



## 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®

- Egg Whites & Cheddar Breakfast Sandwich w/ Fruit Cup (sm) ❖

#### BLIMPIE®

- Bluffin Bacon Egg & Cheese (Phase 3 only)

#### 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 & Latte Lite (lg) ❖
- Egg White & Turkey Sausage Flatbread
- Egg White & Turkey Sausage Wake-Up Wrap & Latte Lite (lg)
- Egg White & Veggie Wake-Up Wrap & Latte Lite (lg) ❖
- Ham, Egg & Cheese Wake-Up Wrap & Latte Lite (lg)



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### 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

### STARBUCK'S®

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

### SUBWAY®

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

### TIM HORTON'S®

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



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LUNCH & DINNER

**A&W®**

- Crispy Chicken Sandwich

**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 Milk

**AU BON PAIN®**

- Black Angus Roast Beef & Cheddar or Herb Cheese w/ Fruit Cup (sm)
- Grilled Chicken Sandwich w/ Chicken Noodle Soup (med)
- Moroccan Lemon Chicken Wrap
- Turkey Club
- Turkey Clubano
- Grilled Chicken on Ciabatta w/ French Onion Soup (sm)

**BAJA FRESH®**

- Chicken Torta Sandwich (no chips)

**BJ'S BREWHOUSE®**

- Enlightened Maui Glazed Pork Chop
- Mini BBQ Chicken Pizza on Whole Wheat Crust

**BLIMPIE®**

- 6-inch Roast Beef (no cheese or sauce) w/ Vegetable Soup (cup) & SunChips® Original
- 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 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

**BOB EVANS®**

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



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**BUFFALO WILD WINGS®**

- Chicken Caesar Wrap
- Pulled Pork Sandwich

**CALIFORNIA PIZZA KITCHEN®**

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

**CAMILLE'S SIDEWALK CAFÉ®**

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

**CARL'S JR.®**

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

**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 Cordon Blue
- Chicken Bacon Club
- Ultimate Club
- Steak, Egg & Cheese Sandwich

**CHICK-FIL-A®**

- Chicken Sandwich Deluxe w/ Fruit Cup (lg)
- Classic Chicken Sandwich w/ Salad & FF Honey Mustard

**CHILI'S®**

- Classic Chicken Fajitas w/ Tortilla (1) & ½ Toppings
- 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



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**CITY BARBEQUE®**

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

**CORNER BAKERY CAFÉ®**

- Entrée Asian Wonton Salad w/ Foccacia Roll
- Mom's Roasted Chicken Sandwich w/ Swiss & Mustard (no sides)
- Mom's Smoked Ham Sandwich w/ Mustard, Cheese & Bakery Chips

**COSI®**

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

**DAIRY QUEEN®**

- Iron Grilled Turkey Sandwich

**DENNY'S®**

- Fit Fare® Omelet w/ LF Yogurt & Seasonal Fruit
- Fit Fare® Tilapia Ranchero w/ LF Yogurt

**DICKEY'S BARBEQUE PIT®**

- Chicken Breast w/ Green Beans, Mac & Cheese & Caesar Salad

**DUNKIN' DONUTS®**

- BBQ Chicken Sandwich

**EL POLLO LOCO®**

- Mango Grilled Tostada

**EXTREME PITA®**

- Bourbon Chipotle (reg) w/ Chipotle Hummus Dip (reg)
- Buffalo Chicken Pita (reg) w/ Bean Salad (reg)
- Chick-Chick-Boom! Pita
- Chicken Caesar (reg) & Pita Chips
- Fiesta Mexicana (reg) w/ Broccoli Salad (reg)



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**FAZOLI'S®**

- Tuscan Chicken Flatbread Pizza w/ Salad & FF Italian

**FRESH TO ORDER®**

- Panini Chicken BLT on Wheat Flat

**HACIENDA FIESTA®**

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

**HARDEE'S®**

- Red Burrito (chicken)

**IHOP®**

- Simple & Fit® Grilled Balsamic Glazed Chicken w/ Fresh Fruit, Salad & RF Italian

**ISLANDS®**

- Bikini Beach® Two Northshore Tacos & Ranchero Beans

**JACK IN THE BOX®**

- Jack's Spicy Chicken w/ Cheese

**JASON'S DELI®**

- Ranchero Wrap w/ Fruit Cup (no dip)
- Rueben the Great-Lighter Portion w/ Fruit Cup

**JERSEY MIKE'S SUBS®**

- American Classic on Wheat (reg)
- American Classic Wrap (flour, reduced carb, spinach, tomato or wheat, no mayo)
- Jersey Shore on Wheat (reg)
- Jersey Shore Wrap (flour, reduced carb, spinach, tomato or wheat, no mayo)
- Pastrami & Swiss 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)



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**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®**

- Shrimp Florentine (1/2)

**KFC®**

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

**LA SALSA®**

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

**LONGHORN STEAKHOUSE®**

- Grilled Fresh Rainbow Trout w/ Green Beans, Seasonal Veggies & Seasoned Rice Pilaf

