

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.

Breakfast

Au Bon Pain®

- Smoked Salmon & Wasabi on Onion Dill Bagel

Bob Evans®

- Border Scramble Omelet w/ Egg Whites

Camille's® Sidewalk Café

- Vegetarian Zenergy wrap

Chick-fil-a®

- Chick-n-minis™ (4 count)

Denny's®

- Fit Slam®
- Fit Fare® Omelette

IHOP®

- Simple & Fit: 2 X 2 X 2

McDonald's®

- Fruit & Maple Oatmeal w/ 12 almonds

Mimi's Cafe® Fresh & Fit Menu

- Five-Alarm Santa Fe Omelette (no sides)
- Ham & Broccoli Egg White Omelette (no sides)
- LF Fitness Omelette (no sides)

Panera Bread®

- Breakfast Power w/ Ham on Whole Grain & Fruit Cup
- Egg & Cheese on Ciabatta
- Mediterranean Egg White on Ciabatta

Sharis™

- Oatmeal w/ Raisin/Craisin Mix
- Strawberry Parfait

Starbucks®

- Chicken Sausage & Egg White & Veggies Wrap w/ NF Latte (12 oz)

Steak 'n Shake®

- Perfect Start Oatmeal & Hard-Boiled Egg (1)

Subway®

- 3-inch Bacon & Egg & Cheese on Flatbread w/ LF Milk & Apple Slices
- 3-inch Bacon & Egg White & Cheese on Flatbread w/ LF Milk & Apple Slices
- 3-inch Breakfast B.M.T.® w/ Egg on Flatbread
- 3-inch Breakfast B.M.T.® w/ Egg White on Flatbread w/ LF Milk
- 3-inch Egg & Cheese on Flatbread w/ LF Milk & Apple Slices
- 3-inch Egg & Cheese & Black Forest Ham on Flatbread w/ LF Milk & Apple Slices
- 3-inch Egg White & Cheese on Flatbread w/ LF Milk & Apple Slices
- 3-inch Egg White & Cheese & Black Forest Ham on Flatbread w/ LF Milk & Apple Slices
- 3-inch Steak & Egg & Cheese on Flatbread w/ LF Milk & Apple Slices
- 3-inch Steak & Egg White & Cheese on Flatbread w/ LF Milk & Apple Slices
- 3-inch Sunrise Subway Melt® on Flatbread w/ LF Milk
- 6-inch Bacon & Egg White & Cheese Omelet Sandwich on Wheat
- 6-inch Egg & Cheese & Black Forest Ham Omelet Sandwich
- 6-inch Egg & Cheese & Omelet Sandwich on Wheat w/ Apple Slices
- 6-inch Egg White & Ham & Cheese Omelet Sandwich on Wheat w/ Apple Slices
- 6-inch Steak & Egg White & Cheese Omelet Sandwich on wheat
- Bacon & Egg & Cheese Muffin Melt w/ LF Milk & Apple Slices
- Bacon & Egg White & Cheese Muffin Melt w/ LF Milk & Apple Slices
- Breakfast B.M.T.® Melt Muffin Melt w/ LF Milk
- Breakfast B.M.T.® Muffin Melt w/ Egg Whites w/ LF Milk
- Egg & Cheese Muffin Melt w/ LF Milk & Apple Slices
- Egg & Cheese & Black Forest Ham Muffin Melt w/ LF Milk & Apple Slices
- Egg White & Cheese & Black Forest Ham Muffin Melt w/ LF Milk & Apple Slices
- Steak & Egg & Cheese Muffin Melt w/ LF Milk & Apple Slices
- Steak & Egg White & Cheese Muffin Melt w/ LF Milk & Apple Slices
- Sunrise Subway Melt® Muffin Melt w/ LF Milk
- Sunrise Subway Melt® Muffin Melt w/ Egg Whites w/ LF Milk & Apple Slices

LUNCH

Applebee's®

- Signature Sirloin w/ Garlic Herb Shrimp & Fresh Fruit
- Veggie Burger & Seasonal Vegetables (no fries)

Arby's®

- Beef 'n Cheddar Classic w/ Apple Slices & LF White Milk

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- Cravin' Chicken Sandwich w/ Apple Slices & LF White Milk
 - Fish Sandwich
 - French Dip w/ Swiss/Au Jus & Apple Slices & LF White Milk
 - Roast Chicken Bacon & Swiss w/ Apple Slices (no dip) & LF White Milk
 - Roast Chicken Cordon Bleu w/ Apple Slices
 - Roast Turkey & Swiss Wrap w/ Apple Slices
 - Super Roast Beef w/ Apple Slices & LF White Milk

