

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. ❖ - represents vegetarian.

BREAKFAST

Phase 1

Blimpie®

- Egg & Cheese on a Roll❖

Burger King®

- Breakfast Muffin Sandwich w/ Egg & Cheese❖
- Original Quaker® Oatmeal w/ 6 Almonds❖

Corner Bakery Café®

- Farmer's Scrambler w/ Egg Whites (no sides)❖
- Steel-Cut Oatmeal w/ Toasted Almonds (no sweet crisps)❖

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

McDonald's®

- Fruit 'N Yogurt Parfait w/ 6 Almonds❖

Sheetz®

- Ham Shmuffin w/ Egg & Vegetables (no cheese)

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
- 3-inch Egg White & Cheese on Flatbread w/ Apple Slices (1 pkg)❖

Subway® cont'd

- 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)
- Steak, Egg & Cheese Muffin Melt
- Steak, Egg White & Cheese Muffin Melt
- Sunrise Muffin Melt w/ Egg Whites❖

Taco Cabana®

- Chorizo & Egg Taco
- Potato & Egg Taco❖

Tim Horton's®

- Strawberries w/ Berries Yogurt & 6 Almonds❖

Phase 2

Au Bon Pain®

- Egg Whites & Cheddar Breakfast Sandwich
- Egg Whites, Cheddar & Avacado Breakfast Sandwich

Blimpie®

- Bluffin, Bacon, Egg & Cheese
- Bluffin, Egg & Cheese
- Bluffin, Ham, Egg & Cheese

Bob Evans®

- Veggie Omelet w/ Fresh Fruit & Wheat Toast❖
- Western Omelet w/ Egg Whites

Burger King®

- Breakfast Muffin Sandwich w/ Egg, Cheese & Ham or Bacon
- Quaker® Oatmeal Maple & Brown Sugar Flavored Oatmeal❖

Chick-fil-A®

- Chick-n-Minis (3 ct)
- Multigrain Oatmeal w/ Toppings❖

Chick-fil-A® cont'd

- Yogurt Parfait (no granola) w 12 Almonds❖

Corner Bakery Café®

- Farmer's Scrambler w/ Whole Eggs (no sides)❖
- Garden's Gate Scrambler w/ Egg Whites (no sides)❖

Cracker Barrel®

- Oatmeal w/ Banana Topping❖

Dunkin' Donuts®

- Egg & Cheese on English Muffin❖
- Egg & Cheese Wake-Up Wrap & Latte Lite (Med)❖
- Egg White & Turkey Sausage Flatbread
- Egg White & Turkey Sausage Wake-Up Wrap & Latte Lite (Med)
- Egg White & Veggie Wake-Up Wrap & Latte Lite (Med)❖
- Ham, Egg & Cheese Wake-Up Wrap & Latte Lite (Sm)

IHOP®

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

Jack in the Box®

- Breakfast Jack

McDonald's®

- Egg McMuffin
- Egg White Delight McMuffin & ½ Nut Exchange

Panera Bread®

- Power Breakfast Egg Bowl w/ Steak
- Power Breakfast Egg White Bowl w/ Turkey
- 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)❖

Sheetz®

- All American Scrambler w/ Bacon or Sausage & Egg Whites & Seasonal Fruit
- Power Panini Thin Applewood Smoked Bacon w/ Egg Whites & Salsa
- Power Panini Thin Chicken Apple Sausage w/ Egg Whites & Salsa

Sheetz® cont'd

- Sausage & Egg & Cheese Breakfast Burrito w/ Habanero Sauce

Starbuck's®

- 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) & White Cheddar Classic 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 Omelet on Wheat❖
- Breakfast B.M.T. Muffin Melt w/ Egg & Apples 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)❖

Tim Horton's®

- Egg & Cheese Breakfast Wrap❖
- English Muffin Egg & Cheese❖

Lunch & Dinner

A&W®

- Grilled Chicken Sandwich
- Hamburger

Applebee's®

- 9 oz. House Sirloin w/ Seasonal Veggies (2)
- Blackened Tilapia
- Napa Chicken & Portabellas
- Roasted Garlic Sirloin
- Zesty Roma Chicken & Shrimp