**LONG JOHN SILVERS®**

- HTB® 2 Cod w/ Sweet Zesty Asian Sauce, Corn Cobette (no butter), Rice, Hushpuppies (2) Salad w/ LT Italian

**MACARONI GRILL®**

- Pollo Caprese

**MAZZIO'S®**

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



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**McALISTER'S DELI®**

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

**McDONALD'S®**

- Premium Grilled Chicken Ranch BLT w/ Fruit & Yogurt Parfait
- Honey Mustard Snack Wrap® (grilled) w/ 1% LF Milk, Premium Bacon Ranch Salad w/ Grilled Chicken & Newman's Own LF Balsamic Vinaigrette
- Premium Grilled Chicken Ranch BLT w/ Fruit & Yogurt Parfait
- Bacon Clubhouse Grilled Sandwich

**MIMI'S CAFÉ®**

- Slow Roasted Turkey Breast w/ Mashed Potatoes & Gravy & Broccoli

**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®**

- Tex-Mex Fajita Wrap
- Arizona

**NEWK'S®**

- Half Sandwich w/ Soup or Salad

**NINETY NINE®**

- 9oz. Sirloin w/ Broccoli & Plain Baked Potato

**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)
- Wisconsin Cheesesteak on Ciabatta Roll
- BBQ Pork Sandwich

**O'CHARLEY'S®**

- California Chicken Salad (no dressing)





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#### OLIVE GARDEN®

- Garlic Rosemary Chicken w/ Broccoli
- ½ Chicken Marsala w/ Breadsticks (1 ½)
- ½ Mixed Grill w/ Broccoli & Breadstick (1)
- Seafood Brodetto w/ Breadstick (1)
- ½ Spicy Shrimp Vesuvio & Breadstick
- Steak Tuscano
- Lobster Cannelloni w/ Shrimp & ½ Breadstick

#### ON THE BORDER®

- 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
- Mesquite-Grilled Chicken Fajitas w/ El Diablo Vegetables & 2 Flour Tortillas

#### OUTBACK®

- Seared Ahi Tuna, Fresh Seasonal Mixed Veggies & ½ Baked Potato (no butter or toppings)
- Sweet Glazed Roasted Pork Tenderloin w/ Green Beans & ½ Plain Baked Potato (no toppings)
- Wood-Fire Grilled Pork Chop w/ Grilled Asparagus & ½ Baked Potato (no butter or toppings)

#### P.F. CHANG'S CHINA BISTRO®

- ½ Asian Grilled Salmon w/ Brown Rice (1/2 Serving) & Shanghai Cucumbers (lg)
- Buddha's Feast Steamed w/ Brown Rice (1/2) & Sichuan-Style Asparagus (lg) ♦
- Buddha's Feast Stir Fried w/ Brown Rice (1/2) ♦
- Dali Chicken w/ Brown Rice (lunch portion)

#### PANERA BREAD®

- BBQ Chopped Chicken Salad w/ BBQ Ranch & Apple
- Mediterranean Salmon Salad & WW Baguette
- Roasted Turkey & Avocado BLT w/ Apple
- ½ Salmon Caesar w/ Caesar & WW Baguette
- Smoked Ham & Swiss on Rye
- Thai Chopped Chicken Salad w/ LF Thai Chili Vinaigrette & Apple

#### PEI WEI®

- Lo Mein Teriyaki Chicken



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### 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®
- Dagwood on Wheat w/ Cheese & Sauce
- Double Meat Black Forest Ham on Wheat w/ Provolone
- Club on Wheat w/ Cheese & Sauce

### PIZZA HUT®

- 12-inch Thin N Crispy® Chicken Supreme (med, 3 slices)
- 6-inch Personal Pan® Chicken Supreme

### POTBELLY®

- Chicken Salad Sandwich
- A Wreck Sandwich w/ Side of Garden Vegetable Soup
- Chicken and Cheddar Sandwich w/ Side of Spicy South West Vegetable Soup
- Ham Sandwich w/ Side of Garden Vegetable Soup
- Tuna Salad Sandwich w/ Brown Mustard

### QUIZNO'S®

- Black Angus on Rosemary Parmesan (sm)
- Pesto Caesar (sm) w/ Chicken Noodle Soup (sm) + 2 Crackers

### RED LOBSTER®

- Lighthouse Grilled Salmon w/ Broccoli, Garden Salad w/ Balsamic Vinaigrette & 1 ½ Signature Biscuit
- Live Maine Lobster w/ Stuffing (Includes Corn and Potatoes)
- Snow Crab Legs (Includes Corn & Potatoes) Add ½ lb

### RED ROBIN®

- Simply Grilled Chicken Salad w/ 2oz Balsamic Dressing & Croutons (no bread)
- Grilled Chicken Sandwich w/ House Salad & Balsamic (2oz.)
- Teriyaki Chicken Sandwich (no mayo, no sides)

