



ON THE GO PHASE 3

Whether you're on-the-go or planning a meal out, you can still stay on track with your Curves Complete meal plan. Planning ahead and being prepared are paramount to successful weight management. We've reviewed popular restaurants and compiled a list of options that are appropriate for the Curves Complete plan. Refer to this handy guide for meal options and tips for dining out.

- Ask for a "split" entrée to share.
- Request a to-go box when your main dish is served.
- Pay attention to what you're eating and enjoy the experience. Try to chew slowly and savor your meal.
- Drink water with your meal to avoid added calories from other beverages.
- If your favorite restaurant isn't listed here, check their website ahead of time for nutrition information and pick a sensible option.
- Order first so that you're not tempted by other's decisions.
- Try and avoid hidden calories by asking for your vegetables steamed, meals prepared with less oil/butter, and sauce and dressing on the side.
- Keep in mind that sodium content is usually high at restaurants; choose On The Go options only occasionally.

Please note: On The Go options in the Member portal will be updated regularly. Please use the On The Go option in your meal planner (under Change Meal) for the complete list of options.

❖- Represents Vegetarian (suitable for lacto-ovo vegetarians)

BREAKFAST

AU BON PAIN®

- Turkey Sausage & Egg White Flatbread

BOB EVANS®

- Turkey Sausage Breakfast

CORNER BAKERY CAFÉ®

- Farmer's Scrambler w/ Egg Whites, Seasonal Fruit & Chicken Apple Sausage
- Power Flatbread-Chicken Apple Sausage

DENNY'S®

- Build Your Own Grand® Slam Egg Whites (2), English Muffin & Grilled Ham Slice
- Fit Fare® Veggie Skillet w/ Egg Whites (2)
- Fit Slam®

EINSTEIN'S®

- Asparagus, Mushroom & Swiss Egg White Sandwich on Thin Wheat Bagel
- Southwest Thintastic, Whole Egg on Plain Thin



ON THE GO PHASE 3

IHOP®

- Simple & Fit: Veggie Omelet w/ Fresh Fruit ♦

MIMI'S CAFE®

- Egg White & Veggie Omelet

MOE'S®

- Breakfast Burrito w/ Chicken, Scrambled Eggs, Your Choice Veggies on a Whole Grain Tortilla

SUBWAY®

- 6-inch Bacon, Egg White & Cheese on 9-Grain Wheat Bread
- 6-inch Steak, Egg White & Cheese on 9-Grain Flatbread
- 6-inch Turkey, Egg & Cheese on 9-Grain Wheat Bread or Flatbread



ON THE GO PHASE 3

LUNCH & DINNER

A&W®

- Crispy Chicken Sandwich

APPLEBEE'S®

- Cedar Grilled Lemon Chicken
- Napa Chicken & Portobellos w/ Side Seasonal Veggies
- Shrimp & Broccoli Cavatappi w/ Side Seasonal Veggies
- Veggie Burger & Seasonal Vegetables (no fries) ❖

ARBY'S®

- Beef'n Cheddar Classic w/ Chopped Side Salad (w/out cheese) & LF Milk
- Roast Turkey & Swiss Sandwich (w/out mayo)
- Roast Turkey & Swiss Wrap w/ LF Milk

AU BON PAIN®

- Black Angus Roast Beef & Cheddar w/ Fruit Cup (sm)
- Grilled Chicken on Ciabatta w/ French Onion Soup (sm)
- Grilled Chicken Sandwich w/ Chicken Noodle Soup (med)
- Moroccan Lemon Chicken Wrap
- Roasted Angus Steak Teriyaki Harvest Rice Bowl
- Sirloin & Asiago Sandwich
- Turkey Club
- Turkey Clubano

BAJA FRESH®

- Americano Soft Taco, Grilled Wahoo w/ side of Black Beans & Side Salad
- Chicken Torta Sandwich (no chips)

BJ'S BREWHOUSE®

- Enlightened Entrées® Cherry Chipotle Glazed Salmon
- Enlightened Entrees® North Beach Mahi-Mahi & Shrimp
- Enlightened Entrées® Maui Glazed Pork Chop
- Mini BBQ Chicken Pizza on Whole Wheat Crust

