

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
- Blackened Tilapia
- Grilled Dijon Chicken & Portobello
- Sizzling Asian Shrimp & Broccoli
- Sizzling Chili Lime Chicken

### Arby's®

- Arby's Melt
- Chopped Farmhouse Chicken Salad w/ LT Italian & Apple Slices (no dip) & LF White Milk
- Classic Roast Beef Sandwich w/ Sliced Apples (no dip)
- Cravin' Chicken Sandwich - Roasted w/ Sliced Apples (no dip)
- Ham & Swiss Melt w/ LF White Milk
- Jr. Ham & Cheddar Sandwich w/ Apple Slices & Yogurt Dip & LF White Milk
- Jr. Pepper Jack Sandwich w/ Apple Slices & Yogurt Dip & LF White Milk
- Jr. Roast Beef Sandwich w/ Apple Slices & Yogurt Dip & LF White Milk
- Arby-Q® Sandwich

### Au Bon Pain®

- 1/2 Black Angus Roast Beef & Herb Cheese Sandwich w/ Fruit Cup (Sm)
- 1/2 Caprese Sandwich w/ Fruit Cup (Sm)
- 1/2 Chicken Salad Sandwich w/ Mixed Nuts
- 1/2 Roast Beef on Baguette w/ Fresh Grapes (8 oz)
- 1/2 Roasted Turkey on Baguette w/ Mixed Nuts
- 1/2 Santa Fe Turkey Sandwich w/ Fruit Cup (Sm)
- 1/2 Turkey & Swiss Sandwich
- Chef's Salad w/ 1 Pkt Balsamic Vinaigrette
- Grilled Chicken Sandwich
- Grilled Chicken Caesar Asiago Salad w/ 1/2 Pkt Caesar
- Mediterranean Chicken Salad w/ 1 Pkt Balsamic Vinaigrette
- Thai Peanut Chicken Salad w/ 1 Pkt Peanut Dressing & Fruit Cup (Sm)
- Tuna Garden Salad w/ 1 Pkt Balsamic Vinaigrette
- Tuna Salad Sandwich
- Turkey Chili (Med)

**Baja Fresh®**

- Baja Ensalada® Charbroiled Shrimp Salad w/ FF Salsa Verde & Veggie Mix
- Baja Ensalada® Charbroiled Chicken Salad w/ FF Salsa Verde & Veggie Mix
- Chicken Tortilla Soup w/ Charbroiled Chicken
- Original Baja Chicken Tacos (2)
- Original Baja Shrimp Tacos (2)

**Blimpie®**

- 6-inch Chicken Teriyaki (no cheese)
- 6-inch Club on Wheat (no cheese or sauce) w/ Vegetable Soup (cup)
- 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 Ham on Wheat (no cheese or sauce) w/ Vegetable Soup (cup)
- 6-inch Roast Beef (no cheese or sauce) w/ Vegetable Soup (cup)
- 6-inch Roast Beef & Provolone on Wheat
- 6-inch Turkey & Avocado on Wheat
- 6-inch Turkey & Cranberry on Wheat
- 6-inch Turkey & Provolone on Wheat
- 6-inch Turkey on Wheat (no cheese or sauce) w/ Vegetable Soup (cup)
- 6-inch Veggie & Provolone on Wheat (no sauce) w/ Vegetable Soup (cup)
- 6-inch VegiMax on Wheat (no cheese or sauce)
- 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)
- Grande Chili w/ Bean & Beef & Salad w/ LT Buttermilk Ranch
- Ultimate Club Salad w/ LT Buttermilk Ranch & Vegetable Soup (cup)

**Bob Evans®**

- 1/2 Turkey Bacon Melt w/ Green Beans & Broccoli Florets & Fruit Dish
- Apple Cranberry Spinach Salad w/ Raspberry Dressing
- Grilled Cheese Sandwich w/ Green Beans & Broccoli Florets
- 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

**Bojangle's®**

- Grilled Chicken Sandwich
- Grilled Chicken Salad w/ 1 Pkt FF Italian

**Bojangle's® cont'd**

- Leg (1) w/ Cajun Pintos (Ind) & Green Beans (Ind)
- Roasted Chicken Bites w/ Cajun Pintos (Ind) & Green Beans (Ind)
- Supreme (4 pieces) w/ Green Beans (Ind)
- Supreme (3 pieces) w/ Cajun Pintos (Ind) & Green Beans (Ind)
- Wing (1) w/ Bojangles Cajun Pintos (Ind) & Green Beans (Ind)

