



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 Phase 1

BLIMPIE®

- Egg & Cheese on a Roll ❖

DUNKIN DONUTS®

- Ham, Egg & Cheese Wake-Up Wrap
- Egg & Cheese Wake-Up Wrap w/ Iced Latte w/Skim Milk ❖

SHEETZ®

- Wildwest Flatbread (ask for no ham)

STEAK 'N SHAKE®

- Steak n Shake 2 Eggs Scrambled w/ Side of Mandarin Oranges (cup)



BREAKFAST
PHASE 2 - CONTINUED

SUBWAY®

- 3-inch Bacon, Egg White & Cheese on Flatbread
- 3-inch Egg, Cheese & Black Forest Ham on Flatbread
- 3-inch Egg White, Cheese & Black Forest Ham on Flatbread
- 3-inch Steak, Egg White & Cheese on Flatbread
- 3-inch Turkey, Egg White & Cheese on Flatbread

TACO CABANA®

- Carne Guisada Taco

TIM HORTON'S®

- English Muffin, Egg White & Cheese ♦



BREAKFAST PHASE 2

AU BON PAIN®

- Egg Whites & Cheddar Breakfast Sandwich w/ Fruit Cup (small) ♦

BURGER KING®

- Breakfast Muffin Sandwich w/ Egg, Cheese & Ham or Bacon

CORNER BAKERY CAFÉ®

- Farmer's Scrambler w/ Egg Whites and Fruit Cup ♦

DUNKIN' DONUTS®

- Egg & Cheese Wake-Up Wrap w/ Latte Lite (large) ♦
- Egg White & Turkey Sausage Flatbread
- Egg White & Turkey Sausage Wake-Up Wrap w/ Latte Lite (large)
- Egg White & Veggie Wake-Up Wrap w/ Latte Lite (large) ♦
- Ham, Egg & Cheese Wake-Up Wrap w/ Latte Lite (med)

IHOP®

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

JACK IN THE BOX®

- Breakfast Bacon Jack

MCDONALD'S®

- Egg McMuffin
- Egg White Delight McMuffin & Strawberry Gogurt

SHEETZ®

- Egg White and Bavarian Honey Ham (half) Breakfast Sandwich on an English Muffin w/ Cheddar Cheese (half), Vegetables and Fire Roasted Tomato Sauce
- Farmhouse Cheddar Flatbread
- Kickin' Chicken Sausage Sandwich
- Protein Showdown



ON THE GO

BREAKFAST
PHASE 2 - CONTINUED

STARBUCK'S®

- Spinach, Feta & Egg White Breakfast Wrap ❖
- Turkey Bacon (RF) & White Cheddar Classic Breakfast Sandwich

SUBWAY®

- 3-inch Egg & Cheese Flatbread w/ LF Milk ❖
- 3-inch Black Forest Ham, Egg & Cheese Flatbread w/ LF Milk
- 3-inch Steak, Egg White & Cheese Flatbread w/ LF Milk

TIM HORTON'S®

- Egg & Cheese Breakfast Wrap w/ small Latte ❖
- English Muffin Egg & Cheese ❖



LUNCH & DINNER
PHASES 1 & 2

A&W®

- Hamburger
- Grilled Chicken Sandwich

ARBY'S®

- Classic Roast Beef Sandwich w/ Sliced Apples
- Ham & Swiss Melt w/ LF White Milk

AU BON PAIN®

- ½ Turkey & Swiss Sandwich w/ Strawberry Cup
- ½ Caprese Sandwich w/ Fruit Cup (sm) ♦
- ½ Roasted Turkey on Baguette w/ Mixed Nuts
- ½ Chicken Avocado Sandwich w/ Side Garden Salad

BAJA FRESH®

- Grilled Wahoo Americano Soft Taco w/ side of Black Beans
- Baja BBQ Chicken Salad (no dressing)
- Chicken Tortilla Soup w/ Charbroiled Chicken & Veggie Mix Side
- Chicken Americano Soft Taco w/ side of Black Beans

BJ'S BREWHOUSE®

- Buffalo Chicken Pizza (individual, 2 slices)