Au Bon Pain®

- 1/2 Turkey & Swiss w/ Grapes
- Angus Steak Teriyaki Harvest Brown Rice Bowl
- Black Angus Roast Beef & Cheddar w/ Fruit Cup (Sm)
- Black Angus Roast Beef & Herb Cheese w/ Fruit Cup (Sm)
- Chicken Salad Sandwich w/ Fruit Cup (Sm)
- Grilled Chicken on Ciabatta w/ Fruit Cup (Sm)
- Grilled Chicken w/ Fruit Cup (Lg)
- Mayan Chicken Harvest Brown Rice Bowl
- Moroccan Lemon Chicken Wrap
- Napa Chicken Avocado Wrap w/ Fruit Cup (Sm)
- Roast Beef on Baguette w/ Fruit Cup (Sm)
- Roast Turkey on Baguette w/ Fruit Cup (Sm)
- Southwest Chicken Salad w/ 1/2 Pkt SW Vinaigrette & Grapes
- Thai Peanut Chicken Wrap
- Turkey Club
- Turkey Cuban

Baja Fresh®

- Bare Burrito® w/ Chicken, Shrimp, Grilled Wahoo or Veggie & Cheese
- Chicken Torta Sandwich (no chips)
- Original Baja Chicken Tacos (2) w/ Salad & Baja Salsa
- Original Baja Shrimp Tacos (2) w/ Salad & Baja Salsa
- Original Baja Steak Tacos (2) w/ 1/2 Black Beans

BJ's® Brewhouse

- Chargrilled Mahi Mahi Tacos
- Enlightened™ Maui Glazed Pork Chop
- Mini BBQ Chicken Pizza on Whole Wheat Crust

Blimpie®

- 6-inch Blimpie Best on Wheat w/ Baked Lay's® BBQ Chips
- 6-inch Chicken Teriyaki (no cheese) w/ SunChips® Original
- 6-inch Club on Wheat w/ SunChips® Original
- 6-inch French Dip on Wheat w/ SunChips® Original

- 6-inch Ham & Swiss on Wheat w/ SunChips® Original
- 6-inch Roast Beef (no cheese or sauce) w/ Vegetable Soup (cup)
- 6-inch Roast Beef & Provolone on Wheat w/ SunChips® Original
- 6-inch Super Stacked™ Blimpie Trio on Wheat w/ Vegetable Soup (cup)
- 6-inch Turkey & Avocado on Wheat w/ SunChips® Original
- 6-inch Turkey & Cranberry on Wheat w/ SunChips® Original
- 6-inch Turkey & Provolone on Wheat w/ SunChips® Original
- 6-inch Turkey on Wheat (no cheese or sauce) w/ Vegetable Soup (cup) & SunChips® Original
- 6-inch Veggie & Provolone on Wheat (no sauce) w/ Vegetable Soup (cup) & SunChips® Original
- 6-inch VegiMax on Wheat (no cheese or sauce) w/ SunChips® Original
- Antipasto Salad w/ FF Italian & Tomato Basil w/ Ravolini Soup (cup) & SunChips® Original
- Buffalo Chicken Salad w/ LT Buttermilk Ranch & Vegetable Soup (cup) & SunChips® Original
- Chicken Caesar Salad w/ 1/2 Pkt Creamy Caesar & Tomato Basil w/ Ravolini Soup (cup) & SunChips® Original
- Grande Chili w/ Bean & Beef w/ Salad & LT Buttermilk Ranch & SunChips® Original
- Southwestern Wrap & Vegetable Soup (cup)
- Ultimate Club Salad w/ LT Buttermilk Ranch & Vegetable Soup (cup) & SunChips® Original

Bob Evans®

- Grilled Salmon Fillet w/ Baked Potato & Broccoli Florets & Salad (no croutons) & Balsamic Vinaigrette
- Potato Crusted Flounder w/ Baked Potato & Broccoli Florets & Salad & Balsamic Vinaigrette
- The Farm Favorite Grilled Chicken Sandwich

Boston Market®

- 1/4 White Rotisserie Chicken w/ Garlic Dill New Potatoes & Broccoli w/ Garlic Butter
- Beef Brisket (Reg) w/ Mashed Potatoes & Fresh Steamed Vegetables
- Roasted Turkey Breast (Lg) w/ Sweet Corn & Broccoli w/ Garlic Butter

Buffalo Wild Wings

- Honey BBQ Bacon Chicken Sandwich (no fries)
- Jerk Chicken Sandwich (no fries)
- Naked Tenders Wrap (no chips or salsa)

Burger King®

- Chicken Wrap (Ranch or Honey Mustard) w/ Salad & 1/2 Pkt Ken's® LT Honey Balsamic & FF Milk
- TENDERGRILL®; Chicken Sandwich w/ Cheese & Salad & 1/2 Pkt Ken's® LT Honey Balsamic
- WHOPPER (no mayo) w/ Apple Slices

Camille's Sidewalk Cafe®

- Chicken California Wrap (no chips)
- Club Med Wrap w/ Salad & Raspberry Vinaigrette
- Just a Cheese Pizza
- Napa Valley Chicken Panini (no chips)
- Rustic Italian Pizza
- The Michelangelo w/ Salad & Raspberry Vinaigrette
- Turkey Habanero Panini (no chips)
- Veganini (no chips)

Carl's Jr.®

- Big Hamburger w/ Salad & LF Balsamic
- Charbroiled BBQ Chicken w/ Salad & LF Balsamic
- Guacamole Turkey Burger w/ Salad & LF Balsamic
- Single Teriyaki Burger
- Teriyaki Turkey Burger w/ Salad & LF Balsamic
- Turkey Burger w/ Salad & LF Balsamic