**Boston Market®**

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

**Buffalo Wild Wings**

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

**Burger King®**

- BK VEGGIE® Burger
- BK VEGGIE® Burger w/ Cheese (no mayo)
- Homestyle Chicken Strips (2) w/ BK® Fresh Apple Slices & FF milk
- TENDERGRILL® Chicken Apple & Cranberry Salad w/ Ken's® Lite Honey Balsamic
- TENDERGRILL® Chicken Sandwich (no mayo) w/ Salad & 1/2 Pkt LT Honey Balsamic
- TENDERGRILL® Chicken Sandwich w/ Cheese (no mayo)
- TENDERGRILL® Garden Salad w/ 1/2 Pkt LT Honey Balsamic & FF Milk
- WHOPPER JR.® (no mayo) w/ Salad & 1/2 Pkt LT Honey Balsamic
- WHOPPER JR.® w/ Cheese (no mayo) & Salad w/ 1/2 Pkt LT Honey Balsamic

**Camille's® Sidewalk Café**

- 1/2 Bangkok Thai Flatbread Pizza
- 1/2 Italian Roast Beef Panini Sandwich w/ Spring Mix Salad & Raspberry Vinaigrette & Seasonal Fruit Cup
- 1/2 Just a Cheese Flatbread Pizza w/ Spring Mix Salad & Raspberry Vinaigrette

**Camille's® Sidewalk Café cont'd**

- 1/2 Kickin BBQ Chicken Flatbread Pizza w/ Spring Mix Salad & Raspberry Vinaigrette
- 1/2 Napa Valley Chicken Panini Sandwich w/ Spring Mix Salad & Raspberry Vinaigrette & Seasonal Fruit Cup
- 1/2 Paris Bistro Wrap w/ Spring Mix Salad & Raspberry Vinaigrette \* Seasonal Fruit Cup
- 1/2 Zorba the Greek Flatbread Pizza w/ Spring Mix Salad & Raspberry Vinaigrette
- Chicken Caesar Salad w/ 3 Pkts Saltine Crackers
- 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
- Cranberry Apple Walnut Grilled Chicken Salad w/ LF Balsamic Vinaigrette
- Original Grilled Chicken Salad w/ 1/2 Pkt Raspberry Vinaigrette
- Sweet & Bold BBQ Chicken Tender Wrapper w/ Salad & LF Balsamic

**Chick-fil-A®**

- Chargrilled & Fruit Salad w/ Harvest Granola & RF Berry Balsamic Vinaigrette
- Chargrilled Chicken Garden Salad w/ Garlic & Butter Croutons & Honey Roasted Sunflower Kernels & FF Honey Mustard
- Chargrilled Chicken Club Sandwich
- Chargrilled Chicken Cool Wrap w/ LT Italian
- Chargrilled Chicken Sandwich w/ Salad & LT Italian
- Chicken Salad (Sm) w/ Fruit Cup (Med)
- Chicken Tortilla Soup (Lg, no chips)
- Chicken Tortilla Soup (Med, no chips) w/ Salad & FF Honey Mustard
- Grilled Chicken Nuggets (6 ct) w/ Salad & FF Honey Mustard & Croutons & Fruit Cup (Med)
- Hearty Breast of Chicken Soup w/ Salad & FF Honey Mustard
- Spicy Chicken Cool Wrap w/ LT Italian
- Southwest Chargrilled Salad w/ Spicy Dressing (no chips)

**Chili's®**

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

### Chipotle Mexican Grill®

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

### Dairy Queen®

- Barbecue Pork or Beef Sandwich w/ Salad & FF Dressing
- Grilled Chicken Sandwich
- Grilled Chicken Sandwich w/ Salad & FF Italian
- Grilled Chicken Wrap w/ Salad & FF Dressing
- Iron Grilled Cheese Sandwich
- Original Cheeseburger
- Original Hamburger w/ Salad & FF Ranch

### Denny's®

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

### Dickey's BBQ®

- Chicken Breast w/ Fruit Salad & Green Beans (no roll)
- Pork Tenderloin w/ Fruit Salad & Green Beans (no roll)
- Pork Tenderloin w/ Org. Potato Salad (no roll)
- Turkey Breast w/ Fruit Salad (no roll)

### Domino's Pizza®

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

### 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)
- Chipotle Steak (Sm, no cheese) w/ Chipotle Mayo
- Club (Reg, no cheese) w/ LT Italian
- Grilled Chicken Pita (Reg, no cheese) w/ Tzatziki Dip



### Extreme Pita® cont'd

- Falafel (Sm, no cheese) w/ Hot Sauce & Hummus
- Gyro (Sm, no cheese) w/ Tzatziki Dip
- Philly Steak w/ Mozzarella (Sm, no sauce) & 1 bag Pita Chips
- Smoked Turkey w/ Cheddar cheese (Reg, no sauce)

### Fazoli's®

- 1/2 Baked Spaghetti w/ Salad & FF Italian
- 1/2 Cheesy Baked Ziti w/ Salad & FF Italian
- 1/2 Chicken Carbonara
- 1/2 Twice Baked Lasagna w/ Salad & FF Italian
- Cheese Stuffed Pizza Stick w/ Salad & FF Italian
- Chicken Penne & Peppers
- Mushroom Chicken Alfredo Mini Bake
- Pepperoni Classico Pizza (1 slice) w/ Salad & FF Italian
- Pepperoni Stuffed Pizza Stick w/ Salad & FF Italian
- Triple Cheese Pizza (1 slice) w/ Salad & FF Italian