BLIMPIE®

- 6-inch Chicken Teriyaki (no cheese)
- 6-inch Club on Wheat w/ Cheese
- 6-inch Cuban on Wheat
- 6-inch French Dip on Wheat
- 6-inch Ham & Swiss on Wheat
- 6-inch Turkey & Provolone on Wheat
- 6-inch Roast Beef & Provolone on Wheat
- 6-inch Turkey & Provolone on Wheat
- Antipasto Salad w/ FF Italian & Tomato Basil w/ Ravolini Soup (cup) ♦
- Buffalo Chicken Salad w/ LT Buttermilk Ranch & Vegetable Soup (cup)
- Chicken Caesar Salad w/ 1/2 Creamy Caesar & Tomato Basil w/ Ravolini Soup (cup)
- Ultimate Club Salad w/ LT Buttermilk Ranch & Vegetable Soup (cup)



BOB EVANS®

- The Farm Favorite Grilled Chicken Sandwich (1/2 portion) w/ Side Salad and ½ serving LT Ranch Dressing
- Grilled Chicken Breast w/ Baked Potato & Broccoli Florets
- Grilled Salmon Fillet w/ 1/2 Baked Potato (no butter) & Broccoli Florets
- Potato Crusted Flounder w/ 1/2 Baked Potato (no butter) & Broccoli Florets
- Wildfire Grilled Chicken Salad w/ Balsamic Vinaigrette (side)

BOJANGLE'S®

- Grilled Chicken Sandwich
- 1 Leg w/ Cajun Pintos (ind) & Green Beans (ind)
- Roasted Chicken Bites w/ Cajun Pintos (ind) & Green Beans (ind)
- 4 Supreme (pieces) w/ Green Beans (ind)
- 3 Supreme (pieces) w/ Cajun Pintos (ind) & Green Beans (ind)

BOSTON MARKET®

- Market Bowl Skinless Chicken Breast w/ Side of Baked Beans, Green Beans & Poultry Gravy
- Market Bowl Turkey Breast w/ Side of Baked Beans & Green Beans (no gravy)
- 1/2 Pulled BBQ Rotisserie Chicken Sandwich w/ Steamed Vegetables
- 1/2 Rotisserie Chicken Carver
- Beef Brisket (4 oz.) w/ Garlic Dill New Potatoes & Steamed Vegetables
- Chicken Noodle Soup w/ Green Beans
- Roasted Turkey Breast (4 oz.) w/ Garlic Dill New Potatoes & Steamed Vegetables

BUFFALO WILD WINGS®

- Grilled Chicken Buffalitos (no chips or salsa)

BURGER KING®

- BK VEGGIE® Burger ♦
- BK VEGGIE® Burger (no mayo) and Side Salad ♦
- TENDERGRILL® Chicken Sandwich (no mayo) w/ Salad & 1/2 pkt LT Honey Balsamic
- TENDERGRILL® Chicken Sandwich w/ Cheese (no mayo) & Side Salad w/ ½ pkt LT Honey Balsamic

CALIFORNIA PIZZA KITCHEN®

- Habanero Carnitas on Original Crust (1/3)

CAMILLE'S® SIDEWALK CAFÉ

- 1/2 Napa Valley Chicken Panini Sandwich w/ Spring Mix Salad & Raspberry Vinaigrette & 2 Saltine Crackers pkts
- Café Chicken Caesar Salad w/ 3 pkts Saltine Crackers



CAMILLE'S® SIDEWALK CAFÉ – continued

- Ham & Swiss Sandwich on Honey Wheatberry Bread (1 Slice) w/ Spring Mix Salad & Raspberry Vinaigrette
- Turkey Deluxe Sandwich on Honey Wheatberry Bread (1 Slice) w/ Spring Mix Salad & Raspberry Vinaigrette