### RUBIO'S®

- Chicken Baja Grill Burrito\* on Whole Grain Tortilla
- 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 & Chips (1/2)

### RUBY TUESDAY®

- New Orleans Seafood w/ ½ Portion Rice Pilaf & Roasted Spaghetti Squash
- Chicken Bella w/ Baked Potato-Plain
- Grilled Salmon w/ Baked Potato-Plain



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**SALAD WORKS®**

- Bently Salad Wrap w/ 50 Calorie Dressing
- Chicken Mozzarella
- Buffalo Bleu Salad Wrap
- Cobb Salad Wrap
- Chicken Mozzarella Panini

**SCHLOTZSKY'S®**

- Chicken Pesto (med)
- Homestyle Tuna (med)
- Homestyle Tuna (sm) w/ Potato Chips (reg)

**SEASONS 52®**

- Shrimp Cavatappi Pasta w/ Zesty Summer Coleslaw
- Summer Scallops w/ Zesty Summer Coleslaw
- Low Sodium Salmon or Alaska Wild Copper River w/ Zesty Summer Coleslaw
- Maui Tuna Crunch Salad w/ Grilled Caesar Broccoli

**SHARIS®**

- ½ Chicken Salad Sandwich w/ cup of Chicken Noodle Soup, Dinner Salad & LF Balsamic Vinaigrette Dressing
- Deli Ham Sandwich w/ Chicken Noodle Soup (Cup), Dinner Salad & LF Balsamic Vinaigrette Dressing

**SHEETZ®**

- Grilled Chicken Sandwich on Wheat Bread w/ Veggies & Mustard w/ Chef Salad & FF French Dressing
- Mexi Bagel Melt

**SMOKEY BONE®**

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

**SMOOTH KING®**

- High Protein Lemon (32oz.)

**SONIC®**

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

**STARBUCKS®**

- Ham & Swiss Panini w/ Seasonal Harvest Fruit Blend & Café Latte (Tall/12oz.)
- Turkey Rustico Panini w/ Nonfat Café Latte (Tall/12oz.)



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**STARBUCKS® - Continued**

- Turkey & Havarti Sandwich w/ Nonfat Café Latte (Tall/12oz.)
- Turkey Pesto Panini w/ Nonfat Café Latte (Tall/12oz.)
- Chicken Santa Fe Panini w/ Café latte w/ Milk 2% (Grande/16oz.)
- Turkey Rustico Panini w/ Deluxe Fruit Salad

**STEAK & SHAKE®**

- Single Steakburger® w/ Cheese, Cottage Cheese w/ Pineapple Ring & Salad w/ FR Berry Balsamic (1oz.)
- Grilled Chicken Sandwich w/ Salad & RF Berry Balsamic (1/2oz.) & Cottage Cheese w/ Pineapple Ring

**SUBWAY®**

- 6-inch BBQ Rib Patty on Wheat or Flatbread w/ Vegetables (no cheese) & 1% LF White Milk
- 6-inch BLT on Wheat or Flatbread w/ Cheese, Avocado, Vegetables & 1% LF White Milk
- 6-inch Chicken Pizziola Melt on Wheat or Flatbread w/ Cheese, Vegetables & 1% LF White Milk
- 6-inch Italian B.M.T. on Wheat or Flatbread w/ Vegetables (no cheese) & 1% LF White Milk
- 6-inch Buffalo Chicken w/ 1% LF White Milk
- 6-inch Cold Cut Combo on Wheat or Flatbread w/ Cheese, Vegetables & 1% LF White Milk
- 6-inch Roast Beef (dbl beef) on Wheat w/ Cheese, Vegetables & Baked Lay's®
- 6-inch Steak & Cheese (dbl meat) on Wheat or Flatbread w/ Vegetables, Mustard & Baked Lay's®
- 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/ Cheese, Vegetables & 1% LF White Milk
- 6-inch Turkey Breast (dbl turkey) on Wheat or Flatbread w/ Cheese (dbl), Vegetables & Baked Lay's®
- 6-inch Veggie Patty on Wheat or Flatbread w/ Cheese, Vegetables, Mustard & 1% LF White Milk❖

**T.G.I. FRIDAY'S®**

- Jack Daniel's® Flat Iron Steak w/ Ginger-Lim Slaw
- Jack Daniels® Chicken w/ Fresh Broccoli
- Jack Daniel's® Petite Sirloin w/ Tomato Mozzarella Salad

**TACO BELL®**

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

**TIM HORTNS®**

- Pesto Chicken Panini



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**TOGO'S®**

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

**TROPICAL SMOOTHIE®**

- Totally Turkey Toasted Wrap
- Turkey Bacon Ranch Toasted Sandwich
- Southwest Chicken Toasted Wrap

**UNO'S CHICAGO GRILL®**

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

**WENDY'S®**

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

**ZOE'S KITCHEN®**

- Chicken Rollups (no side)
- Shrimp Kabobs
- Turkey Stack Sandwich w/ Side Seasonal Fresh Fruit (6 fl. oz.)