### 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)
- Engine Company on Wheat (Med, no mayo or cheese))
- Engineer on Wheat (Med, no mayo or cheese)
- Pastrami on Wheat (Med, no mayo or cheese)
- Roast Beef on Wheat (Med, no mayo or cheese))
- Steamer on Wheat (Med, no mayo or cheese)
- Turkey on Wheat (Med, no mayo or cheese)
- Veggie on Wheat (Med, no mayo or cheese)

### Heavenly Ham

- Classic Roast Beef (no mayo)
- Ham Salad w/ 1.5 Ham Salad (no dressing)
- Heavenly' s Original on Focaccia Bread (no mayo, no mustard) w/ 1/2 Havarti Cheese
- Open Face Heavenly' s Famous Ham Salad Sandwich (1 slice wheat bread)
- Roasted Turkey Sensation (no dill sauce)
- Swiss Philly (no mayo) w/ 1/2 Swiss Cheese & 1/2 Horseradish Sauce
- Turkey Classic (no mayo, no mustard)
- Veggie Heaven w/ 1/2 Dill Sauce & 1/2 Cheese (Cheddar or Swiss)
- Zesty Roast Beef (no sweet café sauce) w/ 1/2 Swiss Cheese & 1/2 Horseradish Sauce

### IHOP

- Simple & Fit Grilled Balsamic Glazed Chicken
- Simple & Fit: Two Egg Breakfast
- Simple & Fit: Two X Two X Two

### Jack in the Box®

- Chicken Club Salad w/ Grilled Chicken & 1/2 Pkt LT Ranch (no croutons)
- Chicken Fajita Pita on Whole Grain w/ Salsa & Apple Bites & Caramel Sauce
- Grilled Chicken Salad w/ Croutons & LF Balsamic
- Hamburger Deluxe w/ Apple Bites & Caramel Sauce
- Hamburger w/ Cheese & Apple bites & Caramel sauce
- Hamburger & RF 2% Milk
- Healthier Options: Grilled Chicken Strips w/ Teriyaki Sauce & Salad w/ LF Balsamic
- Southwest Chicken Salad w/ Grilled Chicken & 1/2 Pkt LT Ranch (no spicy corn sticks)

### Jason's Deli®

- 1/2 Amy's Turkey-O Sandwich w/ Vegetarian Vegetable Soup (cup)
- 1/2 Cafe Wrap
- 1/2 Chicago Club Sandwich w/ Fresh Fruit Cup (no dip)
- 1/2 Chicken Club Wrapini w/ Fresh Fruit Cup
- 1/2 Chicken Panini w/ Steamed Veggies
- 1/2 Chicken Pasta Primo (no bread) w/ Fresh Fruit Cup
- 1/2 Club Royale Sandwich w/ Steamed Veggies
- 1/2 Deli Club Sandwich
- 1/2 JB's Bagelini w/ Fresh Fruit Cup (no dip)
- 1/2 Maverick Wrap w/ Fresh Fruit Cup
- 1/2 Penne Pasta w/ Meatballs & Steamed Veggies
- 1/2 Philly Chic Wrap w/ Fresh Fruit Cup
- 1/2 Portobello Garden Pasta (no bread) w/ Chicken & Steamed Veggies
- 1/2 Pot Roast Melt w/ Seasonal Veggies
- 1/2 Ranchero Wrap w/ Salsa & Steamed Veggies
- 1/2 Santa Fe Chicken Sandwich w/ Steamed Veggies
- 1/2 Smokey Jack Panini w/ Fresh Fruit Cup
- Beef Stew (bowl, no toppings)
- Garden Sandwich w/ Ciabatta Bun
- Garden Sandwich w/ Wrap Bread
- Mediterranean Wrap w/ Steamed Veggies
- Savvy Chicken Salad Wrap w/ Steamed Veggies
- Spinach Veggie Wrap w/ Steamed Veggies
- SW Chicken Chili (bowl, no toppings) w/ Steamed Veggies & Fresh Fruit Cup

**Jason's Deli® cont'd**

- Texas Chili (bowl, no toppings)
- Turkey Wrap w/ Steamed Veggies

**Jersey Mike's Subs®**

- American Classic Wheat Mini
- Jersey Shore Favorite 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 Club LuLu® w/ 1/2 bag Thinny Chip
- 1/2 Country Club w/ Grey Poupon Dijon Mustard (no mayo) w/ 1/2 bag Thinny Chips
- 1/2 Ham & Cheese Slim w/ 1/2 bag Real Potato Chips
- 1/2 Hunter's Club® (no mayo) w/ 1/2 bag Thinny Crisps
- 1/2 Salami, Capicola, Cheese Slim w/ 1/2 bag Thinny chips
- 1/2 Ultimate Porker™ (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)
- 8-inch Turkey Tom® (no mayo) w/ Grey Poupon Dijon Mustard
- 8-inch Vegetarian (no mayo)