BLIMPIE®

- 6-inch Chicken Teriyaki (no cheese) & SunChips® Original
- 6-inch French Dip on Wheat w/ SunChips® Original
- 6-inch Roast Beef & Provolone on Wheat w/ SunChips® Original
- 6-inch Roast Beef (no cheese or sauce) w/ Vegetable Soup (cup) & SunChips® Original
- 6-inch Turkey & Provolone on Wheat w/ SunChips® Original
- Buffalo Chicken Salad w/ LT Buttermilk Ranch & Vegetable Soup (cup) & SunChips® Original
- Ultimate Club Salad w/ LT Buttermilk Ranch & Vegetable Soup (cup) & SunChips® Original



ON THE GO PHASE 3

BOB EVANS®

- Farm Grill Fried Chicken Club Sandwich
- Grilled Salmon Fillet w/Baked Potato, Broccoli & Carrots
- Potato Crusted Flounder w/ Baked Potato, Broccoli & Carrots
- The Farm Favorite Grilled Chicken Sandwich w/ Farmhouse Garden Salad (no dressing)

BOJANGLE'S®

- Chicken Supremes Salad w/ Cajon Pintos (ind)
- Chicken Wing, Chicken Supreme w/ Cajun Pintos (ind), Green Beans (ind) & Dirty Rice (ind)
- Grilled Chicken Sandwich w/ Green Beans (ind) & Dirty Rice (ind)
- Roasted Chicken Bites w/ Cajon Pintos (ind), Green Beans (ind) & Dirty Rice (ind)

BOSTON MARKET®

- Mediterranean Chicken Carver
- Pulled BBQ Chicken
- Rotisserie Chicken (1/4, Skinless) w/ Fresh Steamed Vegetables, Garlic Dill New Potatoes & Cornbread

BUFFALO WILD WINGS®

- Chicken Caesar Wrap
- Naked Tenders Wrap
- Pulled Pork Sandwich

BURGER KING®

- Chicken Caesar Salad w/ Chicken Nuggets (4pc), Apple Slices & FF Milk
- Original Chicken Sandwich (w/out mayo) w/ Garden Salad w/ ½ LT Honey Balsamic Pkt
- TENDERGRILL® Chicken Sandwich w/ Apple Slices & FF Milk

CALIFORNIA PIZZA KITCHEN®

- BBQ Chicken Pizza w/ Applewood Smoked Bacon on Original Crust (1/2)

CAMILLE'S SIDEWALK CAFÉ®

- Italian Roast Beef Sandwich (no chips)
- Napa Valley Chicken Panini (no chips)
- Rustic Italian Pizza
- Turkey Habanero Panini (no chips)

CARL'S JR®

- Charbroiled BBQ Chicken w/ Salad & ½ Serving House Dressing
- Guacamole Turkey Burger w/ Salad & LF Balsamic
- Steak Burrito Especial
- Teriyaki Chicken Sandwich
- Teriyaki Turkey Burger w/ Salad & LF Balsamic
- Turkey Burger w/ Salad & LF Balsamic



ON THE GO PHASE 3

CARRABBA'S®

- Chicken Parmesan Panini (no sides)
- Spaghetti w/ Sausage-Lunch Portion w/ Whole Grain Spaghetti
- Tag Pic Pac w/ Chicken-Lunch Portion

CHARLEY'S GRILLED SUBS®

- Chicken Bacon Club (regular) w/ Garden Fresh Salad
- Chicken California (regular) w/ Grilled Chicken Salad
- Italian Deli (regular) w/ Garden Fresh Salad
- Steak, Egg & Cheese Sandwich
- Ultimate Club (regular) w/ Garden Fresh Salad

CHICK-FIL-A®

- Chicken Sandwich Deluxe w/ Fruit Cup (lg)
- Classic Chicken Sandwich w/ Salad & FF Honey Mustard
- Cobb Salad w/ FF Honey Mustard Dressing & Fruit Cup (sm)
- Grilled Chicken Sandwich w/ Hearty Breast of Chicken Soup (lg)

CHILI'S®

- Classic Chicken Fajitas w/ Tortilla (1) & ½ Toppings
- Lighter Choices: 6oz Classic Sirloin w/ Grilled Avocado, Side of Citrus Chili Rice & Steamed Broccoli
- Lighter Choices: Mango-Chile Chicken w/ Steamed Broccoli
- Lighter Choices: Mango-Chile Tilapia w/ Steamed Broccoli
- Lighter Choices: Margarita Grilled Chicken