Arby's®

- Arby's Melt
- Arby-Q® Sandwich
- Chopped Farmhouse Chicken Salad w/ LT Italian & Apple Slices & LF White Milk
- Classic Roast Beef Sandwich w/ Sliced Apples
- Cravin' Chicken Sandwich - Roasted w/ Sliced Apples
- Ham & Swiss Melt w/ LF White Milk
- Jr. Ham & Cheddar Sandwich w/ Apple Slices & LF White Milk
- Jr. Roast Beef Sandwich w/ Apple Slices & LF White Milk
- Turkey N Cheddar Classic

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 Chipotle Turkey & Avocado Sandwich & Fruit Cup (Sm)
- 1/2 Roast Beef on Baguette w/ Fresh Grapes (8 oz)
- 1/2 Roasted Turkey on Baguette w/ Mixed Nuts
- 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
- 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)

BJ's® Brewhouse

- 1/2 BBQ Chicken Chopped Salad (no onion strings)
- 1/2 Margherita Flatbread (appetizer portion)❖

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/ RF 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
- 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❖)
- Fish Sandwich (no tartar sauce)
- 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

California Pizza Kitchen®

- BBQ Chicken Pizza w/ Applewood Smoked Bacon on Original Crust (1/3)
- California Veggie w/ Goat cheese on Original Crust (1/3)❖
- Habanero Carnitas on Original Crust (1/3)
- Half Roasted Veggie Salad w/ Grilled Shrimp
- Spicy Chipotle Chicken on Original Crust (1/3)
- Thai Chicken on Original Crust (1/3)
- Tostada pizza w/ Lime chicken on Thin Crust (1/3)
- Tricolore Salad Pizza w/ Grilled Chicken or Sautéed Salmon on Thin Crust (1/3)
- Wild Mushroom w/ Chicken on Original Crust (1/3)

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❖
- 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

Casa de Bandini®

- Chicken & Black Bean Tostada (no parmesan cheese)

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

Carrabba's®

- Caesar Salad w/ Chicken & LT Balsamic
- Chicken Parmesan (sm) w/ Grilled Veggies
- Grilled Chicken w/ Grilled Veggies & Spinach (plain)
- Italian Cobb Salad w/ Shrimp & LT Balsamic
- Tuscan Strawberry Salad w/ Chicken & LT Balsamic

Chick-fil-A®

- Asian Chicken Salad w/ 75 cal Drsg (no wontons or almond toppings)
- 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)

Chick-fil-A® cont'd

- Grilled Market Salad w/Harvest Nut Granola & Roasted Nut Blend & 75 cal Drsg
- Hearty Breast of Chicken Soup w/ Salad & FF Honey Mustard
- Spicy Chicken Cool Wrap w/ LT Italian

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 & Steamed Broccoli
- 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 (1/2) & 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)

City Barbeque

- Premium salad
- Lunch Serving Beef Brisket (4 ounces) with seasonal Fresh Fruit and Cukes & Onions
- Lunch Serving Pulled Pork (4 ounces) with seasonal Fresh Fruit

Corner Bakery Café®

- Big Al's Chili (cup) w/ Cheddar Cheese (no bread)
- Café Asian Wonton Salad w/ Focaccia Roll
- California Grille Panini (1/2) w/Fresh Fruit Medley (no chips)❖
- Chicken Pesto on Ciabatta (1/2) w/ Baby Carrots (no chips)
- Chicken Pomodori (1/2) w/ Baby Carrots (no chips)
- D. C. Chicken Salad on Steakhouse Rye (1/2) w/ Fresh Fruit Medley (no chips)
- Ham on Pretzel Bread (1/2) w/ Fresh Fruit Medley (1/2)
- Mom's Roasted Chicken Sandwich (1/2) w/ Swiss & Mustard & Fresh Fruit Medley (no chips)
- Mom's Smoked Ham Sandwich w/ Mustard (no cheese or sides)
- Mom's Smoked Turkey Sandwich (1/2) w/ Mustard & Cheese & Fresh Fruit Medley (no chips)
- Roast Beef & Goat Cheese on Potato Thyme Roll (1/2) w/ Baby Carrots (no chips)
- Roasted Veggie on Potato Thyme Roll (1/2) w/ Fresh Fruit Medley & Baby Carrots (no chips)❖
- Smoked Ham & Swiss (1/2) w/ Fresh Fruit Medley (1/2)
- Tomato Mozzarella on Ciabatta (1/2) w/ Baby Carrots (no chips)❖
- Turkey Monterey Panini (1/2) (no sides)
- Turkey on Pretzel Bread (1/2) w/ Fresh Fruit Medley (no chips)
- Uptown Turkey on Harvest Bread (1/2) w/ Baby Carrots (no chips)