**KFC®**

- Grilled Chicken Breast w/ Mashed Potatoes & Gravy & Green Beans
- Grilled Chicken Caesar Salad w/ Croutons & 1/2 Creamy Parmesan Caesar
- Grilled Chicken Filet w/ BBQ Baked Beans & Corn-on-the-Cob (3 inch)
- Honey BBQ Sandwich w/ House Salad & Marzetti LT Italian
- KFC Snacker® w/ Crispy Strip, Buffalo w/ Mashed Potatoes & Gravy (Ind)
- KFC Snacker® w/ Crispy Strip, Honey BBQ w/ Mashed Potatoes & Gravy (Ind)
- KFC Snacker® w/ Crispy Strip, House Salad w /Marzetti LT Italian
- KFC Snacker® w/ Crispy Strip, Ultimate Cheese w/ Mashed Potatoes & Gravy (Ind)

**La Salsa® Fresh Mexican Grill®**

- 2 Mexico City Chicken Taco
- 2 Mexico City Steak Tacos
- Carnitas Fajita Taco w/ Rice
- Chicken Fajita Taco w/ Rice
- Sonora Fish Basket



**La Salsa® Fresh Mexican Grill® cont'd**

- Steak Fajita Taco w/ Rice
- Tortilla Soup w/ Pinto Beans

**Long John Silver's®**

- Freshside Grille® Salmon Entrée w/ Corn Cobbette (no butter or oil)
- Freshside Grille® Shrimp Scampi Entrée w/ Corn Cobbette (no butter or oil)
- Freshside Grille® Tilapia Entrée w/ Corn Cobbette (no butter or oil) & Hushpuppy

**Mazzio's Italian Eatery®**

- 12-inch Chicken Club Pizza (Med, thin crust, 2 slices)
- 12-inch Chicken Pizza (Med, thin crust, 2 slices)
- 12-inch Hamburger Pizza (Med., thin crust, 2 slices)

**McAlister's Deli®**

- Bowl of Chicken & Dumplings
- Bowl of Chicken Chili in a Bread Bowl
- Chicken Tortilla Soup (cup) w/ 1/2 Cheese Spud
- Chicken Tortilla Soup (cup) w/ 1/2 New Yorker Sandwich
- Chicken Tortilla Soup (cup) w/ 1/2 Savannah Chopped Salad
- Chicken & Sausage Gumbo (cup) w/ 1/2 Cheese Spud
- Chicken & Sausage Gumbo (cup) w/ 1/2 New Yorker Sandwich
- Chicken & Sausage Gumbo (cup) w/ 1/2 Savannah Chopped Salad
- Chicken Chili (cup) w/ Cheese Spud
- Chicken Chili (cup) w/ New Yorker Sandwich
- Chicken Chili (cup) w/ Savannah Chopped Salad
- Chicken Noodle (cup) w/ Ham & Cheese Toastie
- Chicken Noodle (cup) w/ Ham Melt
- Chicken Noodle (cup) w/ Memphian™
- Chicken Noodle (cup) w/ Turkey Melt
- Chicken Noodle (cup) w/ Veggie Spud
- Country Potato Soup (cup) w/ Chef Salad
- Fire Roasted Vegetable Soup (cup) w/ 1/2 Veggie Club
- Grilled Chicken Salad
- Southwest Roasted Corn (cup) w/ 1/2 Turkey Melt
- Vegetarian Chili (cup) w/ 1/2 New Yorker Sandwich

**McDonald's®**

- Cheeseburger w/ 1% LF Milk
- Chipotle BBQ Snack Wrap® (grilled) w/ 1% LF Milk

### McDonald's® cont'd

- Hamburger w/ Salad & LF Balsamic Vinaigrette & 1% LF Milk
- Honey Mustard Snack Wrap® (Grilled) w/ 1% LF Milk
- McChicken® w/ Apple Slices (no dip)
- McDougle
- Premium Bacon Ranch Salad w/ Grilled Chicken & 1/2 Pkt Newman's Own® Ranch
- Premium Caesar Salad w/ Grilled Chicken & 1/2 Pkt Newman's Own® Creamy Caesar & Apple Dippers w/ LF Caramel Dip
- Premium Grilled Chicken Classic Sandwich
- Premium Grilled Chicken Ranch BLT Sandwich
- Premium SW Salad w/ Grilled Chicken & 1/2 Pkt Newman's Own® Creamy SW
- Ranch Snack Wrap® (Grilled) w/ 1% LF Milk