CARL'S JR.®

- Charbroiled BBQ Chicken™ Sandwich

CHICK-FIL-A®

- Asian Chicken Salad w/ 75 cal dressing (no wontons or almond toppings)
- Chargrilled Chicken Club Sandwich
- Chargrilled Chicken Cool Wrap w/ LT Italian
- Chargrilled Chicken Sandwich w/ Salad & LT Italian (1/2 pkt)
- Chicken Tortilla Soup (med, no chips) w/ Salad & FF Honey Mustard
- Grilled Chicken Nuggets (6 ct) w/ Salad & Honey Sesame & Fruit Cup (med)
- Grilled Market Salad w/Harvest Nut Granola & Roasted Nut Blend & 75 cal dressing
- Chicken Caesar Cool Wrap w/ Fruit Cup (lg)
- Spicy Chicken Cool Wrap w/ Fruit Cup (lg)
- Spicy Chicken Cool Wrap w/ FF Honey Mustard Dressing

CHILI'S®

- Lighter Choice 6oz Classic Sirloin w/ Side of Rice
- Make it a Combo Lighter Choice Margarita Grilled Chicken & Seared Shrimp, ask for side of Rice (to replace combo sides)

CHIPOTLE MEXICAN GRILL®

- Burrito Bowl w/ Meat (your choice - barbacoa, chicken, carnitas, or steak) & Beans (black or pinto) & Cilantro-Lime Rice (1/2) & Salsa (tomato or green tomatillo)
- Salad w/ Chicken, Black Beans, Corn & Tomato Salsa

CITY BARBEQUE®

- Lunch Serving Beef Brisket (4 ounces) w/ seasonal Fresh Fruit and Cukes & Onions

CORNER BAKERY CAFÉ®

- Big Al's Chili (cup) w/ Cheddar Cheese (no bread)
- Café Asian Wonton Salad w/ Focaccia Roll
- Chicken Pomodori (1/2) w/ Baby Carrots (no chips)
- Mom's Roasted Chicken Sandwich on Harvest Bread (1/2) w/ Mixed Green Salad (side or trio size)
- Mom's Smoked Ham Sandwich w/ Mustard (no cheese or sides)
- Smoked Ham & Swiss (1/2) w/ Bakery Chips



CORNER BAKERY CAFÉ® - Continued

- Turkey Monterey Panini (1/2) (no sides)
- Turkey on Pretzel Bread (1/2) w/ Side Bruschetta Salad
- Uptown Turkey on Harvest Bread (1/2) w/ Baby Carrots (no chips)
- Roast Beef & Goat Cheese on Potato Thyme (1/2) w/ Baby Carrots & Side Bruschetta Salad

COSI®

- Tandoori Chicken Sandwich-Taste Two w/ Chicken Noodle Soup (reg)

CRACKER BARREL®

- Chicken n' Dumplings w/ Carrots & Green Beans (no biscuits/muffins)
- Spicy Grilled Catfish w/ Carrots & Pinto Beans w/ Salad & FF Dressing (no biscuits/muffins)

CULVER'S®

- Beef Pot Roast Sandwich
- Garden Fresco Salad w/ Grilled Chicken & Raspberry Vinaigrette
- Grilled Chicken Cashew Side Salad w/ Raspberry Vinaigrette
- Grilled Chicken Sandwich (1/2 portion) w/ Side Salad & RF French Dressing

DAIRY QUEEN®

- Iron Grilled Turkey Sandwich
- Grilled Chicken Sandwich
- Original Cheeseburger w/ Side Salad
- Grilled Chicken Salad w/ Side Applesauce

DENNY'S®

- 1/2 Cranberry Apple Chicken Salad w/ Balsamic Vinaigrette (no bread) w/ LF Yogurt
- Fit Slam®

EL POLLO LOCO®

- Grand Taco a la carte w/ Small Chicken Tortilla Soup w/ Tortilla Strips
- Grilled Chicken Tortilla Roll
- Skinless Chicken Breast w/ Fresh Veggies (no margarine) & Rice

EXTREME PITA®

- Bourbon Chipotle (sm) w/ Chipotle Hummus Dip (sm)
- Chicken Caesar (sm) w/ Bean Salad (reg)
- Chicken Shawarma (sm) w/ Hummus Dip (reg)
- Chicken Souvlaki (sm) w/ Bean Salad (reg)
- Club (reg, no cheese) w/ LT Italian
- Grilled Chicken Pita (reg, no cheese) w/ Tzatziki Dip