Corner Bakery Café® cont'd

- Zesty Chicken Tortilla (bowl) w/ Tortilla Strips (no bread) & Fresh Fruit Medley (1/2)

Cracker Barrel®

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

Culver's®

- Beef Pot Roast Sandwich w/ Side Salad (no cheese) & Raspberry Vinaigrette (1/2)
- Garden Fresco Salad w/ Grilled Chicken & Raspberry Vinaigrette
- George's Chili Supreme (no sour cream)
- Grilled Chicken Cashew Salad (no cheese) w/ Raspberry Vinaigrette
- Grilled Chicken Sandwich (no sides)
- Single ButterBurger w/ Cheese (no sides)
- Single Original ButterBurger (no cheese) w/ Side Salad & Raspberry Vinaigrette (1/2)
- Single Sourdough Melt (no sides)
- Single Wisconsin Melt (no sides)

Dairy Queen®

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

Denny's®

- 1/2 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)

Domino's Pizza® cont'd

- Lighter Options: Philly Steak Pizza (Med, 2 slices)
- Lighter Options: Veggies (Med, 2 slices)❖

El Pollo Loco®

- Grilled Chicken Salad w/ LT Creamy Cilantro (1 pkt)
- Grilled Chicken Tortilla Roll
- Skinless Chicken Breast w/ Fresh Veggies (no margarine) & Rice

Extreme Pita®

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

Farmer Boys

- 1/2 Club Sandwich (no mayo, no sides)
- 1/2 Turkey Avocado Wrap w/ FF Ranch (no cheese, no sides)
- Charbroiled Chicken Salad & FF Dressing
- Charbroiled Chicken Sandwich (no mayo, no sides)
- FIT Ham Sandwich (no sides)
- FIT Turkey Sandwich (no sides)
- Harvest Ham (no mayo, no sides)
- Veggie Sandwich (no sides)❖

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
- Lighter Options Chicken Bruschetta Pasta
- Lighter Options Chicken Mushroom Alfredo Bake

Fazoli's® cont'd

- Pepperoni Stuffed Pizza Stick w/ Salad & FF Italian
- Triple Cheese Pizza (1 slice) w/ Salad & FF Italian❖
- Pepperoni Classico 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)❖

Fresh to Order

- Entrée Roasted Pork Loin (3/4 Portion) with a side Caesar salad
- Panini Chicken BLT on Wheat Flat
- Bourbon Marinated Filet with side Caesar salad and garlic mashed potatoes
- Grilled Chicken Breast with side Southwestern Salad
- Marinated Salmon with Side F2O Salad
- Almond Crusted Tuna with a side of Wheat Berry Rice

Hacienda Fiesta

- White Chili Bowl
- 1 Shredded Pork Soft or Hard Shell Taco
- 1 Fresh Chicken Taco
- 1 Refried Bean Soft or Hard Shell Taco
- 1 Seafood Soft or Hard Shell Taco
- 1 Shredded Chicken Enchilada with flour or corn tortilla
- 1 Shredded Beef Enchilada with flour or corn tortilla
- 1 Shredded Pork Enchilada with flour or corn tortilla

Hardee's®

- Charbroiled BBQ Chicken Sandwich (no sides)
- Original Turkey Burger (no sides)
- Small Cheeseburger (no sides)
- Small Hamburger w/ Side Salad & LT Dressing

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

Islands®

- Half Sandpiper Sandwich (no mayo, no sides)
- Half Shorebird Sandwich (no mayo, no sides)
- Half Wiqui Waqui Salad (no cheese) w/ LF Ranch
- No Blame Grilled Veggie Tacos (no island slaw)❖
- One Baja Tacos & Ranchero Beans (1/2)
- One Cabo Loco Taco (no beans)
- One Grilled Fish Taco w/ Ranchero Beans
- One Grilled Veggie Taco w/ Ranchero Beans (no slaw)❖
- One Northshore Taco w/ Ranchero Beans
- One Yaki Taco w/ Island Slaw (no beans)
- Small Tortilla soup w/ Avocado

