



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

### AU BON PAIN®

- Egg Whites & Cheddar Breakfast Sandwich❖

### BLIMPIE®

- Egg & Cheese on a Roll ❖

### DENNY'S®

- Build Your Own Grand Slam® Egg Whites (2), Turkey Bacon Strips & Seasonal Fruit

### DUNKIN DONUTS®

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



#### MOE'S SOUTHWEST GRILL®

- Breakfast Streaker w/ Black Beans, Scrambled Eggs & Veggies of Your Choice

#### SHEETZ®

- Wild West Flatbread (ask for no ham)

#### TIM HORTON'S®

- English Muffin, Egg White & Cheese ❖



ON THE GO

## BREAKFAST PHASE 2

### AU BON PAIN®

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

### BLIMPIE®

- Bluffin Bacon Egg & Cheese

### BOB EVANS®

- Veggie Omelet ❖

### BURGER KING®

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

### CORNER BAKERY CAFÉ®

- Farmer's Scrambler w/ Egg Whites and Fruit Cup ❖
- Power Flatbread-Avocado & Spinach (w/ Egg Whites) ❖

### DENNY'S®

- Build Your Own Grand Slam® Egg Whites (2) Turkey Bacon Strips and Buttermilk Biscuit

### DUNKIN' DONUTS®

- Bacon, Egg & Cheese on English Muffin
- Egg & Cheese on English Muffin w/ Small Skim Latte ❖
- Egg & Cheese Wake-Up Wrap w/ Large Skim Latte ❖
- Egg White & Turkey Sausage Flatbread
- Egg White & Turkey Sausage Wake-Up Wrap w/ Medium Skim Latte
- Egg White & Veggie Flatbread & Large Coffee w/ Skim Milk ❖
- Egg White & Veggie Wake-Up Wrap w/ Large Skim Latte ❖
- Ham, Egg & Cheese on English Muffin
- Ham, Egg & Cheese Wake-Up Wrap w/ Medium Skim Latte
- Sliced Turkey Breakfast Sandwich

### IHOP®

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

### JACK IN THE BOX®

- Bacon Breakfast Jack



#### MCDONALD'S®

- Egg McMuffin
- Egg White Delight McMuffin & Strawberry Gogurt®

#### SHEETZ®

- Farmhouse Cheddar Flatbread
- Kickin' Chicken Sausage Sandwich
- Protein Showdown

#### SMOOTHIE KING®

- Lean1 Chocolate, Strawberry or Vanilla

#### SUBWAY®

- 6-inch Egg & Cheese Flatbread❖
- 6-inch Egg White & Cheese w/ Ham Flatbread

#### TIM HORTON'S®

- Egg & Cheese Breakfast Wrap w/ Medium Latte ❖
- English Muffin Egg & Cheese ❖
- English Muffin, Turkey Sausage, Egg White & Cheese



ON THE GO

## LUNCH & DINNER

### PHASES 1 & 2

#### A&W®

- Hamburger
- Grilled Chicken Sandwich

#### APPLEBEE'S®

- Pepper-Crusted Sirloin & Whole Grains w/ Side Seasonal Veggies
- Thai Shrimp Salad (ask for dressing on the side)

#### ARBY'S®

- Classic Roast Beef Sandwich w/ Chopped Side Salad (w/out cheese)
- Grand Turkey Club (w/out mayo)
- Jr. Ham & Cheddar Sandwich w/ Chopped Side Salad & LF Milk
- Jr. Roast Beef Sandwich w/ Chopped Side Salad & LF Milk
- Jr. Turkey & Cheese Sandwich w/ Chopped Side Salad & LF Milk
- Roast Turkey & Swiss Wrap (w/out Ranch Sauce & Pepper Bacon)

#### AU BON PAIN®

- ½ Caprese Sandwich w/ Fruit Cup (sm)◆
- ½ Chicken Avocado Sandwich w/ Side Salad
- ½ Roasted Turkey on Baguette w/ Mixed Nuts
- ½ Turkey & Swiss Sandwich w/ Strawberry Cup
- Lobster Salad Sandwich
- Southwest Chicken Salad
- Steak Caesar Asiago Salad

#### BAJA FRESH®

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

#### BJ'S BREWHOUSE®

- ½ Toasted Chicken Pesto Sandwich w/ Small House Salad w/out Dressing (lunch special)
- ½ Toasted Turkey Bacon Ham Sandwich w/ Small House Salad w/out Dressing (lunch special)
- 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