Charley's® Grilled Subs

- BBQ Cheddar
- Chicken Buffalo
- Chicken California
- Chicken Cordon Blue
- Chicken Teriyaki
- Mushroom Swiss Steak
- Philly Cheesesteak
- Philly Chicken
- Philly Ham & Swiss
- Philly Steak Deluxe

Chick-fil-A®

- Chargrilled Chicken Cool Wrap w/ Honey Mustard & Fruit Cup (Lg)
- Chicken Caesar Cool Wrap w/ Fruit Cup (Lg)
- Chicken Sandwich Deluxe w/Fruit Cup (Lg)
- Chicken Tortilla Soup (Lg, no chips) w/ Salad & FF Honey Mustard
- Chicken-n-Strips Salad w/ FF Honey Mustard & Fruit Cup (Med)
- Classic Chicken Sandwich w/ Salad & FF Honey Mustard
- Spicy Chicken Cool Wrap w/ Honey Mustard & Fruit Cup (Lg)

Chili's®

- Caribbean Salad w/ Grilled Chicken
- Classic Chicken Fajitas w/ Tortilla (1) & 1/2 toppings
- Lighter Choices: Grilled Chicken Sandwich w/ Veggies
- Lighter Choices: Grilled Salmon w/ Steamed Broccoli & Rice
- Lighter Choices: Mango-Chile Chicken w/ Rice & Steamed Broccoli
- Lighter Choices: Mango-Chile Tilapia w/ Rice & Steamed Broccoli
- Lighter Choices: Margarita Grilled Chicken w/ Black Beans & Rice
- Lighter Choices: Sweet & Spicy Chicken w/ Rice & Steamed Broccoli

Chipotle Mexican Grill®

- Burrito Bowl w/ Meat (Your choice) & Beans (Black/Pinto) & Cilantro-Lime Rice & Cheese & Corn Salsa

Dairy Queen®

- 1/4 lb. Grillburger w/ Cheese & Salad & FF Ranch
- Iron Grilled Classic Club
- Iron Grilled Turkey Sandwich

Denny's®

- Chicken Avocado Sandwich w/Fit Fare® Fresh Veggies & Grapes
- Cranberry Apple Chicken Salad w/ Balsamic Vinaigrette Dressing (no bread) & Grapes
- Fit Fare® Omelette & LF Yogurt & Grapes
- Fit Fare® Sweet & Tangy BBQ Chicken w/ Broccoli & Mashed Potatoes & Gravy
- Fit Fare® Tilapia Ranchero & LF Yogurt
- Fit Slam® w/ LF Yogurt
- Veggie Burger w/ Balsamic Vinaigrette & Fit Fare® Fresh Veggies

Dickey's BBQ®

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

Domino's Pizza®

- Lighter Options Cheese Pizza (Lg, 2 slices)

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

El Pollo Loco®

- The Original Pollo Bowl®

Extreme Pita®

- Bourbon Chipotle (Reg) w/ Chipotle Hummus Dip (Reg)
- Buffalo Chicken Pita (Reg) w/ Bean Salad (Reg)
- Chick-Chick-Boom! Extreme Pita
- Chicken Caesar (Reg) & Pita Chips
- Chicken Shawarma (Reg) w/ Tzatziki Dip (Reg)
- Falafel (Reg) w/ Hot Sauce & Hummus & Pita Chips
- Fiesta Mexicana (Reg) w/ Broccoli Salad (Reg)
- Gyro (Reg) w/ Tzatziki Dip & Pita Chips
- Philly Steak (Reg) w/ Mozzarella (no sauce)
- Thai Beef (Reg) & Pita Chips
- Thai Chicken (Reg) w/ Hummus Dip (Reg) & Pita Chips

Farmer Boys®

- 1/2 Crispy Chicken Wrap w/ Honey Dijon (no sides)
- 1/3 lb Hamburger (no dressing, no sides)
- California BLT (no mayo, no sides)
- Fiesta Fish Wrap
- Harvest Ham (no sides)
- Harvest Turkey (no sides)
- Home-style Tuna (no sides)

Fazoli's®

- Baked Spaghetti
- Ravioli w/ Meat Sauce
- Tuscan Chicken Flatbread Pizza w/ Salad & FF Italian

Firehouse Subs®

- Chicken Salad on Wheat (Med, no mayo or cheese)
- Smokehouse Beef Brisket on Wheat (Med, no mayo or cheese)
- Turkey Bacon Ranch on Wheat (Med, no mayo or cheese)

Heavenly Ham

- Heavenly' s Famous Ham Salad
- Paradise Club on Focaccia Bread (no mayo)
- Swiss Philly w/ Double Roast Beef (no mayo)
- Turkey Classic (no mayo)

IHOP®

- Simple & Fit: Blueberry Harvest Grain 'N Nut® Combo
- Simple & Fit: Grilled Balsamic Glazed Chicken w/ Fruit Bowl
- Simple & Fit: Simply Chicken Sandwich w/ Fresh Fruit & Salad & RF Italian