CHIPOTLE MEXICAN GRILL®

- Burrito Bowl (your choice- chicken, steak or barbacoa) Brown Rice, Black Beans & Your Choice Veggies
- Burrito (your choice-barbacoa, chicken or steak) Black Beans & Your Choice Veggies

CITY BARBEQUE®

- Beef Brisket 4oz. w/ Baked Beans & Fresh Fruit
- Chicken Leg/Thigh 4.79oz. w/ Baked Beans w/ Brisket 2/3 cup
- Pulled Pork (4oz) w/ Baked Beans & Fresh Fruit
- Turkey Breast 8oz. w/ Smashed Potatoes 2/3 cup

CORNER BAKERY CAFÉ®

- Mom's Grilled Chicken Sandwich w/ Swiss & Mustard (no sides)
- Mom's Smoked Ham Sandwich w/ Mustard, Cheese & Bakery Chips
- Mom's Smoked Turkey Sandwich w/ Mustard, Cheese & Mixed Greens Salad w/Dressing



ON THE GO PHASE 3

COSI®

- Buffalo Bleu Sandwich
- Chicken Caesar Sandwich
- Grilled Chicken T.B.M. Lighter Side
- Newport Chicken Sandwich
- Tandoori Chicken Sandwich
- Turkey & Brie Sandwich

CULVER'S®

- Beef Pot Roast Sandwich w/ Garden Fresco Salad (no dressing)
- ButterBurger "The Original" (single) w/ Oven-Roasted Turkey Noodle Soup
- Chicken Cashew w/ Grilled Chicken & Regular Mashed Potatoes & Gravy
- Grilled Chicken Sandwich & Potato w/ Bacon Soup

DAIRY QUEEN®

- Chicken Bacon Ranch Sandwich w/ Banana
- Chicken Mozzarella Sandwich
- Grilled Chicken Wrap w/ Grilled Chicken Garden Salad w/ LT Ranch Dressing & Applesauce

DENNY'S®

- Build Your Own Burger® Grilled Seasoned Chicken Breast on Whole Wheat Bun w/ Cheddar Cheese, Lettuce, Tomato, Avocado & BBQ Sauce
- Fit Fare® Tilapia Ranchero w/ Broccoli

DICKEY'S BARBEQUE PIT®

- Barbecue Honey Ham (1/4lb) w/ Barbecue Baked Beans (ind) & Dill Potato Salad (ind)
- Chicken Breast (1/4lb) w/ Green Beans (ind), Mac & Cheese (ind) & Caesar Salad (ind)

DUNKIN' DONUTS®

- Bacon Ancho Chicken Sandwich
- Pretzel Roll Chicken Sandwich

EINSTEIN'S®

- BBQ Chicken Flatbread
- Buffalo Chicken & Bacon Tostini
- Harvest Chicken or Tuna Salad

EL POLLO LOCO®

- Chicken & Shrimp Platter
- Mango Grilled Tostada w/ Dressing



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EXTREME PITA®

- Bourbon Chipotle (reg)
- Chick-Chick-Boom! Pita
- Chicken Caesar (reg) & Pita Chips
- Chicken Souvlaki (reg)
- Fiesta Mexicana (sm) w/ Grilled Chicken Caesar Salad

FAZOLI'S®

- Baked Spaghetti w/ Broccoli

FIREHOUSE SUBS®

- Club on Wheat (medium, no mayo)
- Hero on Wheat (medium, no mayo)

FRESH TO ORDER®

- Chicken Caesar on Ciabatta Panini
- Chicken Tender on Wheat Flat
- Chicken Waldorf on Ciabatta Panini
- Panini Chicken BLT on Wheat Flat
- Turkey Burger on Wheat Flat Panini

HACIENDA FIESTA®

- Refried Bean Tostada w/ Mexican Rice
- Seafood Chimichanga w/ Refried Beans
- Seafood Tostada w/ Mexican Rice

HARDEE'S®

- Grilled Chicken Burrito w/ Side Salad
- Red Burrito (Chicken)

ISLANDS®

- Bikini Beach® Two Northshore Tacos & Ranchero Beans

JACK IN THE BOX®

- Jack's Spicy Chicken w/ Cheese
- Southwest Chicken Salad w/ Crispy Chicken Strips w/ 1% Milk