# Curves Complete®

ON THE GO

- 6-inch French Dip on Wheat
- 6-inch Ham & Swiss 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®

- Blackened Whitefish w/out Tartar Sauce & ½ Baked Potato
- Grilled Chicken Breast w/ Baked Potato & Broccoli
- Potato Crusted Flounder w/ Broccoli & Carrots
- Summer Peach & Chicken Salad
- The Farm Favorite Grilled Chicken Sandwich (1/2 portion) w/ Farmhouse Garden Salad and ½ serving LT Ranch Dressing
- Wildfire Grilled Chicken Salad w/ out Dressing

## BOJANGLE'S®

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

## BONEFISH GRILL®

- Ahi Tuna Sashimi (reg)
- Sea Scallops & Shrimp w/ Herbed Jasmine Rice

## BOSTON MARKET®

- 1/2 Pulled BBQ Rotisserie Chicken Sandwich w/ Steamed Vegetables
- 1/2 Rotisserie Chicken Carver
- 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)
- Roasted Turkey Breast (4 oz.) w/ Garlic Dill New Potatoes & Fresh Steamed Vegetables & Green Beans (Half Serving)

## BUFFALO WILD WINGS®

- ½ Chicken Quesadilla
- ½ Honey BBQ Chicken Flatbread
- Grilled Chicken Buffalitos (no chips or salsa)



### BURGER KING®

- Apple & Cranberry Chicken Salad w/ FF Milk
- BK VEGGIE® Burger ❖
- BK VEGGIE® Burger (no mayo) and Side Salad ❖
- Chicken Caesar Salad w/ Apple Slices & FF Milk
- TENDERGRILL® Chicken Sandwich (no mayo) w/ Salad & ½ pkt LT Honey Balsamic
- TENDERGRILL® Chicken Sandwich w/ Cheese (no mayo) & Side Salad w/ ½ pkt LT Italian Dressing

### CALIFORNIA PIZZA KITCHEN®

- Habanero Carnitas on Original Crust (1/3)

### CAMILLE'S® SIDEWALK CAFÉ

- ½ Napa Valley Chicken Panini Sandwich w/ Spring Mix Salad & Raspberry Vinaigrette & 2 Saltine Crackers pkts
- 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.®

- Barbacoa Taco w/ 1% Milk
- Charbroiled BBQ Chicken™ Sandwich
- Trim It® Famous Star®
- Trim It® Original Grilled Chicken Salad w/ 1% Milk

### CARRABBA'S®

- Caesar Salad w/ Shrimp w/ LT Balsamic Vinaigrette & Cup of Minestrone Soup
- Wood-Grilled Chicken (lunch portion) w/ Cavatappi Amatriciana

### CHARLEY'S GRILLED SUBS®

- Chicken Buffalo (sm)
- Chicken California (sm)
- Chicken Teriyaki (sm)
- Philly Cheesesteak (sm)
- Philly Chicken (sm)
- Turkey Cheddar Melt (sm)
- Ultimate Club (sm)



ON THE GO

### CHICK-FIL-A®

- Asian Chicken Salad (no dressing) & Fruit Cup (sm)
- Chargrilled Chicken Club Sandwich
- Chargrilled Chicken Cool Wrap w/ LT Italian
- Chargrilled Chicken Sandwich w/ Side Salad & LT Italian Dressing
- Grilled Chicken Nuggets (8) w/ Side Salad & Honey Sesame & Fruit Cup (sm)
- Grilled Market Salad w/ LT Italian Dressing & Hearty Breast of Chicken Soup (med)
- Grilled Market Salad w/ Honey Sesame Dressing

### CHILI'S®

- Fresh Mex Pairings Chicken Green Chile Enchiladas w/ Southwest Chicken Soup (cup)
- Fresh Mex Pairings Chicken Tostada & House Salad (w/out dressing)
- Make it a Combo Lighter Choice Margarita Grilled Chicken & Seared Shrimp, ask for side of Rice (to replace combo sides)

### CHIPOTLE MEXICAN GRILL®

- 3 Tacos on Soft Corn Tortillas (your choice- carnitas, chicken or steak) w/ Your Choice Veggies
- Burrito Bowl w/ Meat (your choice - barbacoa, carnitas, chicken 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)
- Chicken Pomodori (1/2) w/ Baby Carrots (no chips)
- Club Panini (1/2, no sides)
- Mom's Grilled 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)
- Turkey on Pretzel Bread (1/2) w/ Side Bruschetta Salad
- Uptown Turkey on Harvest Bread (1/2) w/ Baby Carrots (no 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)
- Taste Two Buffalo Bleu Sandwich & Tandoori Chicken Salad (Lighter Side)