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)

Jason's Deli® cont'd

- 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 Phily Chic Wrap w/ Fresh Fruit Cup
- 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❖
- 1/2 Zucchini Garden Pasta (no bread) w/ Chicken & Steamed Veggies❖
- Beef Stew (bowl, no toppings)
- Fire Roasted Tortilla Soup (bowl) w/ Salad of Free Veggies & LT Raspberry Cabernet Vinaigrette
- Lighter Portion Nutty Mixed Up Salad w/ LT Raspberry Cabernet Vinaigrette & Fruit Cup (no dip)
- Mediterranean Wrap w/ Steamed Veggies❖
- Savvy Chicken Salad Wrap w/ Steamed Veggies
- Seafood Gumbo (bowl) w/ Salad of Free Veggies & LT Raspberry Cabernet Vinaigrette
- Spinach Veggie Wrap❖
- Spinach Veggie Wrap w/ Steamed Veggies❖
- SW Chicken Chili (bowl, no toppings) w/ Steamed Veggies & Fresh Fruit Cup
- 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

Jimmy John's® cont'd

- 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)❖

Johnny Carino's®

- 1/2 BBQ Chicken Pizza
- 1/2 Chicken Balsamico
- 3/4 Flat Iron Steak with Gorgonzola Sauce
- 3/4 Chicken Diavolo

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
- OR® Bites (10) & Corn on the Cob (no butter, 3")

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

Leeann Chin®

- Cashew Chicken (8oz) & Natural Brown Rice (1 oz)
- Garlic Chicken (8oz) & Natural Brown Rice (2 oz)
- GF Curry Chicken (8oz) & Natural Brown Rice (2 oz)
- Kung Pao Chicken (8oz) & Natural Brown Rice (1 oz)

Longhorn Steakhouse®

- 6 oz Renegade Sirloin w/ Green Beans & Seasonal Veggies
- 7 oz Longhorn Salmon w/ Green Beans & Seasonal Veggies
- Grilled Fresh Rainbow Trout w/ Green Beans & Seasonal veggies
- Lighter Portion Red Rock Grilled Shrimp w/ Green Beans

Longhorn Steakhouse® cont'd

- Lighter Portion Sierra or Napa Grilled Chicken w/ Green Beans

Long John Silver's®

- Salmon Fillets (2) w/ Corn Cobbette (no butter or oil) & Hushpuppy (1)
- Hold the Batter® Cod (2 pcs) w/ Sweet & Zesty Asian Sauce & Corn Cobette (no butter) & Rice
- Hold the Batter® Shrimp Scampi w/ Corn Cobbette (no butter or oil) & Hushpuppy (1)

Macaroni Grill®

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

Mazzio's Italian Eatery®

- 12-inch Chicken Club Pizza (Med, thin crust, 2 slices)
- 12-inch Chicken Pizza (Med, thin crust, 2 slices)
- 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/ 1/2 New Yorker Sandwich
- Chicken Chili (cup) w/ Savannah Chopped Salad
- Chicken Noodle (cup) w/ 1/2 Ham & Cheese Toastie
- Chicken Noodle (cup) w/ 1/2 Ham Melt
- Chicken Noodle (cup) w/ 1/2 Memphian™
- Chicken Noodle (cup) w/ 1/2 Turkey Melt
- Chicken Noodle (cup) w/ Veggie Spud
- 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
- 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

Mimi's Café® Fresh & Fit Menu

- Citrus Salmon
- Grilled Chicken & Fruit Plate
- Petite Filet

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
- 10-inch Whole Wheat Tortilla w/ Beans (black or pinto), Rice, Guacamole & Veggies❖
- 10-inch Whole Wheat Tortilla w/ Meat (chicken, steak, pork, ground beef or tofu), beans (black or pinto), Rice & Veggies
- Crispy Taco w/ Meat (chicken, steak, pork or ground beef), Beans (black or pinto), Rice, Guacamole & Cheese or Sour Cream

