiss Philly (no mayo) w/ 1/2 portion of Swiss Cheese & 1/2 portion of horseradish sauce
- Turkey Classic (no mayo, no that Mustard)
- Veggie Heaven w/ 1/2 portion Dill Sauce & 1/2 portion Cheese (Cheddar or Swiss)
- Ham Salad Salad w/ 1.5 portions ham salad (no dressing)

IHOP

- Simple & Fit Simply Chicken Sandwich with Fresh Fruit
- Simple & Fit Grilled Balsamic Glazed Chicken
- Simple & Fit: Two Egg Breakfast
- Simple & Fit: Two X Two X Two

Jack in the Box®

- Hamburger & Reduced Fat 2% Milk
- Hamburger with Cheese & Apple bites & Caramel sauce
- Hamburger Deluxe & Apple bites & Caramel sauce
- Chicken Fajita Pita with Whole Grain with Salsa & Apple bites & Caramel sauce
- Grilled Chicken Salad with Croutons & Low Fat Balsamic Dressing
- Chicken Club Salad with Grilled Chicken & 1/2 Packet of Lite Ranch Dressing (No Croutons)
- Southwest Chicken Salad with Grilled Chicken & 1/2 Packet of Lite Ranch Dressing (No Spicy Corn Sticks)
- Healthier Options: Grilled Chicken Strips w/ Teriyaki Dipping Sauce + Side Salad w/LF Balsamic Dressing

Jason's Deli®

- Spinach Veggie Wrap & Steamed Veggies
- Turkey Wrap & Steamed Veggies
- Garden Sandwich - Ciabatta Bun
- Garden Sandwich - Wrap Bread
- Savvy Chicken Salad Wrap & Steamed Veggies
- Better Choice Roast Beef Sandwich
- Half of Santa Fe Chicken Sandwich & Steamed Veggies

Jason's Deli® Cont'd

- Half of Deli Club Sandwich
- Half of Chicago Club Sandwich & Fresh Fruit Cup (No Dip)
- Half of Amy's Turkey-O Sandwich & Cup of Vegetarian Vegetable Soup
- Half of Club Royale Sandwich & Steamed Veggies
- 1/2 Philly Chic Wrap & Fresh Fruit Cup
- 1/2 Maverick Wrap & Fresh Fruit Cup
- 1/2 Café Wrap
- 1/2 Smokey Jack Panini with Fresh Fruit Cup
- 1/2 Chicken Panini with Steamed Veggies
- 1/2 Chicken Club Wrapini with Fresh Fruit Cup
- 1/2 Chicken Pasta Primo (No Bread) with Fresh Fruit Cup
- 1/2 Portobello Garden Pasta (No Bread) with Chicken with Steamed Veggies
- 1/2 Penne Pasta with Meatballs with Steamed Veggies
- SW Chicken Chili (Bowl, No Toppings) with Steamed Veggies & Fresh Fruit Cup
- Texas Chili (Bowl, No Toppings)
- Beef Stew (Bowl, No Toppings)
- 1/2 JB's Bagelini + Fresh Fruit Cup (no dip)

Jersey Mike's Subs®

- American Classic Wheat Mini
- Turkey Breast & Provolone Wheat Mini
- Jersey Shore Favorite Wheat Mini

Jimmy John's®

- 8-inch Pepe® sub sandwich (no mayo)
- 8-inch Big John® sub sandwich (no mayo)
- 8-inch Turkey Tom® Sub Sandwich (no mayo) w/Grey Poupon Dijon Mustard
- 8-inch Vegetarian (no mayo)
- 8-inch J.J.B.L.T® (no mayo)
- 1/2 Billy Club® (no mayo) + 1 bag Thinny Chips
- 1/2 Hunter's Club® (no mayo) + 1 bag Thinny Crisps
- 1/2 Country Club w/ Grey Poupon Dijon Mustard (no mayo) + 1 bag Thinny Chips
- 1/2 Bootlegger Club® w/Grey Poupon Dijon Mustard (no mayo) + 1 bag Real Potato Chips
- 1/2 Club LuLu® + 1 bag Thinny Chip
- 1/2 Ultimate Porker™ (no mayo) + 1 bag Thinny Chips
- 1/2 Ham & Cheese Slim + 1 bag Real Potato Chips
- 1/2 Salami, Capicola, cheese Slim + 1 bag Thinny chips