### 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
- ButterBurger "The Original" (single) w/ Side Salad (no dressing)
- Cranberry Bacon Bleu Salad w/ Grilled Chicken & ½ Dinner Roll
- Garden Fresco Salad w/ Grilled Chicken & Raspberry Vinaigrette
- Geroge's® Chili w/ Side Salad & Sesame Ginger Dressing
- Grilled Chicken Sandwich (1/2 portion) w/ Side Salad & RF French Dressing

### DAIRY QUEEN®

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

### DENNY'S®

- ½ Bourbon Chicken Skillet
- Build Your Own Burger® Grilled Seasoned Chicken Breast on Whole Wheat Bun (no sides)
- Cranberry Apple Chicken Salad w/ Balsamic Vinaigrette
- Fit Slam®

### DICKEY'S BARBECUE PIT®

- Barbecue Honey Ham (1/4lb) w/ Barbecue Baked Beans (ind)
- Chicken Breast (1/4lb) w/ Barbecue Beans (ind) & Coleslaw (ind)

### DUNKIN' DONUTS®

- Turkey Cheddar Bacon Flatbread

### EINSTEIN'S®

- Chicken Caesar Salad w/ Chicken Noodle Soup (8.7oz)
- Thintastic Buffalo Chicken
- Thintastic Club

### EL POLLO LOCO®

- Grand Taco a la carte w/ Small Chicken Tortilla Soup w/ Tortilla Strips
- Grilled Chicken Tortilla Roll
- Skinless Chicken Breast w/ Broccoli & Rice

### EXTREME PITA®

- Bourbon Chipotle (sm)
- Buffalo Chicken Pita (reg)

# Curves Complete®

ON THE GO

- Club (reg)
- Grilled Chicken Pita (reg)

## FARMER BOYS®

- FIT Ham Sandwich w/ Side Salad
- Home-Style Tuna (no sides, request no mayo)
- Veggie Sandwich (no sides) ❖

## FAZOLI'S®

- Cherry Apple Almond Salad w/ FF Italian

## FIREHOUSE SUBS®

- Chopped Salad w/ Honey Ham
- Corned Beef on Wheat (med, no mayo or cheese)
- Hook & Ladder Chopped Salad
- Hook & Ladder on Light Wheat (med)
- Pastrami on Light Wheat (med, no mayo)
- Sriracha Beef Sub (no mayo)
- Turkey on Light Wheat (med, no mayo)
- Turkey Salsa Verda Sub

## FRESH TO ORDER®

- ½ Almond Crusted Tuna with a side of Wheat Berry Rice
- Blue Cheese Fig Salad
- Grilled Chicken Breast w/ Southwestern Side Salad

## HACIENDA FIESTA®

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

## HARDEE'S®

- Original Turkey Burger (no sides)
- Trim It® Big Hot Ham Sandwich w/ Side Salad
- Soft Chicken Taco (2)

## HEAVENLY HAM®

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

## IHOP®

- Simple & Fit: Two Egg Breakfast



ON THE GO

#### ISLANDS®

- ½ Mahi Mahi Sandwich
- Sleek Greek Salad

#### JACK IN THE BOX®

- Chicken Fajita Pita on Whole Grain w/ Salsa
- Hamburger & 1% Milk
- Healthier Options® Grilled Chicken Strips w/ Teriyaki Sauce & Salad w/ LF Balsamic & Gourmet Croutons

#### JASON'S DELI®

- ½ Club Royale Sandwich w/ Steamed Veggies
- ½ Deli Club Sandwich w/ Fresh Fruit Cup
- ½ Johnny Cashew's Pork Sandwich
- ½ Santa Fe Chicken Sandwich w/ Steamed Veggies
- Mediterranean Wrap
- Deli Turkey Wrap

#### JERSEY MIKE'S SUBS®

- Turkey Breast & Provolone Wheat Mini

#### JIMMY JOHN'S®

- ½ Billy Club® (EZ Provolone, no mayo) & Thinny Jimmy Chips
- ½ Bootlegger Club® w/ Grey Poupon Dijon Mustard (no mayo) & Thinny Jimmy Chips
- ½ Country Club w/ Grey Poupon Dijon Mustard (no mayo) w/ ½ Bag Thinny Chips
- ½ Hunter's Club® (no mayo) w/ ½ bag Thinny Chips
- 8-inch J.J.B.L.T® (no mayo)