Muscle Maker Grill®

- Chocolate Banana Protein Shake❖
- Chocolate Peanut Butter Protein Shake❖
- Lighter Side Champion Pasta
- Lighter Side Mona Lisa Wrap & Broccoli
- Lighter Side Penne Romano & Broccoli
- Lighter Side Tucson
- Mardi Gras Cajun Grilled Chicken Salad
- Strawberry & Banana Protein Shake❖
- Turkey Taco Salad

Newk's®

- Chef Salad w/ 80 Calories of Dressing

Newk's® cont'd

- Shrimp Remoulade Salad w/ 80 Calories of Dressing
- Grab N Go Ham on Wheatberry
- Grab N Go Roast Beef on Wheatberry
- Grab N Go Turkey on Wheatberry

Ninety-Nine®

- 9 oz Sirloin w/ Asparagus & Broccoli (no butter)
- Fit for you Balsamic Salmon & Vegetables
- Fit For You Herb Salmon & Vegetables
- Fit for You Mushroom Bleu Top Sirloin & Vegetables
- Grilled Double BBQ Turkey Tips (1/2)

Noodles & Company®

- Bangkok Curry w/ Chicken (sm)
- Bangkok Curry w/ Tofu (Sm)❖
- Chinese Chopped Salad (Reg)❖
- Japanese Pan Noodles w/ Shrimp (Sm)
- Med Sandwich w/ Tossed Green Salad & FF Asian
- Mediterranean Salad w/ Shrimp (Reg)
- Mushroom Stroganoff (Sm)❖
- Veggie Med Sandwich w/ Tossed Green Salad & Balsamic❖

O'Charley's®

- Petite Sirloin (6 oz) with Asparagus

Olive Garden®

- 1/2 Chicken Marsala
- 1/2 Grilled Lemon-Herb Chicken
- 1/2 Mixed Grill (All Chicken) w/ Sides
- 1/2 Mixed Grill w/ Sides
- 1/2 Moscato Peach Chicken
- 1/2 Spaghetti w/ Meatsauce
- Linguine alla Marinara w/ Chicken or Shrimp (lunch portion)
- 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

On the Border® cont'd

- 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/ Mixed Veggies & Broccoli (no butter)
- Chicken on the Barbie (no butter) w/ Veggies (no butter)
- Grilled Chicken Sandwich w/ Broccoli (no butter)
- Simply Grilled Mahi w/ Grilled Asparagus
- 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 w/ Brown Rice (1/2)
- 1/2 Buddha's Feast Stir Fried w/ Brown Rice (1/2) ❖
- 1/2 Chengdu Spiced Lamb (no rice)
- 1/2 Ginger Chicken w/ Broccoli & Brown Rice (1/2)
- 1/2 Mahi-Mahi (no rice)
- 1/2 Mandarin Chicken w/ Brown Rice (1/2)
- 1/2 Moo Goo Gai Pan w/ Brown Rice (1/2)
- 1/2 Orange Peel Beef (no rice)
- 1/2 Salmon with Steamed Ginger (no rice)
- Buddha's Feast Steamed w/ Brown Rice (1/2) ❖
- Buddha's Feast Steamed w/ Brown Rice (lunch portion) ❖
- GF 1/2 Beef w/ Broccoli & Brown Rice (1/2) (lunch portion)
- GF 1/2 Chang's Spicy Chicken w/ Brown Rice (1/2) (lunch portion)
- GF 1/2 Mongolian Beef w/ Brown Rice (1/2) (lunch portion)
- GF 1/2 Moo Goo Gai Pan w/ Brown Rice (1/2)
- GF 1/2 Pepper Steak w/ Brown Rice (1/2) (lunch portion)
- GF 1/2 Philip's Better Lemon Chicken w/ Brown Rice (1/2) (lunch portion)
- Sichuan Shrimp (no rice)
- Thai Basil Greens Salad w/ Chicken & Ginger/Lime Vinaigrette (lunch portion)

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

Panda Express® cont'd

- 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)
- Power Mediterranean Chicken w/ Olive Oil (no side)
- Power Mediterranean Turkey w/ Olive Oil & Apple
- Salmon Caesar w/ Caesar (1/2) (no croutons)
- Strawberry, Poppyseed & Chicken Salad w/ FF Poppyseed Dressing & Apple
- Thai Chopped Chicken Salad w/ LF Thai Chili Vinaigrette (no wontons) & Apple