KFC®

- Grilled Chicken Breast with Mashed Potatoes with Gravy & Green Beans
- KFC® Grilled Chicken Filet with BBQ Baked Beans & Corn on the Cob (3 inch)
- Grilled Chicken Caesar Salad with Croutons & (1/2) KFC® Creamy Parmesan Caesar Dressing
- KFC Snacker® with Crispy Strip + House Side Salad w/Marzetti Light Italian Dressing

La Salsa® Fresh Mexican Grill®

- Tortilla Soup with Side of Pinto Beans
- Chicken Fajita Taco with Side of Rice
- Steak Fajita Taco with Side of Rice
- Carnitas Fajita Taco with Side of Rice
- 2 Mexico City Chicken Taco
- 2 Mexico City Steak Tacos
- Sonora Fish Basket

Long John Silver's®

- Freshside Grille® Salmon Entrée with Corn Cobbette (Without butter oil)
- Freshside Grille® Tilapia Entrée with Corn Cobbette (Without butter oil) & Hushpuppy
- Freshside Grille® Shrimp Scampi Entrée with Corn Cobbette (Without butter oil)

Mazzio's Italian Eatery®

- 12-Inch Medium Thin Crust Chicken Club Pizza (2 slices)
- 12-Inch Medium Thin Crust Chicken Pizza (2 slices)
- 12-Inch Medium Thin Crust Hamburger Pizza (2 slices)

McAlister's Deli®

- Bowl of Chicken Chili in a Bread Bowl
- Bowl of Chicken & Dumplings
- Grilled Chicken Salad
- McAlister's Chef™ Salad & Cup of Country Potato Soup
- Cheesy Chicken Tortilla Soup (cup) + 1/2 Savannah Chopped Salad
- Chicken & Sausage Gumbo (cup) + 1/2 Savannah Chopped Salad
- Chicken Chili (cup) + 1/2 Savannah Chopped Salad
- Mexican Wedding Soup (cup) + 1/2 Savannah Chopped Salad
- Cheesy Chicken Tortilla Soup (cup) + 1/2 New Yorker Sandwich
- Chicken & Sausage Gumbo (cup) + 1/2 New Yorker Sandwich
- Chicken Chili (cup) + 1/2 New Yorker Sandwich
- Mexican Wedding Soup (cup) + 1/2 New Yorker Sandwich
- Vegetarian Chili (cup) + 1/2 New Yorker Sandwich
- Cheesy Chicken Tortilla Soup (cup) + 1/2 Veggie Sandwich
- Cheesy Chicken Tortilla Soup (cup) + 1/2 Cheese Spud

McAlister's Deli® Cont'd

- Chicken & Sausage Gumbo (cup) + 1/2 Cheese Spud
- Chicken Chili (cup) + 1/2 Cheese Spud
- Mexican Wedding Soup (cup) + 1/2 Cheese Spud
- Chicken Noodle (cup) + 1/2 Ham Melt
- Chicken Noodle (cup) + 1/2 Ham & Cheese Toastie
- Chicken Noodle (cup) + 1/2 Memphian™
- Chicken Noodle (cup) + 1/2 Turkey Melt
- Chicken Noodle (cup) + 1/2 Veggie Spud
- Southwest Roasted Corn (cup) + 1/2 Turkey Melt

McDonald's®

- Hamburger & Side Salad with Low Fat Balsamic Vinaigrette & 1% Low Fat Milk Jug
- Cheeseburger & 1% Low Fat Milk Jug
- McDouble
- Premium Grilled Chicken Classic Sandwich
- Ranch Snack Wrap® (Grilled) & 1% Low Fat Milk Jug
- Honey Mustard Snack Wrap® (Grilled) & 1% Low Fat Milk Jug
- Chipotle BBQ Snack Wrap® (Grilled) & 1% Low Fat Milk Jug
- Premium Southwest Salad with Grilled Chicken & Newman's Own® Creamy Southwest Dressing
- Premium Bacon Ranch Salad with Grilled Chicken & 1/2 Packet of Newman's Own® Ranch
- Premium Caesar Salad with Grilled Chicken, 1/2 Packet of Newman's Own® Creamy Caesar Dressing & Apple Dippers with Low Fat Caramel Dip
- Premium Grilled Chicken Ranch BLT Sandwich (only)

Olive Garden®

- Venetian Apricot Chicken with Sides
- 1/2 Mixed Grill with Sides
- 1/2 Mixed Grill (All Chicken) with Sides
- 1/2 Parmesan Crusted Bistecca with Sides
- 1/2 Spaghetti with Meatsauce
- 1/2 Chicken Marsala
- 1/2 Shrimp Primavera
- Seafood Brodetto