Jack in the Box®

- Jack's Spicy Chicken® (no cheese)
- Sourdough Grilled Chicken Club w/ Apple Bites & Caramel Sauce

Jason's Deli®

- 1/2 Amy's Turkey-O w/ Blue Corn Tortilla Chips & Fruit Cup
- 1/2 Club Royale w/ Baked Lays® & Fruit Cup
- 1/2 Deli Club w/ Baked Lays® & Fruit Cup
- Cantina Wrap w/ Fruit Cup (no dip)
- Club Lite on 9-grain Artisan Bread w/ Fruit Cup (no dip)
- Garden Sandwich on Ciabatta Bun
- Miami Panini
- Nutty Mixed Up Salad w/ LT Raspberry Cabernet Vinaigrette & Fruit Cup (no dip)
- Roast Beef on Wheat w/ Baked Lays® & Fruit Cup
- Savvy Chicken Salad Wrap w/ Fruit Cup & Yogurt Dip
- Spinach Veggie Wrap w/ Fruit Cup & Yogurt Dip
- Turkey Reuben w/ Fresh Fruit Cup (no dip)
- Turkey Wrap w/ Blue Corn Tortilla Chips & Fresh Made Salsa

Jersey Mike's Subs®

- American Classic on Wheat (Reg)
- American Classic Wrap (flour, reduced carb, spinach, tomato or wheat, no mayo)
- BLT on Wheat (Reg)
- Chicka-Phila-Roni (Reg)
- Chicken Parmesan Hot Sub on Wheat (Reg)
- Jersey Shore on Wheat (Reg)
- Jersey Shore Wrap (flour, reduced carb, spinach, tomato, or wheat, no mayo)
- Original Italian Wheat (Mini)
- Pastrami & Swiss Hot Sub on Wheat (Reg)
- Pastrami & Swiss Wrap (flour, reduced carb, spinach, tomato or wheat)

- Roast Beef & Provolone on Wheat (Mini)
- Super Sub on Wheat (Reg)
- Super Sub Wrap (flour, reduced carb, spinach, tomato or wheat, no mayo)
- Turkey Breast & Provolone (Reg)
- Turkey Breast & Provolone Wrap (flour, reduced carb, spinach, tomato or wheat, no mayo)
- Veggie on Wheat (Mini)

Jimmy John's®

- 8-inch J.J.B.L.T® (no mayo) w/ 1/2 bag Real Potato Chips
- 8-inch Pepe® (no mayo) w/ 1/2 bag Real Potato Chips
- 8-inch Turkey Tom®
- 8-inch Vegetarian (no mayo) w/ 1/2 bag Real Potato Chips
- Beach Club® w/ Grey Poupon Dijon Mustard (no mayo)
- Billy Club® (no mayo)
- Bootlegger Club® w/ Grey Poupon Dijon Mustard (no mayo) & 1/2 bag Thinny Chips OR Sea Salt & Vinegar Chips
- Club LuLu®
- 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)
- Ham & Cheese Slim w/ 1/2 bag Thinny Chips OR Sea Salt & Vinegar Chips
- Hunter's Club® (no mayo)
- Roast Beef Slim w/ 1/2 bag Real Potato Chips
- Salami, Capicola & Cheese Slim
- Turkey Breast Slim w/ 1/2 bag Real Potato Chips
- Ultimate Porker™ (no mayo)

KFC®

- Grilled Chicken Breast w/ Mashed Potatoes & Gravy & Green Beans & Cole Slaw
- Grilled Chicken Caesar Salad w/ Croutons & 1/2 Pkt Creamy Parmesan Caesar & Corn on the Cob (5.5")
- Grilled Chicken Filet w/ BBQ Baked Beans & Corn on the Cob (3") & Cole Slaw
- Honey BBQ Sandwich w/ Potato Wedges (Ind)
- Honey BBQ Sandwich w/ Cole Slaw (Ind) & Corn on the Cob (3", no butter)

La Salsa® Fresh Mexican Grill

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

- Vegetarian Taco Basket

Long John Silvers®

- Salmon Fillets (2) w/ Corn Cobbette (no butter/oil) & Rice & Hushpuppies (2)
- Hold the Batter® Cod (2 pcs) w/ Sweet & Zesty Asian Sauce & Corn Cobette (no butter) & Rice & Hushpuppies (2)
- Hold the Batter® Shrimp Scampi w/ Corn Cobbette (no butter/oil) & Rice & Hushpuppies (2)

Macaroni Grill®

- Lentil Soup w/ Fresh Greens Side Salad & LF or FF Dressing (lunch portion)
- Pollo Caprese

Mazzio's® ®

- Chicken Club Pizza (Med, thin crust, 3 Slices)
- Chicken Pizza (Med, thin crust, 3 Slices)
- Veggie Pizza (Med, thin crust, 3 Slices)