Papa John's®

- Cheese on Original Crust (sm, 2 slices)❖
- Garden Fresh on Original Crust (med, 2 slices)❖
- Spinach Alfredo on Original Crust (med, 2 slices)❖

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 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
- GF 1/2 Sweet & Sour w/ Shrimp & Brown Rice (1/2)

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

Pizza Hut®

- 12-Inch Thin N Crispy® Cheese Pizza (Med, 2 Slices)❖
- 12-inch Thin N Crispy® Chicken Supreme (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)
- Honey Bourbon Chicken on Wheat w/ Veggies & Cheese (Sm)
- 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)
- Veggie Guacamole on Wheat w/ Mozzarella or Cheddar (Sm)❖

Red Lobster®

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

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)
- Chimichurri Salmon Salad
- Chimichurri Salmon Taco on Flour Tortilla & One Street Taco (chicken or steak)
- Chipotle Orange Shrimp Entrée Salad
- Chipotle Orange Shrimp Salad (med) & One Taco (Classic Grilled Steak, Salsa Verde Shrimp, Grilled Tilapia, Grilled Mango Habanero Mahi Mahi, Blackened Tilapia)
- One Grilled Gourmet Taco (chicken or steak) & One Street Taco (chicken or steak)
- Portobello & Poblano Taco Served on Corn Tortilla w/ Black & Pinto Beans (1/2)❖
- Three Street Taco Platter (chicken or steak) w/ Black Beans & Rice (1/2)
- Two Classic Grilled Steak Tacos on Corn Tortilla
- Two Salsa Verde Shrimp Tacos on Corn Tortilla
- Two Street Tacos (steak or chicken) & One Seafood Taco (Grilled or Blackened Tilapia, Grilled Mango Habanero Mahi Mahi, Grilled Atlantic salmon or Grilled Pacific Mahi Mahi)

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
- 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

Salad Works®

- Autumn Harvest w/ 100 cal drsg
- Bently w/ 150 cal drsg
- Buffalo Bleu w/ 150 cal drsg
- Chicken Caesar w/ 100 cal drsg
- Chicken Monterey on Rocaccia w/ Mustard & Veggies & Cheese
- Fajitalicious on Focaccia w/ Cheese & Veggies & Salsa Mayo
- Garden Deluxe w/ 150 cal drsg❖
- Ham Continental on Focaccia w/ Cheese & Veggies & Mustard
- Turkey Continental on Focaccia w/ Cheese & Veggies & Mustard
- Turkey Ranch on Focaccia w/ Cheese & Veggies & Lite Ranch

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)

Sharis™

- 1/2 Ham Sandwich w/ Broccoli Cheddar (cup) & Salad & FF Raspberry Vinaigrette

Sharis™ cont'd

- 1/2 Ham Sandwich w/ Clam Chowder (cup) & Salad & FF Raspberry Vinaigrette
- 1/2 Ham Sandwich w/ Chicken Tortilla Soup (cup) & Salad & FF Raspberry Vinaigrette
- 1/2 Ham Sandwich w/ Minestrone (cup) & Salad & FF Raspberry Vinaigrette
- 1/2 Turkey Sandwich w/ Broccoli Cheddar (cup) & Salad & FF Raspberry Vinaigrette
- 1/2 Turkey Sandwich w/ Clam Chowder (cup) & Salad & FF Raspberry Vinaigrette
- 1/2 Turkey Sandwich w/ Chicken Tortilla Soup (cup) & Salad & FF Raspberry Vinaigrette
- 1/2 Turkey Sandwich w/ Minestrone (cup) & Salad & FF Raspberry Vinaigrette
- 1/2 Turkey Sandwich w/ Split Pea & Ham (cup) & Salad & FF Raspberry Vinaigrette
- Flame Grilled Veggie Burger (no sides)❖