#### JOHNNY CARINO'S®

- ½ Chicken Marsala w/ Fettuccine (Dinner Portion)
- ½ Chicken Parmesan Panini
- ½ Lemon Rosemary Chicken w/ Roasted Rosemary Potatoes (Lunch Portion)

#### KFC®

- Grilled Chicken Breast w/ Mashed Potatoes & Gravy, Green Beans & GoGo squeeZ Applesauce
- Grilled Chicken Breast w/ side Sweet Kernel Corn & side Salad w/ Marzetti LT Italian Dressing
- Grilled Chicken-Breast w/ BBQ Baked Beans or KFC Cornbread Muffin
- 10 Original Recipe® Bites & Corn on the Cob (no butter, 3")
- Original Recipe® Chicken Breast w/out Skin or Breading w/ Potato Wedges

#### LA SALSA FRESH MEXICAN GRILL®

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



ON THE GO

#### LONG JOHN SILVERS®

- Baked Cod, Chicken Tender & Corn Cobbette w/out Butter Oil

#### 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)
- Redrock Grilled Shrimp w/ Seasoned Rice Pilaf

#### MACARONI GRILL®

- ½ Chicken Marsala
- ½ Chicken Milanese Panzanella-Dinner

#### 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
- 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®

- Artisan Chicken Sandwich
- Bacon Ranch Salad w/ Grilled Chicken, Newman's Own® Ranch Dressing (1/2 pkt), Strawberry Gogurt® & Apple Slices
- Cheeseburger w/ 1% Milk
- Grilled Onion Cheddar Burger w/ Side Salad & LF Balsamic Vinaigrette & 1% Milk
- Hamburger w/ Salad & LF Balsamic Vinaigrette & 1% Milk
- McDouble®
- Premium Asian Salad w/ Grilled Chicken & 1% Milk
- Premium McWrap® Chicken Sweet Chili (grilled)
- Ranch Snack Wrap® (grilled) w/ 1% Milk
- SW Salad w/ Grilled Chicken & Newman's Own® LF Family Recipe Italian Dressing

#### MIMI'S CAFÉ®

- ½ French Dip



ON THE GO

### 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®

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

### NEWK'S®

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

### NINETY-NINE®

- ½ Grilled Double BBQ Turkey Tips
- ½ Roast Beef Pub Dip (no sides)

### NOODLES & COMPANY®

- Bangkok Curry w/ Chicken (sm)
- Chicken Noodle Soup (reg) w/ Tossed Green Side Salad w/ Your Choice Dressing (Balsamic, Sesame Soy, Mediterranean)
- Japanese Pan Noodles w/ Chicken or Shrimp (sm)
- Mediterranean Salad w/ Shrimp (reg)
- Spicy Chicken Caesar Sandwich (w/out dressing)

### O'CHARLEY'S®

- Petite Sirloin (6oz) w/ ½ Side Baked Potato
- Bruschetta Chicken w/ ½ Portion Side Rice Pilaf
- Santa Fe Tilapia w/ Rice Pilaf

### OLIVE GARDEN®

- 1/2 Chicken Marsala w/ Famous Salad (no dressing)
- Chicken Fingers & Pasta
- Citrus Chicken Sorrento (Lunch Portion)
- Garlic Rosemary Chicken (Lunch Portion)



ON THE GO

#### ON THE BORDER®

- ½ Queso Chicken
- ½ 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®

- Sesame Salad (Chicken-full) w/ ½ side Seasoned Rice
- Victoria's Filet (6oz) w/ Asparagus & ½ Seasoned Rice

#### P.F. CHANG'S CHINA BISTRO®

- ½ Ginger Chicken w/ Broccoli & ½ Brown Rice
- ½ Mandarin Chicken w/ Shanghai Cucumbers (lg)
- ½ Orange Peel Beef
- Buddha's Feast Stir Fried ❖
- GF ½ Beef w/ Broccoli & Brown Rice (lunch portion) & Shanghai Cucumbers (sm)
- Moo Goo Gai Pan w/ ½ Brown Rice
- Sichuan Shrimp (no rice)
- Spicy Ahi Tuna Roll w/ Spinach and Garlic-Small