McAlister's Deli®

- 1/2 Spud Ole™ w/ Veggie Chili (cup)
- Cheese Spud w/ Fruit Salad
- Chicken & Dumplings (cup) w/ 1/2 French Dip Sandwich
- Chicken & Dumplings (cup) w/ 1/2 Sweet Chipotle Grilled Sandwich
- Chipotle Chicken Wrap w/ Fruit Salad
- French Dip Sandwich
- Grilled Chicken Caesar Wrap
- Grilled Chicken Spud
- Memphian® Sandwich w/ Fruit Salad

McAlister's Deli®

- New Yorker Sandwich w/ Fruit Salad
- Sweet Chipotle Chicken Grilled Sandwich
- Veggie Spud

McDonald's®

- Cheeseburger & 1% Milk & Fruit & Walnut Salad (snack size)
- Cheeseburger & 1% Milk & Fruit & Walnut Salad (snack size)
- Chipotle BBQ Snack Wrap® (Grilled) w/ 1% Milk & Fruit & Walnut Salad (snack size)
- Hamburger w/ Salad & LF Balsamic Vinaigrette & 1% Milk & Fruit & Walnut Salad (snack size)
- Honey Mustard Snack Wrap® (Grilled) w/ 1% Milk & Fruit & Walnut Salad (snack size)
- Premium Grilled Chicken Classic w/ Fruit & Walnut Salad (snack size)
- Premium Grilled Chicken Ranch BLT w/ Fruit & Walnut Salad (snack size)

- Premium Southwest Salad w/ Grilled Chicken & Newman's Own® Creamy SW & Fruit & Walnut Salad (snack size)
- Ranch Snack Wrap® (Grilled) w/ 1% Milk & Fruit & Walnut Salad (snack size)

Mimi's Cafe® Fresh & Fit Menu

- Salmon
- Slow Roasted Turkey Breast
- Sweet & Sour Chicken
- Veggie Burger w/ Fresh Fruit

Moe's® Southwest Grill

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

Newk's®

- 1/2 Sandwich w/ Soup or Salad
 - **Sandwich:** Club, Grilled Steak, Pesto Chicken, Roast Beef, Shrimp Po'boy, Smoked Ham, The Royal Club, Turkey Breast or Vegetarian Club.
 - **Soup:** Chicken Noodle, Chicken Tortilla, Fire Roasted Tomato, Garden Vegetable, Grilled Vegetable, Red Beans & Rice, White Bean Chicken Chili or Black Bean Soup.
 - **Salad:** Half Caesar or Half Simply Salad]
- Black & Bleu Salad w/ 100 Calories of Dressing
- Southern Salad w/ 50 Calories of Dressing
- Ultimate Salad w/ 50 Calories of Dressing

Noodles & Company®

- Bangkok Curry w/ Chicken or Shrimp (reg)
- Indonesian Peanut Sauté w/ Steak or Tofu (sm)
- Pad Thai w/ Steak or Tofu (sm)
- Pasta Fresca w/ Steak or Tofu (sm)
- Penne Rosa w/ Steak or Tofu (sm)
- Pesto Cavatappi w/ Chicken, Steak or Tofu (sm)
- Wisconsin Cheesesteak on Ciabatta Roll

O'Charley's®

- Cedar Plank Salmon

Olive Garden®

- 1/2 Chicken Marsala w/ Breadsticks (1 1/2)
- 1/2 Garlic Herb Chicken con Broccoli & Breadstick (1)
- 1/2 Grilled Lemon-Herb Chicken & Breadstick (1.5)

- 1/2 Mixed Grill (All Chicken) w/ Sides & Pasta e Fagioli Soup & Breadstick (1)
- 1/2 Mixed Grill w/ Sides & Breadsticks (1 1/2)
- 1/2 Spaghetti w/ Meat Sauce & Breadsticks (1 1/2)
- Capellini Pomodoro w/ Grilled Chicken
- Four Cheese Calzone
- Herb Grilled Salmon w/ Breadstick (1)
- Lasagna Primavera w/ Grilled Chicken & Breadstick (1/2)
- Lobster Cannelloni w/ Shrimp & Breadstick (1/2)
- Parmesan Crusted Tilapia
- Ravioli Portobello (lunch portion) & Breadstick (1)
- Seafood Brodetto w/ Breadstick (1)
- Spicy Shrimp Vesuvio & Breadstick (1/2)
- Steak Toscano

On the Border®

- Chicken Crispy Tacos (2) w/ Grilled Vegetables
- Chicken Soft Tacos (2) & Grilled Vegetables
- Ground Beef Crispy Taco w/ Black Beans & Grilled Vegetables
- Ground Beef Soft Taco w/ Black Beans & Grilled Vegetables
- Jalapeno-BBQ Salmon
- Mesquite-Grilled Chicken Fajitas w/ El Diablo Vegetables & Flour Tortillas (2)

Outback Steakhouse®

- 1/2 Chicken on the Barbie w/ Sweet Potato & Green Beans (no butter w/ meal items)
- Sweet Glazed Roasted Pork Tenderloin w/ Green Beans 1/2 Plain Baked Potato (no toppings or butter w/ meal items)
- Wood-Fire Grilled Ahi Tuna & Fresh Seasonal Mixed Veggies
- Wood-Fire Grilled Pork Chop w/ Grilled Asparagus & 1/2 Plain Baked Potato (no toppings)