On the Border®

- Cup of Chicken Tortilla Soup with Side of Grilled Vegetables
- Citrus Chipotle Chicken Salad with Mango Citrus Vinaigrette & Side of Grilled Vegetables
- Chicken Soft Taco with Side of Guacamole & Side of Grilled Vegetables
- Ground Beef Soft Taco with Side of Grilled Vegetables
- Chicken Tostada with Side of Guacamole & Side of Black Beans

On the Border® Cont'd

- Ground Beef Tostada with Side of Gaucamole & Side of Black Beans
- 1/2 Tomatillo Chicken

Outback Steakhouse®

- Chicken on the Barbie (Prep without butter) with Fresh Seasonal Veggies (Prep without butter)
- Sweet Glazed Roasted Pork Tenderloin with Fresh Steamed Green Beans (Prep without butter)
- 1/2 Portion Chicken on the Barbie with Sweet Potato (Both without butter or sugar)
- Outback Special® 6 oz. steak (Prep without butter) with Fresh Steamed Green Beans (Prep without Butter) & 1/2 Plain Baked Potato
- 2 Lobster Tails With Tangy Tomato Salad (No Croutons) And Broccoli (No Butter)
- Simply Grilled Tilapia w/ Steamed Veggies + Side grilled Asparagus
- Grilled Chicken Sandwich w/Broccoli (no butter)
- Wood-Fire Grilled Pork Chop + Grilled Asparagus

P.F. Chang's China Bistro®

- 1/2 Salmon with Steamed Ginger
- 1/2 Asain Grilled Salmon
- 1/2 Mahi-Mahi
- 1/2 Moo Goo Gai Pan
- 1/2 Orange Peel Beef
- 1/2 Chengdu Spiced Lamb

Panera Bread®

- Half Cuban Chicken Panini
- Half Frontega Chicken® on Focaccia Panini
- Half Smokehouse Turkey® on Three Cheese Panini & Fruit Cup
- Half Turkey Artichoke on Focaccia Panini
- Half Asiago Roast Beef on Asiago Cheese Signature Sandwich & Fruit Cup
- Half Bacon Turkey Bravo® on Tomato Basil Signature Sandwich
- Half Chicken Caesar on Three Cheese Signature Sandwich
- Half Smoked Ham & Swiss on Rye & Fruit Cup
- Half Smoked Turkey Breast on Country & Cup of Low Fat Vegetarian Black Bean Soup
- All Natural Steak Chili (Large)
- All Natural Steak Chili (Small) with Cornbread
- 1/2 Steak Steak Balsamico Panini

Pei Wei®

- Spicy Korean Chicken (1/2 Portion) with 1/2 Portion Brown Rice
- Spicy Korean Vegetables & Tofu (1/2 Portion) with 1/2 Portion Brown Rice
- Mongolian Chicken (1/2 Portion) with 1/2 Portion Brown Rice

Pei Wei® Cont'd

- Mongolian Beef (1/2 Portion) with 1/2 Portion Brown Rice
- Mongolian Shrimp (1/2 Portion) with Brown Rice
- Mongolian Vegetables & Tofu (1/2 Portion) with 1/2 Portion Brown Rice
- Ginger Broccoli Chicken (1/2 Portion) with 1/2 Portion Brown Rice
- Ginger Broccoli Beef (1/2 Portion) with 1/2 Portion Brown Rice
- Ginger Broccoli Vegetables & Tofu (1/2 Portion) with 1/2 Portion Brown Rice
- Sweet & Sour Chicken (1/2 Portion) with 1/2 Portion Brown Rice
- Small plates: Bangkok Noodles
- Sweet & Sour Beef (1/2 Portion) with 1/2 Portion Brown Rice
- Sweet & Sour Vegetables & Tofu (1/2 Portion) with 1/2 Portion Brown Rice
- Thai Dynamite Chicken (1/2 Portion) with 1/2 Portion Brown Rice
- Thai Dynamite Beef (1/2 Portion) with 1/2 portion Brown Rice
- Thai Dynamite Shrimp (1/2 Portion) with 1/2 Portion Brown Rice

Pizza Hut®

- 12-Inch Medium Thin 'N Crispy® Cheese Pizza (2 Slices)
- 12-Inch Medium Thin 'N Crispy® Ham & Pineapple Pizza (2 Slices)
- 12-Inch Fit & Delicious® Chicken, Red Onion, & Green Pepper Pizza (2 Slices)
- 12-Inch Fit & Delicious® Chicken, Mushrooms & Jalapeno Pizza (2 Slices)
- 12in medium Thin 'N Crispy® Veggie Lover's® (2 slices)