JASON'S DELI®

- Asiago Pot Roast Sandwich
- Carolina Club
- Ranchero Wrap w/ Fruit Cup (no dip)
- Rueben the Great-Lighter Portion w/ Fruit Cup



ON THE GO PHASE 3

JERSEY MIKE'S SUBS®

- American Classic Wrap (flour, reduced carb, spinach, tomato or wheat, no mayo)
- Grilled Chicken Parmesan on Wheat (reg)
- Jersey Shore on Wheat (reg)
- Jersey Shore Wrap (flour, reduced carb, spinach, tomato or wheat, no mayo)
- Super Sub on Wheat (reg)
- Super Sub Wrap (flour, reduced carb, spinach, tomato or wheat, no mayo)
- Turkey Breast & Provolone Wrap (flour, reduced carb, spinach, tomato or wheat, no mayo)

JIMMY JOHN'S®

- 8-inch Pepe® (no mayo) w/ Real Potato Chips
- 8-inch Turkey Tom® (xtra turkey, EZ provolone cheese)
- Billy Club® (no mayo)
- Club LuLu® (no mayo)
- Country Club w/ Grey Poupon Dijon Mustard (no mayo)
- Gourmet Smoked Ham Club w/ Grey Poupon Dijon Mustard (no mayo)
- Gourmet Veggie Club® w/ Grey Poupon Dijon Mustard (no mayo, EZ provolone cheese) ❖
- Ham & Cheese Slim w/ ½ bag Thinny Chips or Sea Salt & Vinegar Chips
- Hunter's Club® (no mayo)
- Salami, Capicola & Cheese Slim
- Ultimate Porker® (no mayo)

JOHNNY CARINO'S®

- ½ Shrimp Florentine
- Angel Hair Pasta w/ Artichokes w/ Grilled Sliced Chicken (Lunch Portion)
- Chicken Marsala w/ Fettuccine (Lunch Portion)
- Chicken Parmesan (Lunch Portion)

KFC®

- Grilled Chicken Breast w/ Green Beans, Kentucky Baked Beans & Cole Slaw
- Grilled Chicken Breast w/ Kentucky Baked Beans & Cole Slaw
- Grilled Chicken Breast w/ Mashed Potatoes & Gravy, Green Beans & Coleslaw w/ Side Salad & Marzetti Light Italian Dressing
- Kentucky Chicken Breast w/ Green Beans, Seasoned Rice & Cole Slaw

LA SALSA®

- 2 Carnitas Fajita Tacos w/ Rice
- 2 Chicken Fajita Tacos w/ Rice
- Sonora Fish Burrito

LONGHORN STEAKHOUSE®

- Flo's Filet (6oz) w/ Seasoned Rice Pilaf
- Grilled Fresh Tilapia w/ Mango Salsa
- Rosemary Cabernet Filet w/ Seasoned Rice Pilaf



ON THE GO PHASE 3

MAZZIO'S®

- Chicken Pizza (med, thin crust, 3 slices)

McALISTER'S DELI®

- Chicken & Dumplings (cup) w/ ½ Sweet Chipotle Grilled Sandwich & Side Applesauce
- French Dip Sandwich w/ Side Applesauce
- Memphian® Sandwich
- Vegetarian Chili (cup) w/ ½ New Yorker Sandwich & Side Applesauce

McDONALD'S®

- Premium Grilled Chicken Bacon Clubhouse Sandwich
- Premium McWrap Chicken & Bacon (Grilled)

MIMI'S CAFÉ®

- ½ Slow Roasted Turkey Breast w/ Green Beans

MOE'S SOUTHWEST GRILL®

- Burrito Bowl w/ Meat (chicken, tofu, steak fish, pork or ground beef), Beans (black or pinto), Rice, Veggies & Guacamole or Sour Cream

MUSCLE MAKER GRILL®

- Arizona w/ Savory Spinach
- Chicken Breast Signature Sandwich w/ Side Cucumber Salad
- MMG Signature Wrap
- Premium Burger Signature Sandwich w/ Side Cucumber Salad
- Tex-Mex Fajita Wrap
- Yee-Ha! Wrap

NEWK'S®

- Half Sandwich w/ Soup or Salad

NINETY NINE®

- Grilled Teriyaki Prime Rib Sandwich (no sides)
- Top Sirloin w/ Broccoli & Plain Baked Potato