P.F. Chang's China Bistro®

- 1/2 Chengdu Spiced Lamb w/ Brown Rice
- 1/2 Mahi-Mahi w/ Brown Rice
- 1/2 Moo Goo Gai Pan w/ Brown Rice
- 1/2 Orange Peel Beef w/ Brown Rice
- 1/2 Salmon Steamed w/ Ginger & Brown Rice & Garlic Snap Peas (Sm)
- Buddha's Feast Steamed w/ Brown Rice
- Ginger Chicken w/ Broccoli & Brown Rice (lunch portion)
- Dali Chicken w/ Brown Rice (lunch portion)

- Orange Peel Shrimp w/ Brown Rice (lunch portion)
- Shrimp w/ Lobster Sauce & Brown Rice (lunch portion)
- Buddha's Feast Stir Fried w/ Brown Rice (lunch portion)
- Buddha's Feast Stir Fried w/ Brown Rice (1/2)

Panda Express®

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

Panera Bread®

- Asian Sesame Chicken Salad w/ RS Asian Sesame Vinaigrette & Apple
- BBQ Chopped Chicken Salad w/ BBQ Ranch & Apple
- Power Mediterranean Chicken w/ Olive Oil & WW Baguette
- Roasted Turkey & Avocado BLT w/ Apple
- Salmon Caesar w/ Caesar (1/2) & WW Baguette
- Smoked Ham & Swiss on Rye
- Smoked Turkey Breast w/ Baked Lays® & Apple
- Spinach Power Salad w/ Smoky Vidalia® Onion Vinaigrette (1/2) & WW Baguette

Panera Bread® cont'd

- Strawberry Poppyseed & Chicken Salad w/ FF Poppyseed Dressing & Apple & WW French Baguette
- Thai Chopped Chicken Salad w/ LF Thai Chili Vinaigrette & Baked Lay's®
- Tuna Salad Sandwich w/ Apple

Papa John's®

- Cheese on Original Crust (sm, 3 slices)
- Garden Fresh on Original Crust (med, 3 slices)
- Spinach Alfredo on Original Crust (med, 3 slices)

Pei Wei®

- 1/2 Chicken Thai Coconut Curry w/ 1/2 Brown Rice
- 1/2 Honey Seared Chicken w/ 1/2 Brown Rice
- 1/2 Mandarin Kung Pao Vegetables w/ Tofu & 1/2 Brown Rice
- 1/2 Sweet & Sour Shrimp w/ 1/2 Brown Rice
- GF 1/2 Pei Wei Spicy Shrimp w/ Brown Rice (1/2)
- GF 1/2 Sweet & Sour Chicken w/ Brown Rice (1/2)
- GF Kung Pao Vegetables & Tofu w/ Brown Rice (1/2)

- GF Mongolian Chicken w/ Brown Rice (1/2)
- Sweet & Sour Vegetables w/ Tofu

Perkins®

- Top Sirloin Steak Dinner w/ Plain Baked Potato & Broccoli (no roll)

Pita Pit®

- B.L.T. on Wheat w/ BBQ Sauce & Baked Lay's®
- Chicken Crave on Wheat w/ Vegetables & Provolone & Sauce & Baked Lay's®
- Chicken Soulvaki Pita on Wheat w/ Vegetables & Feta & Tzatziki Sauce
- Club Pita on Wheat w/ Cheese & Sauce & Baked Lay's®
- Dagwood Pita on Wheat w/ Cheese & Sauce
- Double Meat Black Forest Ham on Wheat w/ Provolone & Baked Lay's®
- Double Meat Chicken Breast on Wheat w/ Provolone & Sauce & Baked Lay's®
- Double Meat Tuna on Wheat & Baked Lay's®
- Double Meat Turkey on Wheat w/ Vegetables & Swiss or Provolone Cheese & Sauce & Baked Lay's®
- Philly Steak on Wheat w/ Cheddar Cheese & Sauce
- Pulled Pork on Wheat w/ BBQ Sauce (no cheese)

Pizza Hut®

- 6-inch Personal Pan® Chicken Supreme
- 12-inch Thin N Crispy® Chicken Supreme (med, 3 slices)
- P'zone® Meaty Pizza
- Personal Pan Pizza® Veggie Lover's®
- Thin 'N Crispy® Cheese Pizza (Med, 3 Slices)
- Thin 'N Crispy® Veggie Lover's® (Med, 3 slices)

Quiznos®

- Baja Chicken (Sm) on Wheat w/ Chicken Noodle (sm) & Crackers (2)
- Black Angus on Rosemary Parmesan (Sm) w/ Baked Lay's®
- Chicken Bacon Ranch Flatbread (Sm) w/ Baked Lay's®
- Chicken Milano (Sm) on Wheat w/ Baked Lay's®
- Greek Chicken Flatbread (Sm) w/ Baked Lay's®
- Honey Bacon Club on Wheat (Sm) w/ Baked Lay's®
- Honey Bourbon Chicken w/ Veggies (Lg)
- Sonoma Turkey Flatbread (Lg)
- Steakhouse Beef Dip on Garlic Focaccia (Sm)
- Traditional on Wheat (Sm) w/ Baked Lay's®
- Ultimate Turkey Club on Wheat (Sm) w/ Baked Lay's®