ON THE GO

FARMER BOYS®

- FIT Ham Sandwich (no sides)
- Home-Style Tuna (no sides, request no mayonnaise)
- Veggie Sandwich (no sides) ❖

FAZOLI'S®

- Lighter Options Chicken Mushroom Alfredo Bake
- Lighter Options Baked Chicken Penne & Peppers topped w/ Broccoli

FIREHOUSE SUBS®

- Chicken on Wheat (med, no mayo or cheese)
- Chief's Chicken Salad w/ FF Ranch
- Chief's Turkey Salad w/ FF Ranch
- Corned Beef on Wheat (med, no mayo or cheese)
- Steamer on Wheat (med, no mayo or cheese)

FRESH TO ORDER®

- Grilled Chicken Breast with side Southwestern Salad
- Almond Crusted Tuna with a side of Wheat Berry Rice (1/2)

HACIENDA FIESTA®

- 1 Fresh Chicken Taco
- 1 Refried Bean Soft or Hard Shell Taco
- White Chili Bowl w/ Side Guacamole

HARDEE'S®

- Big Roast Beef Sandwich
- Original Turkey Burger (no sides)
- Ham 'N' Cheese Sandwich
- 2 Soft Chicken Taco

HEAVENLY HAM®

- Roasted Turkey Sensation (no dill sauce)
- Swiss Philly (no mayo) w/ ½ Swiss Cheese & ½ Horseradish Sauce

IHOP®

- Simple & Fit: Grilled Balsamic Glazed Chicken
- Simple & Fit: Two Egg Breakfast
- Simple & Fit: Veggie Omelet ❖

ISLANDS®

- ½ Mahi Mahi Sandwich
- Sleek Greek Salad



ON THE GO

JACK IN THE BOX®

- Chicken Fajita Pita on Whole Grain w/ Salsa & Apple Bites & Caramel Sauce
- Hamburger & RF Milk 2%
- Healthier Options® Grilled Chicken Strips w/ Teriyaki Sauce & Salad w/ LF Balsamic

JASON'S DELI®

- ½ Club Royale Sandwich w/ Steamed Veggies
- ½ Deli Club Sandwich w/ Fresh Fruit Cup

JASON'S DELI® - Continued

- Mediterranean Wrap
- Deli Turkey Wrap
- ½ Santa Fe Chicken Sandwich w/ Steamed Veggies

JERSEY MIKE'S SUBS®

- American Classic Wheat Mini ♦
- Turkey Breast & Provolone Wheat Mini

JIMMY JOHN'S®

- 1/2 Billy Club® (no mayo) w/ 1/2 bag Thinny Chips
- 1/2 Bootlegger Club® w/ Grey Poupon Dijon Mustard (no mayo) & 1/2 bag Real Potato Chips
- 1/2 Country Club w/ Grey Poupon Dijon Mustard (no mayo) w/ 1/2 bag Thinny Chips
- 1/2 Hunter's Club® (no mayo) w/ 1/2 bag Thinny Chips
- 8-inch Big John® (no mayo)
- 8-inch J.J.B.L.T® (no mayo)
- 8-inch Pepe® (no mayo)

KFC®

- Original Recipe Chicken-Breast w/out skin or breading w/ Potato Wedges
- Kentucky Grilled Chicken Breast w/ BBQ Baked Beans
- Kentrucky Grilled Chicken-Breast w/ KFC Cornbread Muffin
- 10 Original Recipe® Bites & Corn on the Cob (no butter, 3")
- Grilled Chicken Breast w/ side Sweet Kernel Corn & side Salad w/ Marzetti LT Italian Dressing

LA SALSA FRESH MEXICAN GRILL®

- 2 Mexico City Steak Tacos
- Tortilla Soup w/ Pinto Beans

LONGHORN STEAKHOUSE®

- 7oz. Longhorn Salmon (1/2 portion or 3.5oz.) w/ Green Beans (1/2), Seasonal Veggies & Fire-Grilled Corn on the Cob
- Lighter Portion Napa Grilled Chicken (includes Seasonal Vegetables and Salad w/ Raspberry Vinaigrette)