NOODLES & COMPANY®

- Bangkok Curry w/ Chicken or Shrimp (reg)
- BBQ Pork Sandwich w/ Tossed Green Side Salad w/ Balsamic
- Indonesian Peanut Sauté w/ Steak or Tofu (sm)
- Pad Thai w/ Steak or Tofu (sm)
- Pasta Fresca w/ Steak or Tofu (sm)
- Wisconsin Cheesesteak on Ciabatta Roll



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O'CHARLEY'S®

- Panko-Crusted Friend Shrimp Dinner (no side)

OLIVE GARDEN®

- ½ Chicken Marsala w/ Famous House Salad (no dressing)
- Citrus Chicken Sorrento (Dinner Portion)
- Garlic Rosemary Chicken w/ Broccoli

ON THE BORDER®

- ½ Three-Sauce Fajita Burrito-Chicken
- 2 Chicken Crispy Tacos w/ Grilled Vegetables
- 2 Chicken Soft Tacos w/ Grilled Vegetables
- Ground Beef Soft Taco w/ Black Beans & Grilled Vegetables
- Jalapeno-BBQ Salmon

OUTBACK®

- BBQ Chopped Salad
- Grilled Chicken on the Barbie w/ Dressed Baked Potato
- Maple Mustard Glazed Pork Chops w/ Asparagus & ½ Seasoned Rice
- Outback Special® 6oz Steak w/ Asparagus & Seasoned Rice
- Simply Grilled Mahi w/ Dressed Baked Potato
- Teriyaki Filet Medallions w/ Asparagus & Seasoned Rice

P.F. CHANG'S CHINA BISTRO®

- ½ Asian Grilled Salmon w/ ½ Brown Rice & Shanghai Cucumbers (lg)
- Almond & Cashew Chicken
- Buddha's Feast Steamed w/ ½ Brown Rice & Sichuan-Style Asparagus (lg)❖
- Buddha's Feast Stir Fried w/ ½ Brown Rice❖
- Chang's Chicken Noodle Soup (bowl) w/ Shanghai Cucumbers (sm)
- Dali Chicken w/ Brown Rice (lunch portion)
- Steamed Korean BBQ Chicken

PANERA BREAD®

- ½ Sierra Turkey Sandwich on Asiago Cheese Focaccia & ½ Ancient Grain, Arugula & Chicken Salad w/ RF Balsamic Vinaigrette
- Ancient Grain, Arugula & Chicken Salad w/ ½ RF Balsamic Vinaigrette & LF Vegetarian Black Bean Soup (cup)
- BBQ Chopped Chicken Salad w/ ½ BBQ Ranch & Apple
- Roasted Turkey & Avocado BLT & Apple
- Smoked Ham & Swiss on Rye
- Thai Chopped Chicken Salad w/ LF Thai Chili Vinaigrette & Apple



ON THE GO PHASE 3

PEI WEI®

- ½ Kung Pao Original w/ Chicken (steamed)
- Mongolian Original w/ Steak (w/out rice)
- Orange peel Original w/ Chicken (steamed, w/out rice)
- Sesame Original w/ Shrimp (steamed w/out rice)

PERKINS®

- Fit Favorite Grilled Chicken w/ Mushroom & Asparagus
- Fit Favorite Roast Turkey Sandwich
- Fit Favorite Tuscan Grilled Chicken
- Honey Mustard Chicken 'n' Bacon Sandwich (grilled, no bacon or whipped butter blend)
- Turkey & Dressing Dinner (w/out Parkerhouse dinner roll)

PITA PIT®

- Chicken Crave on Wheat w/ Vegetables, Provolone, Sauce & Baked Lay's®
- Chicken Souvlaki on Wheat w/ Vegetables, Feta, Tzatziki Sauce & Baked Lay's®
- Club on Wheat w/ Cheese & Sauce
- Dogwood on Wheat w/ Cheese & Sauce
- Double Meat Black Forest Ham on Wheat w/ Provolone

PIZZA HUT®

- Buffalo State of Mind™ Personal Pizza
- Skinny Beach™ Skinny Slice (3)

POTBELLY®

- A Wreck Sandwich w/ Side of Garden Vegetable Soup
- Chicken Salad Sandwich
- Grilled Chicken & Cheddar Sandwich w/ Side cup Chicken Noodle Soup
- Ham Sandwich w/ Side of Garden Vegetable Soup
- Roast Beef Sandwich w/ Side cup Garden Vegetable Soup
- Tuna Salad Sandwich w/ Brown Mustard & Side of Garden Vegetable Soup
- Vegetarian Sandwich w/ Side Garden Vegetable Soup