Red Lobster®

- Lighthouse 1/2 Grilled Salmon w/ Broccoli & Salad & Balsamic Vinaigrette & Signature Biscuit
- Lighthouse 1/2 Grilled Tilapia w/ Broccoli & Asparagus & Salad & Balsamic Vinaigrette & Signature Biscuit
- Lighthouse Bar Harbor Salad w/ Chicken & Balsamic Vinaigrette & Signature Biscuit (1.5)
- Lighthouse Bar Harbor Salad w/ Salmon & Balsamic Vinaigrette & Signature Biscuit (1)

Red Robin®

- Banzai Burger (no cheese, no mayo, no sides)
- California Chicken Sandwich (no cheese, no mayo, no sides)
- Simply Grilled Chicken Sandwich w/ House Salad & Balsamic (2 oz)
- Teriyaki Chicken Sandwich w/ Swiss Cheese (no mayo, no sides)
- Turkey Burger (no mayo, no cheese) w/ Fruit Salad
- Vegan Boca Burger w/ Fruit Salad

Ruby Tuesday®

- Barbecue Grilled Chicken w/ Plain Baked Potato & Green Beans
- Petite Sirloin (7 oz) w/ Plain Baked Potato & Green Beans

Schlotzsky's®

- 8-inch Double Cheese Pizza
- 8-inch Fresh Veggie Pizza
- 8-inch Grilled Chicken & Pesto Pizza
- 8-inch Smoked Turkey & Jalapeno Pizza
- Angus Corned Beef (Sm) w/ Potato Chips (Reg)
- Chicken Breast (Sm) w/ Potato Chips (Reg)
- Chicken Pesto (Med)
- Chicken Pesto (Sm) w/ Potato Chips (Reg)
- Chipotle Chicken (Med)
- Chipotle Chicken (Sm) w/ Potato Chips (Reg)
- Dijon Chicken (Sm) w/ Potato Chips (Reg)
- Fresh Veggie (Med)
- Homestyle Tuna (Med)
- Homestyle Tuna (Sm) w/ Potato Chips (Reg)
- Santa Fe Chicken (Sm) w/ Potato Chips (Reg)
- Smoked Turkey Breast (Sm) w/ Potato Chips (Reg)
- Turkey & Guacamole (Med)
- Turkey & Guacamole (Sm) w/ Potato Chips (Reg)

Sharis™

- Cedar Plank Salmon
- Turkey Burger w/ Salad & FF Raspberry Vinaigrette

Smoothie King®

- High Protein Almond Mocha Smoothie (32 oz)
- High Protein Chocolate Smoothie (32 oz)
- High Protein Lemon (32 oz)

Sonic®

- All American Style Dog w/ Apples & FF Caramel Dip & 1% Milk
- All Beef Hot Dog w/ Apples & FF Caramel Dip & 1% Milk
- Beef New York Dog w/ Apples & FF Caramel Dip & 1% Milk
- Grilled Cheese w/ Apples & FF Caramel Dip & 1% Milk
- Grilled Chicken Sandwich w/ Apples & FF Caramel Dip & 1% Milk
- Grilled Chicken Wrap w/ Apples & FF Caramel Dip & 1% Milk
- Jr. Burger w/ Apples & FF Caramel Dip & 1% Milk

Sonic® cont'd

- Jr. Deluxe Burger w/ Apples & FF Caramel Dip & 1% Milk
- Veggie Burger w/ Mustard or Ketchup (no mayo) & 1% milk

Starbucks®

- Chicken & Hummus Bistro Box & Deluxe Fruit
- Chipotle Chicken Lettuce Wrap Bistro Box w/ Deluxe Fruit Salad & Latte (grande)
- Egg Salad Sandwich w/ Deluxe Fruit Salad
- Ham & Swiss Panini w/ Deluxe Fruit Salad & Café Latte (tall)
- Roasted Vegetable Panini w/ Deluxe Fruit Salad w/ Café Latte (grande)
- Roasted Tomato & Mozzarella Panini w/ Deluxe Fruit Salad & NF Latte (tall)
- Tarragon Chicken Salad Sandwich w/ Café Latte (grande)
- Turkey Rustico Panini w/ Deluxe Fruit Salad
- Turkey Rustico Panini w/ NF Latte (tall)
- Turkey & Swiss Sandwich w/ Café Latte (grande)

Steak 'n Shake®

- Double Steakburger™ (no cheese or mayo) w/ Salad & RF Berry Balsamic (1 oz) & Apples & Caramel Dip
- Grilled Chicken Sandwich w/ Salad & RF Berry Balsamic (1 oz) & Apples & Caramel Dip
- Single Steakburger™ w/ Cheese & Cottage Cheese & Pineapple & Salad & RF Berry Balsamic (1 oz)
- Turkey Club w/ Cottage Cheese & Pineapple