MACARONI GRILL®

- Grilled Chicken Spiedini (no salad)
- Grilled Shrimp Spiedini (no salad)

MAZZIO'S ITALIAN EATERY®

- 12-inch Chicken Club Pizza (med, thin crust, 2 slices)
- 12-inch Chicken Pizza (med, thin crust, 2 slices)

MCALISTER'S DELI®

- Chicken & Sausage Gumbo (cup) w/ ½ Savannah Chopped Salad
- Chicken Chili (cup) w/ ½ Savannah Chopped Salad
- 2 ½ Ham Melt w/ Chicken Noodle (cup)
- ½ Memphian™ w/ Chicken Noodle (cup)
- ½ Turkey Melt w/ Chicken Noodle (cup)
- Chicken Tortilla Soup (cup) w/ ½ Savannah Chopped Salad
- ½ Turkey Melt w/ Southwest Roasted Corn (cup)

MCDONALD'S®

- Cheeseburger w/ 1% LF Milk
- Chipotle BBQ Snack Wrap® (grilled) w/ LF Milk 1% & Apple Slices
- Hamburger w/ Salad & LF Balsamic Vinaigrette & LF Milk 1%
- McDouble
- Premium Bacon Ranch Salad w/ Grilled Chicken & 1/2 pkt Newman's Own® Ranch Dressing, Strawberry Gogurt & Apple Slices
- Premium McWrap Chicken Sweet Chili
- Premium Grilled Chicken Classic Sandwich w/ Apple Slices
- Premium SW Salad w/ Grilled Chicken & 1/2 pkt Newman's Own® Creamy SW Dressing
- Ranch Snack Wrap® (grilled) w/ LF Milk 1%

MOE'S® SOUTHWEST GRILL®

- 6-inch Soft Flour Taco w/ Meat (chicken, tofu, steak, fish, pork or ground beef), Beans (black or pinto), Rice & Sour Cream or Guacamole
- Junior Burrito on Whole Grain Tortilla (10") w/ Chicken, Black Beans, Veggies & Guacamole
- Salad Streaker (no tortilla or shell) w/ Chicken, Black Beans, Veggies & Guacamole
- Salad Streaker (no tortilla or shell) w/ Tofu, Black Beans, Veggies, Shredded Cheese & Southwest Vinaigrette♦
- 10-Inch Whole Wheat Tortilla w/ Meat (your choice), Beans, Rice & Veggies

MUSCLE MAKER GRILL®

- Lighter Side Mona Lisa Wrap & Broccoli
- Lighter Side Tucson
- Chocolate Peanut Butter Protein Shake



NEWK'S®

- Grab N Go Ham on Wheatberry
- Grab N Go Roast Beef on Wheatberry
- Grab N Go Turkey on Wheatberry

NINETY-NINE®

- Grilled Double BBQ Turkey Tips (1/2)

NOODLES & COMPANY®

- Bangkok Curry w/ Chicken (sm)
- Japanese Pan Noodles w/ Shrimp (Sm)
- Mediterranean Salad w/ Shrimp (reg)
- Chicken Noodle Soup (reg)

O'CHARLEY'S®

- Petite Sirloin (6 oz) with Asparagus

OLIVE GARDEN®

- 1/2 Chicken Marsala
- 1/2 Mixed Grill
- ½ Chicken Parmigiana Sandwich
- Garlic Rosemary Chicken
- ½ Spaghetti w/ Meatballs (Classic Recipe)
- Cheese Ravioli w/ Meat Sauce
- ½ Mediterranean Grilled Trout
- Fingers & Pasta

ON THE BORDER®

- 1/2 Tomatillo Chicken
- Chicken Soft Taco w/ Guacamole & Grilled Vegetables
- Chicken Tostada w/ Guacamole & Black Beans
- Ground Beef Soft Taco w/ Grilled Vegetables
- Ground Beef Tostada w/ Guacamole & Black Beans