### Olive Garden®

- 1/2 Chicken Marsala
- 1/2 Five Cheese Marinanara w/ Shrimp
- 1/2 Mixed Grill (All Chicken) w/ Sides
- 1/2 Mixed Grill w/ Sides
- 1/2 Parmesan Crusted Bistecca w/ Sides
- 1/2 Shrimp Primavera
- 1/2 Spaghetti w/ Four Cheese Meat Sauce & Meatballs
- 1/2 Spaghetti w/ Meatsauce
- Seafood Brodetto
- Venetian Apricot Chicken w/ Sides

### On the Border®

- 1/2 Tomatillo Chicken
- Chicken Soft Taco w/ Guacamole & Grilled Vegetables
- Chicken Tostada w/ Guacamole & Black Beans
- Citrus Chipotle Chicken Salad w/ Mango Citrus Vinaigrette & Grilled Vegetables
- Chicken Tortilla Soup (cup) w/ Grilled Vegetables
- Ground Beef Soft Taco w/ Grilled Vegetables
- Ground Beef Tostada w/ Guacamole & Black Beans

### Outback Steakhouse®

- 1/2 Chicken on the Barbie with Sweet Potato (no butter or sugar)
- 2 Lobster Tails w/ Tangy Tomato Salad (no croutons) & Broccoli (no butter)
- Chicken on the Barbie (no butter) w/ Veggies (no butter)
- Grilled Chicken Sandwich w/ Broccoli (no butter)
- Simply Grilled Tilapia w/ Steamed Veggies & Grilled Asparagus

**Outback Steakhouse® cont'd**

- Special 6 oz. Steak (no butter) w/ Green Beans & 1/2 Plain Baked Potato
- Sweet Glazed Roasted Pork Tenderloin w/ Green Beans (no butter)
- Wood-Fire Grilled Pork Chop w/ Grilled Asparagus

**P.F. Chang's China Bistro®**

- 1/2 Asian Grilled Salmon
- 1/2 Chengdu Spiced Lamb
- 1/2 Mahi-Mahi
- 1/2 Moo Goo Gai Pan
- 1/2 Orange Peel Beef
- 1/2 Salmon with Steamed Ginger
- Thai Basil Greens Salad w/ Chicken & Ginger/Lime Vinaigrette & Egg Drop Soup (cup)

**Panda Express®**

- Black Pepper Chicken w/ 1/2 Steamed Rice
- Broccoli Beef w/ 1/2 Fried Rice
- Kung Pao Chicken w/ 1/2 Steamed Rice
- Mushroom Chicken w/ 1/2 Steamed Rice
- Peppercorn Shrimp w/ 1/2 Chow Mein
- String Bean Chicken w/ 1/2 Fried Rice

**Panera Bread®**

- 1/2 Asiago Roast Beef on Asiago Cheese Signature Sandwich w/ Fruit Cup
- 1/2 Bacon Turkey Bravo® on Tomato Basil Signature Sandwich
- 1/2 Chicken Caesar on Three Cheese Signature Sandwich
- 1/2 Cuban Chicken Panini
- 1/2 Frontega Chicken® on Focaccia Panini
- 1/2 Napa Almond Chicken Salad on Sesame Semolina w/ Fruit Cup
- 1/2 Roasted Turkey & Avocado BLT w/ LF chicken Noodle Soup (cup) & Fruit Cup
- 1/2 Smoked Ham & Swiss on Rye w/ Fruit Cup
- 1/2 Smoked Turkey Breast on Country w/ LF Vegetarian Black Bean Soup (cup)
- 1/2 Smokehouse Turkey® on Three Cheese Panini w/ Fruit Cup
- 1/2 Tomato & Mozzarella on Ciabatta
- 1/2 Turkey Artichoke on Focaccia Panini
- All Natural Steak Chili (Lg)
- All Natural Steak Chili (Sm) w/ Cornbread
- BBQ Chopped Chicken Salad w/ BBQ Ranch (no chips, no side)
- Strawberry, Poppyseed & Chicken Salad w/ FF Poppyseed Dressing & Apple
- Thai Chopped Chicken Salad w/ LF Thai Chili Vinaigrette (no wontons) & Apple

### Papa Murphy's®

- Barbeque Chicken on DeLITE Crust (Lg, 2 slices)
- Big Murphy Stuffed Pizza (Lg, 1 slice)
- Chicken Bacon Stuffed Pizza (Lg, 1 slice)
- Chicken Pesto on DeLITE Crust (Lg, 2 slices)
- Gourmet Chicken Garlic on DeLITE Crust (Lg, 2 slices)
- Hawaiian on DeLITE Crust (Lg, 2 slices)
- Thai Chicken on DeLITE Crust (Lg, 2 slices)
- Vegetarian Calzone w/ Marinara Sauce (Lg, 1 slice)