Red Lobster®

- Red Lobster® LighthouseSM Half Portion Grilled Salmon with Broccoli & Garden Salad with Balsamic Vinaigrette Dressing
- Red Lobster® LighthouseSM Half Portion Grilled Tilapia with Broccoli & Garden Salad with Balsamic Vinaigrette Dressing
- Red Lobster® LighthouseSM Half Portion Grilled Rainbow Trout with Broccoli & Garden Salad with Balsamic Vinaigrette Dressing
- Lighthouse(sm) Chilled Jumbo Shrimp Cocktail w/ Cocktail sauce + Broccoli + Garden Salad w/Balsamic Vinaigrette Dressing
- Lighthouse(sm) Broiled Sole w/ Broccoli

Ruby Tuesday®

- New Orleans Seafood with 1/2 Portion Brown Rice Pilaf
- Plain Grilled Chicken with Fresh Steamed Broccoli & 1/2 Portion Brown Rice Pilaf
- Plain Grilled Petite Sirloin with Fresh Steamed Broccoli & 1/2 Plain Baked Potato
- Plain Grilled Salmon with 1/2 Portion Brown Rice Pilaf
- Plain Grilled Top Sirloin with 1/2 Plain Baked Potato
- White Bean Chicken Chili with Fresh Steamed Broccoli & Sugar Snap Peas
- Barbecue Grilled Chicken with Fresh Grilled Green Beans & 1/2 Portion White Cheddar Mashed Potatoes

Ruby Tuesday® Cont'd

- Blackened Tilapia with Mango Salsa & Fresh Grilled Zucchini & 1/2 Portion Brown Rice Pilaf
- 1/2 Turkey Burger & Fresh Grilled Zucchini
- Asian Glazed Salmon & Fresh Grilled Zucchini
- Crab Cake Dinner
- Creole Catch with White Cheddar Mashed Potatoes & Fresh Grilled Green Beans
- Petite Grilled Chicken Salad w/ Balsamic Vinaigrette Dressing

Schlotzsky's®

- Small Smoked Turkey Breast Sandwich
- Small Chicken Breast Sandwich
- Small Chipotle Chicken Sandwich
- Small Homestyle Tuna Sandwich
- Small Turkey & Guacamole Sandwich
- Small Chicken Pesto Sandwich
- Small Dijon Chicken Sandwich
- Small Angus Corned Beef Sandwich
- Small Santa Fe Chicken Sandwich
- Timberline Chili (Bowl)

Smoothie King®

- The Shredder™ Strawberry Smoothie (20 oz.)
- High Protein Almond Mocha (20 oz.)
- High Protein Chocolate (20 oz.)
- High Protein Lemon (20 oz.)

Sonic®

- Jr. Burger with 1% Milk
- Grilled Chicken Salad w/Lt Ranch Dressing & Apple Slices with Fat Free Caramel Dipping Sauce
- Grilled Chicken Wrap
- Corn Dog + apple slices (no dipping sauce) + 1% milk

Starbucks®

- Tarragon Chicken Salad Sandwich
- Turkey & Swiss Sandwich
- Roasted Vegetable Panini
- Ham & Swiss Panini
- Chipotle Chicken wrap
- Sesame Noodles Bistro Box

Subway®

- 6-inch Oven Roasted Chicken Sandwich with Cheese, Vegetables, Mustard (No Mayo)
- 6-inch Cold Cut Combo Sandwich
- 6-inch Subway Melt® Sandwich
- 6-inch Double Turkey with Cheese, Vegetables, Mustard (No Mayo)
- 6-inch Double Ham with Cheese, Vegetables, Mustard (No Mayo)
- 6-inch Double Roast Beef Sandwich with Cheese, Vegetables, Mustard (No Mayo)
- 6-inch Double Club Sandwich with Cheese, Vegetables, Mustard (No Mayo)
- 6-inch Double Turkey Breast & Ham with Cheese, Vegetables, Mustard (No Mayo)
- 6-inch Double Ham with Cheese, Vegetables, Mustard on Flatbread
- 6-inch Double Roast Beef with Cheese, Vegetables, Mustard on Flatbread
- 6-inch Roasted Chicken Breast with Cheese, Vegetables, Mustard on Flatbread
- 6-inch Subway Club® with Cheese, Vegetables, Mustard on Flatbread
- 6-inch Sweet Onion Chicken Teriyaki on Flatbread
- 6-inch Double Turkey Breast with Cheese, Vegetables, Mustard on Flatbread
- 6-inch Double Turkey Breast & Ham with Cheese, Vegetables, Mustard on Flatbread
- 6-inch Buffalo Chicken Sandwich
- 6-inch Steak & Cheese Sandwich
- 6-inch Veggie Patty
- Black Forest Ham Salad with Double Meat, Double Cheese, Fat Free Italian Dressing & 1% Low Fat White Milk
- Oven Roasted Chicken Breast Salad with Double Meat, Cheese, Fat Free Italian Dressing & 1% Low Fat White Milk
- Turkey Breast Salad with Double Meat, Cheese, Fat Free Italian Dressing & 1% Low Fat White Milk
- Subway Club® Salad with Double Meat, Cheese, Fat Free Italian Dressing & 1% Low Fat White Milk
- Turkey Breast & Ham Salad with Double Meat, Cheese, Fat Free Italian Dressing & 1% Low Fat White Milk
- Chili Con Carne & Veggie Delight Salad with Fat Free Italian Dressing