QUIZNO'S®

- Black Angus on Rosemary Parmesan (sm) w/ Broccoli Cheese Soup (sm)
- Honey Mustard Chicken Wrap
- Pesto Caesar (sm) w/ Chicken Noodle Soup (sm) + 2 Crackers
- Pork Cuban (reg)
- Spicy Monterey (reg)
- Steak Bacon & Swiss (sm) w/ Chicken Noodle Soup (sm)



ON THE GO PHASE 3

RED LOBSTER®

- Create Your Own Combination: Wood-Grilled Fresh Salmon, Garlic-Grilled Sea Scallops & Side Baked Potato (no butter/sour cream)
- Live Maine Lobster w/ Crab & Seafood Stuffing (includes corn & potatoes), & Petite Green Beans
- Maple-Glazed Chicken Dinner

RED ROBIN®

- Burnin' Love Chicken (no margarine)
- Grilled Turkey Burger (no margarine, replace chipotle mayo with your choice of ketchup or chili sauce)
- Keep it Simple Burger w/ side House Salad (no dressing) or Steamed Broccoli
- Teriyaki Chicken Sandwich (no mayo, no sides)

RUBIO'S®

- Chicken Baja Grill Burrito® on Whole Grain Tortilla (no sides)
- Three Street Taco Platter (steak) w/ Black Beans & ½ Rice
- Two Classic Grilled Steak Tacos on Corn Tortilla w/ Two Street Tacos (chicken, steak, carnitas) or Black & Pinto Beans
- Two Grilled Tilapia Taco Platter w/ Black Beans

RUBY TUESDAY®

- Asiago Peppercorn Sirloin w/ Rice Pilaf & Roasted Spaghetti Squash
- Chicken Bella w/ Baked Potato-Plain
- Grilled Salmon w/ ½ Baked Potato-Plain
- New Orleans Seafood w/ Rice Pilaf & Fresh Grilled Asparagus
- Petite Sirloin w/ Rice Pilaf & Green Beans

SALAD WORKS®

- Bently Salad Wrap w/ FF Balsamic Vinaigrette
- Buffalo Bleu Salad Wrap
- Chicken Mozzarella Panini
- Cobb Salad Wrap

SCHLOTZSKY'S®

- Angus Pastrami & Swiss (sm)
- Ham & Cheese Original (sm) w/ Veggie Vegetable Soup (cup)
- Ham & Cheese Original Wrap (sm)
- Homestyle Tuna (sm) w/ Potato Chips (reg)
- Santa Fe Chicken Wrap (med)
- Sausage & Peppers w/ Goat Cheese
- Smoked Turkey Reuben (sm)
- Tomato-Basil Canestrelli (no breadsticks)



ON THE GO PHASE 3

SEASONS 52®

- Asian Glazed Chilean Sea Bass
- Maui Tuna Crunch Salad w/ Butternut Squash Soup (cup)

SHARIS®

- Clubhouse Sandwich
- Deli Ham Sandwich w/ Chicken Noodle Soup (cup), Dinner Salad & LF Balsamic Vinaigrette Dressing

SHEETZ®

- Cali Turkey Flatbread (no mayo)
- Big Mozz Chicken Sandwich
- Carolina Slaw Chicken Sandwich w/ Grilled Chicken & House Salad w/ FF French Dressing

SMOKEY BONE®

- 8oz Pork Tenderloin w/ Teriyaki or Spicy Chipotle Sauce, Broccoli & ½ Plain Baked Potato

SMOOTHIE KING®

- Lean1 Chocolate (40oz)

SONIC®

- Grilled Chicken Sandwich w/ Apples (no dip) & Milk 1%
- Grilled Chicken Wrap w/ Apples (no dip) & Milk 1%

STARBUCKS®

- BBQ Beef Brisket on Sourdough w/ Café Latte (Tall/nonfat)
- Chicken Santa Fe Panini w/ Café Latte (Grande/2%)
- Ham & Swiss Panini w/ Seasonal Harvest Fruit Blend & Café Latte (Tall/2%)
- Turkey & Havarti Sandwich w/ Café Latte (Tall/nonfat)
- Turkey Pesto Panini w/ Café Latte (Tall/nonfat)
- Zesty Chicken & Black Bean Salad Bowl w/ Starbucks Doubleshot® + Protein