### Pei Wei®

- 1/2 Ginger Broccoli Beef w/ 1/2 Brown Rice
- 1/2 Ginger Broccoli Chicken w/ 1/2 Brown Rice
- 1/2 Ginger Broccoli Vegetables & Tofu w/ 1/2 Brown Rice
- 1/2 Hong Kong BBQ Chicken w/ 1/2 Brown Rice
- 1/2 Hong Kong BBQ Shrimp w/ 1/2 Brown Rice
- 1/2 Mongolian Beef w/ 1/2 Brown Rice
- 1/2 Mongolian Chicken w/ 1/2 Brown Rice
- 1/2 Mongolian Shrimp w/ 1/2 Brown Rice
- 1/2 Mongolian Vegetables & Tofu w/ 1/2 Brown Rice
- 1/2 Spicy Korean Chicken w/ 1/2 Brown Rice
- 1/2 Spicy Korean Vegetables & Tofu w/ 1/2 Brown Rice
- 1/2 Sweet & Sour Beef w/ 1/2 Brown Rice
- 1/2 Sweet & Sour Chicken w/ 1/2 Brown Rice
- 1/2 Sweet & Sour Vegetables & Tofu w/ 1/2 Brown Rice
- 1/2 Thai Dynamite Beef w/ 1/2 Brown Rice
- 1/2 Thai Dynamite Chicken w 1/2 Brown Rice
- 1/2 Thai Dynamite Shrimp w/ 1/2 Brown Rice
- Small plates: Bangkok Noodles

### Perkins®

- Open Face Roast Beef Sandwich w/ Fresh Fruit (no potatoes, no gravy)
- Chicken Tortilla Soup (bowl) w/ Salad & FF Italian (no croutons)

### Pita Pit®

- Black Forest Ham on Wheat w/ Vegetables & Provolone & Sauce (your choice – low cal, LF)
- Chicken Breast on Wheat w/ Vegetables & Provolone & Sauce (your choice – low cal, LF)
- Chicken Crave on Wheat w/ Provolone & Sauce (mustard, hot sauce or salsa)
- 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)

### Pita Pit® cont'd

- 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)

### Pizza Hut®

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

### Quiznos®

- Basil Pesto Chicken Flatbread (Sm)
- Black Angus on Rosemary Parmesan w/ Honey Dijon (Sm, no cheese)
- Mesquite Chicken Sub on Wheat w/ Mustard & Cheese (Sm, no ranch)
- Sonoma Turkey Flatbread (Sm)
- Traditional on Wheat w/ Mustard & Cheese (Sm, no mayo)
- Ultimate Turkey Club on Wheat w/ Mustard & Cheese (Sm, no mayo)

### Red Lobster®

- Lighthouse<sup>SM</sup> 1/2 Grilled Rainbow Trout w/ Broccoli & Garden Salad w/ Balsamic Vinaigrette
- Lighthouse<sup>SM</sup> 1/2 Grilled Salmon w/ Broccoli & Garden Salad w/ Balsamic Vinaigrette
- Lighthouse<sup>SM</sup> 1/2 Grilled Tilapia w/ Broccoli & Garden Salad w/ Balsamic Vinaigrette
- Lighthouse<sup>SM</sup> Broiled Sole w/ Broccoli
- Lighthouse<sup>SM</sup> Chilled Jumbo Shrimp Cocktail w/ Cocktail Sauce & Broccoli & Garden Salad & Balsamic Vinaigrette

### Red Robin®

- Chicken Tortilla Soup (cup) w/ House Salad & 2 oz Italian Dressing (no croutons)
- Simply Grilled Chicken Salad w/ 2 oz Balsamic Dressing & Croutons (no bread, no cheese)
- Simply Grilled Chicken Sandwich (no sides)

### Ruby Tuesday®

- 1/2 Turkey Burger w/ Fresh Grilled Zucchini
- Asian Glazed Salmon w/ Fresh Grilled Zucchini
- Barbecue Grilled Chicken w/ Green Beans & 1/2 White Cheddar Mashed Potatoes
- Blackened Tilapia w/ Mango Salsa & Grilled Zucchini & 1/2 Brown Rice Pilaf
- Crab Cake Dinner



**Ruby Tuesday® cont'd**

- Creole Catch w/ White Cheddar Mashed Potatoes & Grilled Green Beans
- New Orleans Seafood w/ 1/2 Brown Rice Pilaf
- Petite Grilled Chicken Salad w/ Balsamic Vinaigrette
- Plain Grilled Chicken w/ Steamed Broccoli & 1/2 Brown Rice Pilaf
- Plain Grilled Petite Sirloin w/ Steamed Broccoli & 1/2 Plain Baked Potato
- Plain Grilled Salmon w/ 1/2 Brown Rice Pilaf
- Plain Grilled Top Sirloin w/ 1/2 Plain Baked Potato
- White Bean Chicken Chili w/ Steamed Broccoli & Sugar Snap Peas

**Schlotzsky's®**

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

**Smoothie King®**

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

**Sonic®**

- Corn Dog w/ Apple Slices (no dipping sauce) & 1% Milk
- Grilled Chicken Wrap
- Jr. Burger w/ 1% Milk