OUTBACK STEAKHOUSE®

- Chicken & Artichoke Flatbread
- Special 6 oz. Steak (no butter) w/ Green Beans & 1/2 Plain Baked Potato
- Sweet Glazed Roasted Pork Tenderloin w/ Green Beans (no butter)



P.F. CHANG'S CHINA BISTRO®

- 1/2 Moo Goo Gai Pan w/ Brown Rice (1/2)
- Sichuan Shrimp (no rice)
- 1/2 Orange Peel Beef
- Buddha's Feast Stir Fried ❖
- Spicy Ahi Tuna Roll w/ Spinach and Garlic-Small
- 1/2 Mandarin Chicken w/ Shanghai Cucumbers (large)
- Moo Goo Gai Pan w/ Brown Rice (1/2)
- GF 1/2 Beef w/ Broccoli & Brown Rice (lunch portion) & Shanghai Cucumbers (small)

PANERA BREAD®

- Breakfast Power w/ Ham on Whole Grain w/ Fruit Cup
- 1/2 Bacon Turkey Bravo on Tomato Basil Signature Sandwich
- 1/2 Chicken Caesar on Three Cheese Signature Sandwich
- 1/2 Frontega Chicken on Focaccia Panini
- 1/2 Roasted Turkey & Avocado BLT w/ LF Chicken Noodle Soup (cup)
- 1/2 Smoked Turkey on Three Cheese Panini w/ Fruit Cup
- BBQ Chopped Chicken Salad w/ BBQ Ranch (no chips, no side)
- 1/2 Asiago Steak on Asiago Cheese Signature Sandwich

PAPA MURPHY'S®

- Chicken Pesto on DeLITE Crust (lg, 3 slices)

PEI WEI®

- 1/2 Small Kung Pao Chicken (stock velveted)
- 1/2 Large Mongolian Beef w/ 1/2 Brown Rice (sub white rice for brown, stock velveted)

PERKINS®

- Lemon Pepper Tilapia

PITA PIT®

- Chicken Breast on Wheat w/ Vegetables & Provolone & Sauce (your choice – low cal, LF)
- Club Pita on Wheat (no cheese) w/ Sauce (mustard, hot sauce, or salsa)
- Dagwood Pita on Wheat (no cheese) w/ Sauce (your choice – low cal, LF)
- Prime Rib on Wheat w/ Vegetables (no cheese, no sauce)
- Provolone on Wheat w/ Vegetables ❖
- Spicy Black Bean on Wheat w/ Vegetables & Cheese (provolone, blue cheese, gorgonzola, Swiss, pepper jack) ❖
- Tuna on Wheat w/ Vegetables & Cheese (provolone or pepper jack)
- Turkey on Wheat w/ Vegetables & Swiss Cheese & Sauce (your choice – low cal, LF)



POTBELLY®

- TKY w/ Brown Mustard & Side of Tomato Soup
- Little Tuna Sandwich
- Ham & Tomato Melt
- Vegetarian Sandwich Skinny w/ Side of Chicken Noodle Soup
- Hammie Skinny w/ Side of Garden Vegetable Soup
- Chicken Cheddar Sandwich Flat
- Roast Beef Sandwich Flat

QUIZNOS®

- Basil Pesto Chicken Flatbread (sm)
- Honey Bourbon Chicken on Wheat w/ Veggies & Cheese (sm)
- Mesquite Chicken Sub on Wheat w/ Mustard (sm, no ranch)
- Traditional on Wheat w/ Mustard & Cheese (sm, no mayo)
- Ultimate Turkey Club on Wheat w/ Mustard & Cheese (sm, no mayo)
- Greek Chicken Flatbread (sm)

RED LOBSTER®

- Lighthouse 1/2 Grilled Rainbow Trout w/ Broccoli & Garden Salad w/ Balsamic Vinaigrette
- Lighthouse 1/2 Grilled Salmon w/ Broccoli & Garden Salad w/ Balsamic Vinaigrette
- Lighthouse 1/2 Grilled Tilapia w/ Broccoli & Garden Salad w/ Balsamic Vinaigrette
- Lighthouse Bar Harbor Salad w/ Chicken & Balsamic Vinaigrette