Taco Bell®

- Fresco Burrito Supreme® - Chicken
- Fresco Burrito Supreme® - Steak
- 2 Fresco Chicken Soft Tacos
- 2 Fresco Beef Soft Tacos
- Burrito Supreme® - chicken (only)
- Burrito Supreme® - Steak (only)

Taco Cabana®

- 2 Stewed Chicken Soft Tacos
- 2 Chicken Breast Fajita Soft Tacos

Taco Cabana® Cont'd

- 2 Carne Guisada Soft Tacos
- 2 Ground Beef Crispy Tacos
- 2 Stewed Chicken Crispy Tacos with Side of Black Beans
- Stewed Chicken Chalupa with Side of Boraccho Beans
- Ground Beef Chalupa with Side of Black Beans
- Steak Fajita 400 Bowl
- Chicken Fajita 400 Bowl
- Beef Taco 400 Bowl
- Chicken Taco 400 Bowl with Side of Black Beans

T.G.I. Friday's®

- 1/2 portion Jack Daniel's® Chicken Grill w/ Roasted Veggie Medley
- 1/2 Dragonfire Chicken
- Tortilla Soup + side of Broccoli + fruit cup

Uno Chicago Grill

- Grilled Chicken Sandwich
- Veggie Burger (Vegetarian)
- Roasted Vegetable & Goat Cheese Wrap (Vegetarian)
- Thin Crust Pizza- Shrimp Spinach & Goat Cheese- 1/3rd of pizza
- Thin Crust Pizza- Fig & Broccoli Pizza- 1/3rd of pizza

Wendy's®

- Apple Pecan Chicken Salad with Pomegranate Vinaigrette Dressing (No Roasted Pecans)
- Half-Size Spicy Chicken Caesar Salad with Gourmet Croutons & Lemon Garlic Caesar Dressing
- Large Chili with Shredded Cheese & Saltine Crackers
- Small Chili with Shredded Cheese, Saltine Crackers & Garden Side Salad with Light Classic Ranch Dressing
- Jr. Hamburger & Garden Salad with Light Classic Ranch Dressing & Nesquik® Low Fat White Milk
- Ultimate Chicken Grill Sandwich
- Grilled Chicken Go Wrap & TruMoo® Low Fat White Milk

White Castle®

- 3 Original Sliders®

Phase 1 Breakfast options

Blimpie®

- Egg & Cheese on a Roll

Burger King®

- Maple Flavored Quaker Oatmeal + 6 almonds
- BK® Breakfast Muffin Sandwich w/Ham (no cheese, no sausage)

McDonald's®

- Snack Size Fruit & Walnut Salad
- Fruit 'N Yogurt Parfait + 6 almonds

Phase 2 Breakfast options

Au Bon Pain®

- Egg Whites & Cheddar Breakfast Sandwich
- Egg Whites, Cheddar & Avocado Breakfast Sandwich

Blimpie®

- Bluffin, Bacon, Egg & Cheese
- Bluffin, Egg & Cheese
- Bluffin, Ham, Egg & Cheese

Burger King®

- Fruit Topped Maple Flavored Quaker Oatmeal
- BK® Breakfast Muffin Sandwich w/Ham (no sausage)

Chick-fil-A®

- Multigran Oatmeal w/Toppings
- Yogurt Parfait (no granola) + 12 almonds

Jack in the Box®

- Breakfast Jack®

Panera Bread®

- Steel Cut Oatmeal
- Strawberry Granola Parfait