#### PANERA BREAD®

- ½ Asiago Steak on Asiago Cheese Signature Sandwich
- ½ Bacon Turkey Bravo® on Tomato Basil Signature Sandwich
- ½ BBQ Chopped Chicken Salad w/ ½ BBQ Ranch & LF Chicken Noodle Soup (cup)
- ½ Classic w/ Chicken Salad w/ RF Balsamic Vinaigrette
- ½ Frontega Chicken on Focaccia Panini
- ½ Roasted Turkey & Avocado BLT w/ LF Chicken Noodle Soup (cup)
- ½ Smoked Turkey on Three Cheese Panini w/ ½ Caesar Salad w/ Chicken (no dressing)
- Ancient Grain, Arugula & Chicken Salad (no dressing)

#### PAPA MURPHY'S®

- BBQ Chicken on Thin Crust (2 slices)
- Taco Grande (Chicken) on Thin Crust (2 slices)
- Thai Chicken Pizza on Thin Crust (2 slices)

#### PEI WEI®

- ½ Dan Dan Noodles Original w/ Chicken
- Asian Chopped Chicken Salad (sm) w/ Lime Vinaigrette (1oz)
- Kung Pao Chicken (sm) Steamed, w/out Rice



ON THE GO

#### PERKINS®

- Fit Favorite Lemon Pepper Tilapia w/ ½ Serving Rice
- Ham & Swiss Melt (1/2, no whipped butter blend)
- Roast Turkey Sandwich (1/2) w/ Side Garden Salad

#### 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)
- Dogwood Pita on Wheat (no cheese) w/ Sauce (your choice – low cal, LF)
- Philly Steak on Wheat w/ Vegetables (no cheese or sauce)
- Prime Rib on Wheat w/ Vegetables (no cheese or sauce)
- 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®

- Skinny Luau™ – Skinny Slice (2)

#### POTBELLY®

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

#### QUIZNOS®

- Basil Pesto Chicken Flatbread (sm) w/ Side Garden Salad (no dressing)
- Baja on Wheat (sm, no cheese or dressing)
- Honey Bourbon Chicken on Wheat w/ Veggies & Cheese (sm)
- Mesquite Chicken Sub on Wheat w/ Mustard (sm, no cheese or ranch)
- Southern BBQ Pulled Pork (sm)
- Spicy Monterey (sm)
- Traditional on Wheat w/ Mustard & Cheese (sm, no ranch)
- Ultimate Turkey Club on Wheat w/ Mustard & Cheese (sm, no cheese or mayo)

#### RED LOBSTER®

- Create Your Own Combination: Garlic-Grilled Sea Scallops, Garlic-Grilled Shrimp & Side of Wild Rice Pilaf
- Maple-Glazed Chicken-Lunch
- Shrimp & Wood-Grilled Chicken (w/ Garlic Shrimp Scampi)





ON THE GO

### RED ROBIN®

- Banzai Salad (no Cheesy Bread Croutons)
- Ensenada Chicken Platter 2 pc w/ Side Southwest Black Beans
- Simply Grilled Chicken Sandwich

### 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)
- One Grilled Gourmet Taco (chicken or steak) & One Street Taco (chicken or steak)
- Three Street Taco Platter (chicken) w/ Black Beans (only 1 side)
- Two Classic Grilled Steak Tacos on Corn Tortilla (no sides)
- Two Street Tacos (steak or chicken) & One Seafood Taco

### RUBY TUESDAY®

- Blackened Tilapia w/ Rice Pilaf & Steamed Broccoli
- Hickory Bourbon Chicken w/ Fresh Grilled Zucchini or Roasted Spaghetti Squash
- Plain Grilled Petite Sirloin w/ Steamed Broccoli & ½ Plain Baked Potato

### SALAD WORKS®

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

### SCHLOTZSKY'S®

- Angus Corned Beef (med) on Gluten Free Bread
- Chicken Breast (med) on Gluten Free Bread
- Chicken Pesto (sm)
- Chipotle Chicken (sm)
- Dijon Chicken (med) on Gluten Free Bread
- Hearts of Romaine Chicken Caesar Salad w/ Balsamic Vinegar
- Homestyle Tuna (sm)
- Santa Fe Chicken (sm) on Gluten Free Bread
- Smoked Turkey Breast (med)

### SEASONS 52®

- Lobster & Fresh Mozzarella Flatbread
- Maui Tuna Crunch Salad
- Roasted Tomato Flatbread ❖