**Starbucks®**

- Chicken & Hummus Bistro Box w/ Deluxe Fruit Salad
- Chicken Santa Fe Panini
- Chipotle Chicken Wrap
- Ham & Swiss Panini
- Roasted Vegetable Panini
- Sesame Noodles Bistro Box
- Tarragon Chicken Salad Sandwich

- Turkey & Swiss Sandwich

### Steak 'n Shake®

- Grilled Chicken Sandwich
- Turkey Club 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 BLT w/ Avocado on Wheat w/ Vegetables & Mustard (no cheese)
- 6-inch Buffalo Chicken
- 6-inch Club w/ Avocado & Vegetables & Mustard (no cheese)
- 6-inch Club w/ Vegetables, Cheese & Mustard on Flatbread
- 6-inch Club (Dbl meat) w/ Vegetables, Cheese & Mustard
- 6-inch Club w/ Vegetables, Cheese & Mustard on Flatbread
- 6-inch Cold Cut Combo
- 6-inch Ham (Dbl meat) w/ Vegetables, Cheese & Mustard
- 6-inch Ham (Dbl meat) w/ Vegetables, Cheese & Mustard on Flatbread
- 6-inch Roast Beef (Dbl meat) w/ Vegetables, Cheese & Mustard
- 6-inch Roast Beef (Dbl meat) w/ Vegetables, Cheese & Mustard on Flatbread
- 6-inch Turkey Breast & Ham (Dbl meat) w/ Vegetables, Cheese & Mustard
- 6-inch Turkey Breast & Ham (Dbl meat) w/ Vegetables, Cheese & Mustard on Flatbread
- 6-inch Turkey Breast (Dbl meat) w/ Vegetables, Cheese & Mustard
- 6-inch Turkey Breast (Dbl meat) w/ Vegetables, Cheese & Mustard on Flatbread
- 6-inch Oven Roasted Chicken Breast w/ Vegetables, Cheese & Mustard
- 6-inch Oven Roasted Chicken Breast w/ Vegetables, Cheese & Mustard on Flatbread
- 6-inch Steak & Cheese
- 6-inch Subway Melt®
- 6-inch Sweet Onion Chicken Teriyaki on Flatbread
- 6-inch Turkey & Bacon Avocado
- 6-inch Veggie Patty
- Black Forest Ham Salad (Dbl meat, Dbl cheese) w/ FF Italian & 1% LF White Milk
- Chili Con Carne & Veggie Delight Salad w/ FF Italian
- Club Salad (Dbl meat, Dbl cheese) w/ FF Italian & 1% LF White Milk
- Oven Roasted Chicken Breast Salad (Dbl meat, Dbl cheese) w/ FF Italian & 1% LF White Milk
- Turkey Breast & Ham Salad (Dbl meat, Dbl cheese) w/ FF Italian & 1% LF White Milk
- Turkey Breast Salad (Dbl meat, Dbl cheese) w/ FF Italian & 1% LF White Milk

### T.G.I. Friday's®

- 1/2 Dragonfire Chicken
- 1/2 Jack Daniel's® Chicken Grill w/ Roasted Veggie Medley

**T.G.I. Friday's® cont'd**

- 1/2 Jack Daniel's® Chicken & Shrimp w/ Broccoli & Vegetable Medley
- Tortilla Soup w/ Broccoli & Fruit Cup

**Taco Bell®**

- Burrito Supreme® - Chicken
- Burrito Supreme® - Steak
- Fresco Beef Soft Tacos (2)
- Fresco Chicken Soft Tacos (2)
- Fresco Burrito Supreme® - Chicken
- Fresco Burrito Supreme® - Steak
- Gordita Supreme® Chicken w/ Fresco Style Mexican Rice
- Gordita Supreme® Steak w/ Fresco Style Mexican Rice

**Taco Cabana®**

- Beef Taco 400 Bowl
- Carne Guisada Soft Tacos (2)
- Chicken Breast Fajita Soft Tacos (2)
- Chicken Fajita 400 Bowl
- Chicken Taco 400 Bowl w/ Black Beans
- Ground Beef Chalupa w/ Black Beans
- Ground Beef Crispy Tacos (2)
- Steak Fajita 400 Bowl
- Stewed Chicken Chalupa w/ Boraccho Beans
- Stewed Chicken Crispy Tacos (2) w/ Black Beans
- Stewed Chicken Soft Tacos (2)
- Vegetarian 400 Bowl w/ Rice

**Uno Chicago Grill®**

- 1/3 Shrimp Spinach & Goat Cheese Pizza (thin crust)
- 1/3 Fig & Broccoli Pizza (thin crust)
- Grilled Chicken Sandwich
- Roasted Vegetable & Goat Cheese Wrap (Vegetarian)
- Veggie Burger (Vegetarian)