RUBIO'S®

- Balsamic & Roasted Veggie Salad (med) w/ Chicken & One Taco on Corn Tortilla (Grilled or Blackened Tilapia, Grilled Mango Habanero Mahi Mahi, Grilled or Blackened Atlantic Salmon, Grilled or Blackened Pacific Mahi Mahi, Classic Grilled Chicken)
- Two Salsa Verde Shrimp Tacos on Corn Tortilla
- Two Street Tacos (steak or chicken) & One Seafood Taco
- One Grilled Gourmet Taco (chicken or steak) & One Street Taco (chicken or steak)
- Three Street Taco Platter (chicken or steak) w/ Black Beans & Rice (1/2)
- Two Classic Grilled Steak Tacos on Corn Tortilla

RUBY TUESDAY®

- Hickory Bourbon Chicken w/ Green Beans & Roasted Spaghetti Sauce

SALAD WORKS®

- Chicken Monterey on Rocaccia w/ Mustard & Veggies & Cheese
- Fajitalicious on Focaccia w/ Cheese & Veggies & Salsa Mayo
- Ham Continental on Focaccia w/ Cheese & Veggies & Mustard
- Turkey Continental on Focaccia w/ Cheese & Veggies & Mustard
- Turkey Ranch on Focaccia w/ Cheese & Veggies & Lite Ranch
- Fire Roasted Cabo Salad
- Tivoli Salad



SCHLOTZSKY'S®

- Chicken Pesto (sm)
- Chipotle Chicken (sm)
- Homestyle Tuna (sm)

SEASONS 52®

- Cuban Flatbread
- Lobster Flatbread
- Roasted Tomato Flatbread ❖
- Maui Tuna Crunch Salad

SHARIS®

- 1/2 Turkey Sandwich w/ Broccoli Cheddar (cup)
- Whole Deli Ham Sandwich
- 1/2 Ham Sandwich w/ Chicken Tortilla Soup (cup)

SHEETZ®

- 12-inch Club Combo Wrap w/ Vegetables & Mustard (no cheese)
- 12-inch Grilled Chicken Wrap w/ Vegetables & Mustard (no cheese)
- 6-inch Skinny Hot Chick Sub
- Double Ham on Wheat Bread w/ Vegetables & Cheese & Mustard
- Double Roast Beef on Wheat Bread w/ Vegetables & Cheese & Mustard
- Grilled Chicken Breast on Wheat Bread w/ Cheese & Vegetables & Mustard
- Italian Combo on Wheat Bread w/ Vegetables & Cheese & Mustard

SMOKEY BONES®

- Vegetable Burger (no sides) ❖

SMOOTHIE KING®

- High Protein Almond Mocha (20 oz.) ❖
- High Protein Chocolate (20 oz.) ❖
- High Protein Lemon (20 oz.) ❖

SONIC®

- Grilled Chicken Wrap

STARBUCKS®

- Chicken Santa Fe Panini
- Chicken & Hummus Bistro Box w/ Tall (12oz.) Latte (2% Milk)



STEAK 'N SHAKE®

- Grilled Chicken Sandwich
- Apple Pecan Grilled Chicken Salad w/ RF Berry Balsamic Vinaigrette (1 oz.)
- Grilled Chicken Salad w/ RF Berry Balsamic Vinaigrette (1 oz.) & Vegetable Soup (cup)