ON THE GO

### SHARIS®

- ½ Ham Sandwich w/ Chicken Tortilla Soup (cup)
- ½ Turkey Sandwich w/ Broccoli Cheddar (cup)
- Whole Deli Ham Sandwich

### 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
- Atomic Chicken Sandwich w/ Grilled Chicken Breast
- Crispy Chicken Shnack Wrap w/ Honey Mustard
- Grilled Chicken Breast on Wheat Bread w/ Cheese, Vegetables & Mustard
- MTO Ham on Multigrain Ciabatta Bread w/ Vegetables, Cheese & Mustard
- MTO Turkey on Multigrain Ciabatta Bread w/ Vegetables, Cheese & Mustard

### SMOKEY BONES®

- Vegetable Burger (no sides) ❖

### SMOOTHIE KING®

- High Protein Almond Mocha w/ Nonfat Greek Yogurt (20 oz.) ❖
- High Protein Chocolate (20 oz.) ❖

### SONIC®

- Grilled Chicken Wrap

### STARBUCKS®

- Chicken Santa Fe Panini
- Ham & Swiss Panini

### STEAK 'N SHAKE®

- Grilled Chicken Salad w/ Zesty Italian
- Grilled Chicken Sandwich
- Single Steakburger™ w/ Cottage Cheese w/ Pineapple Ring

### SUBWAY®

- 6-inch BLT w/ Vegetables on 9-Grain Wheat Bread or Flatbread & LF Milk
- 6-inch Buffalo Chicken on Wheat or Flatbread w/ Vegetables & Ranch (no cheese)
- 6-inch Club (dbl meat) on Wheat or Flatbread w/ Vegetables & 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

# Curves Complete®

## ON THE GO

- 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
- Cheese Flatizza❖
- Club Salad w/ FF Italian & 1% LF Milk
- Double Chicken Chopped Salad w/ Baked Lay's®
- Oven Roasted Chicken Breast Salad w/ Cheese, FF Italian Dressing & 1% LF Milk
- Turkey Breast & Ham Salad w/ Cheese, FF Italian & 1% LF Milk
- Turkey Breast Salad w/ Cheese, FF Italian & 1% LF Milk
- Veggie Flatizza❖

### T.G.I. FRIDAY'S®

- ½ Jack Daniel's® Chicken & Shrimp w/ Tomato Mozzarella Salad
- ½ Jack Daniel's® Chicken w/ Tomato Mozzarella Salad

### TACO BELL®

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

### TACO CABANA®

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

### TIM HORTON'S®

- Chicken Ranch Wrap Snacker & Creamy Sundried Tomato Soup
- Chipotle Chicken Wrap Snacker & Creamy Sundried Tomato Soup
- Tim's Own® Ham & Swiss Sandwich
- Tim's Own® Turkey Bacon Club Sandwich

### TOGO'S®

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

### TROPICAL SMOOTHIE CAFÉ®

- Baja Chicken Flatbread (no ranch or 1/2 portion cheese)
- Chicken Pesto Flatbread (1/2 portion cheese)
- Korean BBQ Steak Tacos (2)
- Thai Chicken Salad w/ Thai Peanut Dressing



ON THE GO

#### UNO CHICAGO GRILL®

- ½ Chicken Sandwich & Tuscan Minestrone Soup
- ½ Turkey Avocado & Bacon
- 6 oz. Top Sirloin w/ Farro Salad
- 2 Lobster Sliders
- Grilled Chicken Sandwich
- House Salad w/ Grilled Chicken & FF Vinaigrette & ½ Breadstick

#### WENDY'S®

- Asian Cashew Chicken Salad (full)
- Chili (Sm) w/ Shredded Cheese & Saltine Crackers & Salad w/ LT Ranch
- Grilled Chicken Go Wrap & LF Milk
- Jr. Cheeseburger & LF Milk
- Power Mediterranean Chicken Salad (full)
- Pulled Pork Sandwich
- Ultimate Chicken Grill Sandwich

#### WAWA®

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

#### ZAXBY'S®

- Chicken Sandwich (No Drink, Crinkle Fries & Honey Mustard Sauce)
- The Blue, Blackened (No Dressing, Fried Onions or Blue Cheese Crumbles)

#### ZOE'S KITCHEN®

- Club Pita Sandwich
- Grilled Chicken & Slaw Pita (no side)