**Wendy's®**

- 1/2 Spicy Chicken Caesar Salad w/ Gourmet Croutons & Lemon Garlic Caesar
- Apple Pecan Chicken Salad w/ Pomegranate Vinaigrette (no pecans)
- Chili (Lg) w/ Shredded Cheese & Saltine Crackers
- Chili (Sm) w/ Shredded Cheese & Saltine Crackers & Salad & LT Classic Ranch
- Grilled Chicken Go Wrap & LF White Milk

**Wendy's® cont'd**

- Jr. Cheeseburger & LF White Milk
- Jr. Hamburger w/ Salad & LT Classic Ranch & LF White Milk
- Ultimate Chicken Grill Sandwich

**White Castle®**

- 3 Original Sliders®

## Phase 1 Breakfast Options

**Blimpie®**

- Egg & Cheese on a Roll

**Burger King®**

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

**Dunkin' Donuts®**

- Egg & Cheese Wake-Up Wrap
- Egg White & Turkey Sausage Wake-Up Wrap
- Egg White & Veggie Wake-Up Wrap
- Ham, Egg & Cheese Wake-Up Wrap
- Western Egg White Wake-Up Wrap

**McDonald's®**

- Fruit 'N Yogurt Parfait w/ 6 Almonds
- Snack Size Fruit & Walnut Salad

**Steak 'n Shake®**

- Bean & Cheese Taco
- Potato & Egg Taco
- Sausage, Egg & Cheese Taco

**Subway®**

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

**Subway® cont'd**

- 3-inch Egg White & Cheese on Flatbread w/ Apple Slices (1 pkg)
- 3-inch Steak, Egg White & Cheese on Flatbread
- Bacon, Egg & Cheese Muffin Melt
- Bacon, Egg White & Cheese Muffin Melt
- Egg & Cheese & Black Forest Ham Muffin Melt
- Egg & Cheese Muffin Melt w/ Apple Slices (1 pkg)
- Egg White & Cheese & Black Forest Ham Muffin Melt w/ Apple Slices (1 pkg)
- Egg White & Cheese Muffin Melt w/ Apple Slices (1 pkg)
- Steak, Egg & Cheese Muffin Melt
- Steak, Egg White & Cheese Muffin Melt
- Sunrise Muffin Melt w/ Egg Whites

**Taco Bell®**

- Chorizo & Egg Taco

## 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®**

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

**Chick-fil-A®**

- Chick-n-Minis™ (3 ct)
- Multigrain Oatmeal w/ Toppings
- Yogurt Parfait (no granola) w/ 12 Almonds

**Dunkin' Donuts®**

- Egg & Cheese Wake-Up Wrap & Latte Lite (Med)
- Egg White, Turkey Sausage Wake-Up Wrap & Latte Lite (Med)
- Egg White, Veggie Wake-Up Wrap & Latte Lite (Med)



**Dunkin' Donuts® cont'd**

- Ham, Egg & Cheese Wake-Up Wrap & Latte Lite (Sm)
- Western Egg White Wake-Up Wrap & Latte Lite (Med)

**IHOP®**

- Simple & Fit: Veggie Omelet w/ Fresh Fruit

**Jack in the Box®**

- Breakfast Jack®

**McDonald's®**

- Egg McMuffin

**Panera Bread®**

- Steel Cut Oatmeal
- Steel Cut Oatmeal w/ Pecans & Strawberries (no cinnamon sugar)
- Strawberry Granola Parfait
- Summer Blueberries w/ Granola Steel Cut Oatmeal (no cinnamon sugar)

**Starbucks®**

- Chicken Sausage & Egg White & Veggies Wrap
- Greek Yogurt Honey Parfait
- Perfect Oatmeal w/ Nuts & Dried Fruit Toppings
- Spinach, Feta & Egg White Breakfast Wrap
- Turkey Bacon (RF) w/ White Cheddar & Egg Breakfast Sandwich

**Steak 'n Shake®**

- Bean & Cheese Taco w/ Hard-Boiled Egg
- Potato & Egg Taco w/ Hard-Boiled Egg

**Subway®**

- 3-inch Breakfast B.M.T. Melt on Flatbread w/ Egg & Apple Slices (1 pkg)
- 3-inch Breakfast B.M.T. Melt on Flatbread w/ Egg White & Apple Slices (1 pkg)
- 3-inch Sunrise Melt on Flatbread w/ Egg & Apple Slices (1 pkg)
- 3-inch Sunrise Melt on Flatbread w/ Egg White & Apple Slices (1 pkg)
- 6-inch Egg White & Cheese Omelete Sandwich on Wheat
- Breakfast B.M.T Muffin Melt w/ Egg & Apple Slices (1 pkg)
- Breakfast B.M.T Muffin Melt w/ Egg White & Apple Slices (1 pkg)
- Egg White & Cheese Muffin Melt & LF Milk
- Sunrise Muffin Melt w/ Egg & Apple Slices (1 pkg)