STEAK & SHAKE®

- Grilled Chicken Sandwich w/ Vegetable Soup (cup) & Cottage Cheese w/ Pineapple Ring

SUBWAY®

- 6-inch Buffalo Chicken w/ Vegetables & Ranch (no cheese) on 9-Grain Wheat Bread or Flatbread w/ Apple Slices & LF Milk
- 6-inch Chicken Pizziola Melt w/ Vegetables & Cheese on 9-Grain Wheat or Flatbread & LF Milk
- 6-inch Cold Cut Combo (Dbl meat) w/ Vegetables & Cheese on 9-Grain Wheat or Flatbread & LF Milk
- 6-inch Italian B.M.T. w/ Vegetables & Cheese on 9-Grain Wheat or Flatbread & LF Milk
- 6-inch Roast Beef (Dbl meat) w/ Vegetables & Cheese on 9-Grain Wheat & Baked Lay's®
- 6-inch Steak & Cheese (Dbl meat) w/ Vegetables on 9-Grain Wheat or Flatbread & Baked Lay's®



ON THE GO PHASE 3

- 6-inch Subway Club® on Wheat or Flatbread w/ Avocado, Vegetables & LF Milk
- 6-inch Subway Club (Dbl meat) on Wheat or Flatbread w/ Vegetables & Cheese & Baked Lay's®
- 6-inch Subway Melt® on Wheat or Flatbread w/ Vegetables & Cheese & LF Milk
- 6-inch Turkey Breast (Dbl meat) on Wheat or Flatbread w/ Vegetables & Cheese (Dbl cheese) & Baked Lay's®
- 6-inch Veggie Patty on Wheat or Flatbread w/ Vegetables & Mustards w/ Cheese & LF Milk❖

T.G.I. FRIDAY'S®

- Jack Daniel's® Chicken & Shrimp w/ Coleslaw
- Jack Daniels® Chicken w/ Coleslaw
- Jack Daniel's® Flat Iron Steak w/ Fresh Broccoli
- Jack Daniel's® Sirloin (no sides)

TACO BELL®

- 3 Fresco Chicken Soft Tacos w/ Premium Black Beans & Rice
- 3 Fresco Grilled Steak Soft Tacos w/ Premium Latin Rice
- Chicken Cantina Power Bowl w/ Black Beans

TACO CABANA®

- 2 Carne Guisada Soft Tacos w/ Rice & Black Beans

TIM HORTONS®

- Buffalo Chicken Panini w/ Hearty Vegetable Soup
- Tuscan Chicken Panini

TOGO'S®

- Albacore Tuna (reg) w/ Veggies & Mustard (no cheese)
- Black Forest Ham & Cheese (reg) w/ Veggies, Mustard & Garden Vegetable Soup
- Triple Dip (half/mini, w/out cheese)
- Turkey & Avocado (reg) w/ Mustard, Veggies & Garden Vegetable Soup
- Turkey Bacon Club (reg, w/out dressing)

TROPICAL SMOOTHIE®

- Jamaican Jerk Chicken Toasted Wrap
- Thai Chicken Toasted Wrap
- Totally Turkey Toasted Wrap
- Turkey Bacon Ranch Toasted Sandwich

UNO'S CHICAGO GRILL®

- 3 Lobster Slider
- Chicken Sandwich & Tuscan Minestrone Soup
- Chicken Thumb Platter w/ Side Garden Salad & FF Vinaigrette



ON THE GO PHASE 3

WENDY'S®

- Homestyle Chicken Fillet Sandwich w/ LF Milk
- Ultimate Chicken Grill Sandwich w/ Salad & Classic Ranch

ZAXBY'S®

- Game Day Fillet Sandwich (no fries) w/ LF Milk
- Kickin' Chicken Sandwich (no drink, crinkle fries, Texas toast or ranch sauce)

ZOE'S KITCHEN®

- Chicken Kabobs w/ Roasted Veggies & Greek Salad (no Feta, w/ Pita)
- Chicken Pita Pizza (no side)
- Chicken Rollups (no side)
- Shrimp Kabobs w/ Roasted Veggies & Rice Pilaf
- Turkey Stack Sandwich w/ Side Seasonal Fresh Fruit (6 fl. oz.)