SUBWAY®

- 6-inch Buffalo Chicken on Wheat or Flatbread w/ Vegetables & Ranch (no cheese)
- 6-inch Club on Wheat or Flatbread w/ Avocado & Vegetables & Mustard (no cheese)
- Club Salad w/ FF Italian & 1% LF White Milk
- Double Chicken Chopped Salad w/ Baked Lay's
- 6-inch Club (dbl meat) on Wheat or Flatbread w/ Vegetables & Mustard
- 6-inch Club on Wheat or Flatbread w/ Vegetables, Cheese & Mustard
- 6-inch Ham (dbl meat) on Wheat or Flatbread w/ Vegetables, Cheese & Mustard
- 6-inch Oven Roasted Chicken Breast on Wheat or Flatbread w/ Vegetables, Cheese & Mustard
- 6-inch Roast Beef (dbl meat) on Wheat or Flatbread w/ Vegetables, Cheese & Mustard
- 6-inch Steak and Cheese on Wheat or Flatbread w/ Vegetables
- 6-inch Subway Melt® on Wheat or Flatbread w/ Vegetables & Cheese
- 6-inch Sweet Onion Chicken Teriyaki on Wheat or Flatbread w/ Vegetables (no cheese)
- 6-inch Turkey Breast & Ham (dbl meat) on Wheat or Flatbread w/ Vegetables, Cheese & Mustard
- 6-inch Turkey Breast (dbl meat) on Wheat or Flatbread w/ Vegetables, Cheese & Mustard
- Oven Roasted Chicken Breast Salad w/ Cheese, FF Italian Dressing & 1% LF White Milk
- Turkey Breast & Ham Salad w/ Cheese, FF Italian & 1% LF White Milk
- Turkey Breast Salad w/ Cheese, FF Italian & 1% LF White Milk

T.G.I. FRIDAY'S®

- 1/2 Jack Daniel's® Chicken Grill w/ Roasted Veggie Medley
- 1/2 Jack Daniel's® Chicken & Shrimp w/ Broccoli & Vegetable Medley

TACO BELL®

- 3 Fresco Chicken Soft Tacos
- 2 Fresco Chicken Soft Tacos w/ Side of Black Beans

TACO CABANA®

- 2 Chicken Breast Fajita Soft Tacos
- 2 Ground Beef Crispy Tacos w/ Borracho Beans
- 2 Stewed Chicken Soft Tacos

TIM HORTON'S®

- Tim's Own® Ham & Swiss Sandwich
- Tim's Own® Turkey Bacon Club Sandwich
- Chicken Ranch Wrap Snacker & Beef Noodle Soup (reg)
- Chipotle Chicken Wrap Snacker and Cream of Broccoli Soup (sm)



ON THE GO

TOGO'S®

- Turkey, Roast Beef & Cheese Half/Mini w/ Italian Vinaigrette
- Turkey & Cheese Half/Mini w/ mayo
- Cheese Half/Mini (w/out dressing) ♦

TROPICAL SMOOTHIE CAFÉ®

- Baja Chicken Flatbread (no ranch or 1/2 portion cheese)
- Chicken Pesto Flatbread (use 1/2 portion cheese)
- Open Face Turkey Guacamole Sandwich (remove 1 slice of bread)

UNO CHICAGO GRILL®

- 1/2 Chicken Sandwich & Tuscan Minestrone Soup
- 6 oz. Top Sirloin w/ Farro Salad
- Turkey Avocado & Bacon (1/2)
- House Salad w/ Grilled Chicken & FF Vinaigrette & Breadstick (1/2)
- Grilled Chicken Sandwich

WENDY'S®

- Asian Cashew Chicken Salad
- Chili (lg) w/ Shredded Cheese & Saltine Crackers
- Grilled Chicken Go Wrap & LF White Milk
- Jr. Cheeseburger & LF White Milk
- Ultimate Chicken Grill Sandwich

WAWA®

- Juinior Egg Breakfast Hoagie w/ Wheat Junior Roll, Egg White Omelet, Applewood Smoked Bacon, Avocado & Veggies
- Breakfast Sizzlis, Turkey Sausage, Egg White & Cheese Bagel
- Turkey Sandwich on Wheat Bread w/ Provolone Cheese, Veggies & Mustard
- Roast Beef Sandwich on Wheat Bread w/ Provolone Cheese, Veggies & Mustard

ZAXBY'S®

- Chicken Sandwich (No Drink, Crinkle Fries & Honey Mustard Sauce)
- Grilled Chicken Caesar Salad (no dressing, parmesan cheese & bacon)

ZOE'S KITCHEN®

- Grilled Shrimp Salad w/out Dressing
- Classic Turkey Sandwich
- Club Pita Sandwich