Subway®

- 6-inch BBQ Chicken on Wheat or Flatbread w/ Vegetables (no cheese) & Baked Lay's® & 1% LF White Milk
- 6-inch BBQ Rib Patty on Wheat or Flatbread w/ Vegetables (no cheese) & Baked Lay's® & 1% LF White Milk
- 6-inch Big Philly Cheesesteak on Wheat or Flatbread w/ Vegetables & Veggie Delight® Salad & FF Italian
- 6-inch BLT on Wheat or Flatbread w/ Avocado & Vegetables (no cheese) & 1% LF White Milk
- 6-inch Buffalo Chicken on Wheat or Flatbread w/ Vegetables & Ranch (no cheese) & Baked Lay's® & 1% LF White Milk
- 6-inch Chicken Parmesan on Wheat or Flatbread w/ Vegetables (no cheese) & Veggie Delight® Salad & FF Italian
- 6-inch Chicken Pizziola Melt on Wheat or Flatbread w/ Vegetables & Cheese & 1% LF White Milk
- 6-inch Chipotle Chicken on Wheat or Flatbread w/ Vegetables & Cheese & 1% LF White Milk

Subway® cont'd

- 6-inch Cold Cut Combo on Wheat or Flatbread w/ Vegetables & Cheese & Baked Lay's® & 1% LF White Milk
- 6-inch Double Roast Beef on Wheat or Flatbread w/ Vegetables & Cheese & Baked Lay's® & LF White Milk
- 6-inch Double Turkey Breast on Wheat or Flatbread w/ Vegetables & Cheese & Baked Lay's® & 1% LF White Milk
- 6-inch Italian B.M.T® on Wheat or Flatbread w/ Vegetables (no cheese) & 1% LF White Milk
- 6-inch Oven Roasted Chicken on Wheat or Flatbread w/ Vegetables & Cheese & Baked Lay's® & 1% LF White Milk
- 6-inch Steak & Cheese on Wheat or Flatbread w/ Vegetables & Baked Lay's® & 1% LF White Milk
- 6-inch Subway Club® on Wheat or Flatbread w/ Avocado & Vegetables (no cheese) & 1% LF White Milk
- 6-inch Subway Club® on Wheat or Flatbread w/ Vegetables & Cheese & Baked Lay's® & 1% LF White Milk
- 6-inch Subway Melt® on Wheat or Flatbread w/ Vegetables & Cheese & Baked Lay's® & 1% LF White Milk
- 6-inch Subway Seafood Sensation™ on Wheat or Flatbread w/ Vegetables (no cheese) & 1% LF White Milk
- 6-inch Sweet Onion Chicken Teriyaki on Wheat or Flatbread w/ Vegetables (no cheese) & Baked Lay's® & 1% LF White Milk
- 6-inch Turkey & Bacon on Wheat or Flatbread w/ Avocado & Vegetables (no cheese) & 1% LF White Milk

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- 6-inch Veggie Patty on Wheat or Flatbread w/ Vegetables & Mustard (no cheese) & Baked Lay's® & 1% LF White Milk

Taco Bell®

- Bean Burrito w/ Premium Latin Rice & Black Beans
- Black Bean Burrito w/ Premium Latin Rice & Black Beans
- Burrito Supreme® - Beef w/ Premium Latin Rice & Black Beans
- Fresco Bean Burrito w/ Premium Latin Rice & Black Beans
- Fresco Cantina Bowl (steak or chicken)
- Fresco Chicken Soft Tacos (3) w/ Premium Latin Rice
- Fresco Crunchy Beef Tacos (3) w/ Premium Latin Rice
- Fresco Crunchy Taco w/ Fresco Baja Chicken Chalupa & Premium Latin Rice
- Fresco Grilled Steak Soft Tacos (3) w/ Premium Latin Rice

Taco Cabana®

- Black Bean Tacos w/ Rice & Shredded Cheese
- Carne Guisada Soft Tacos (2) w/ Rice & Black Beans
- Ground Beef Crispy Tacos (2) w/ Rice & Borracho Beans
- Stewed Chicken Crispy Tacos (3) w/ Rice

Tim Horton's®

- Ham & Swiss w/ Vanilla Yogurt & Berries
- Tim's Own® BLT & Vanilla Yogurt & Berries
- Toasted Chicken Club w/ Vanilla Yogurt & Berries

T.G.I. Friday's®

- Dragonfire Salmon

Uno Chicago Grill®

- Baked Stuffed Chicken w/ House Salad & FF Dressing & Roasted Seasonal Vegetables
- Chopped Power Salad w/ Honey Mustard (no breadstick)
- Top 8 oz Sirloin w/ House Salad & FF Dressing & Roasted Seasonal Vegetables

Wendy's®

- Chili (Lg) w/ Salad & Classic Ranch & Apple Slices
- Homestyle Chicken Fillet Sandwich
- Jr. Cheeseburger w/ Salad & Classic Ranch & Apple Slices
- Ultimate Chicken Grill Sandwich w/ Salad & Classic Ranch