Sheetz®

- 12-inch Club Combo Wrap w/ Vegetables & Mustard (no cheese)
- 12-inch Cold Cut Comb Wrap w/ Vegetables & Mustard (no cheese)
- 12-inch Double Ham Wrap w/ Vegetables & Mustard (no cheese)
- 12-inch Double Turkey Wrap w/ Vegetables, Cheese & Mustard
- 12-inch Grilled Chicken Wrap w/ Vegetables & Mustard (no cheese)
- Club Combo on Wheat Bread w/ Vegetables & Cheese & Mustard
- Double Ham on Wheat Bread w/ Vegetables & Cheese & Mustard
- Double Roast Beef on Wheat Bread w/ Vegetables & Cheese & Mustard
- Grilled Chicken Breast on Wheat Bread w/ Cheese & Vegetables & Mustard
- Grilled Chicken Strips Salad w/ Vegetables & Cheese & FF French
- Italian Combo on Wheat Bread w/ Vegetables & Cheese & Mustard
- Pork BBQ on Wheat Bread w/ BBQ Sauce & Vegetables (no cheese)
- Southwest Chicken Specialty Sub on Wheat Sub Roll w/ Vegetables (no cheese)
- Steak on Wheat Bread w/ Vegetables & Cheese
- Steak Salad w/ Vegetables & Cheese & FF Italian

Smokey Bones®

- 8oz Pork Tenderloin w/ Teriyaki or Spicy Chipotle Sauce & Broccoli (1)
- Brunswick Stew (bowl) w/ Side Garden Salad & 50 cal Drsg
- Vegetable Burger (no sides)❖

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/ Fruit Salad
- Chicken Santa Fe Panini
- Ham & Swiss Panini
- Roasted Tomato & Mozzarella Panini❖
- Roasted Vegetable Panini❖
- Protein Bistro Box❖
- Zesty Chicken & Black Beans Bowl

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 or Flatbread w/ Vegetables & Mustard (no cheese)
- 6-inch Buffalo Chicken on Wheat or Flatbread w/ Vegetables & Ranch (no cheese)
- 6-inch Club (Dbl meat) on Wheat or Flatbread w/ Vegetables, Cheese & Mustard
- 6-inch Club on Wheat or Flatbread w/ Avocado & Vegetables & Mustard (no cheese)
- 6-inch Club on Wheat or Flatbread w/ Vegetables, Cheese & Mustard
- 6-inch Cold Cut Combo 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 w/ Vegetables, Cheese & Mustard
- 6-inch Roast Beef (Dbl meat) on Wheat or Flatbread w/ Vegetables, Cheese & Mustard
- 6-inch Steak and Cheese on Wheat or Flatbread w/ Vegetables
- 6-inch Subway Melt® on Wheat or Flatbread w/ Vegetables & Cheese
- 6-inch Sweet Onion Chicken Teriyaki on Wheat or Flatbread w/ Vegetables (no cheese)
- 6-inch Turkey Breast & Ham (Dbl meat) on Wheat or Flatbread w/ Vegetables, Cheese & Mustard
- 6-inch Turkey Breast (Dbl meat) on Wheat or Flatbread w/ Vegetables, Cheese & Mustard
- 6-inch Turkey & Bacon Avocado on Wheat or Flatbread w/ Vegetables (no cheese)
- 6-inch Veggie Patty on Wheat or Flatbread w/ Vegetables (no cheese)❖
- 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
- Double Chicken Chopped Salad w/ individual bag Sunchips

Subway® cont'd

- 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 w/ Jasmine Rice (1/2) & Steamed Broccoli
- 1/2 Jack Daniel's® Chicken Grill w/ Roasted Veggie Medley
- 1/2 Jack Daniel's® Chicken & Shrimp w/ Broccoli & Vegetable Medley
- Tortilla Soup w/ Broccoli & Fruit Cup

Taco Bell®

- Bean Burrito❖
- Black Bean Burrito❖
- Burrito Supreme® - Beef
- Burrito Supreme® - Chicken
- Burrito Supreme® - Steak
- Fresco Bean Burrito❖
- Fresco Beef Soft Tacos (2)
- Fresco Chicken Soft Tacos (2)
- Fresco Burrito Supreme® - Chicken
- Fresco Burrito Supreme® - Steak
- Gordita Supreme® Chicken w/ Premium Latin Rice
- Gordita Supreme® Steak w/ Premium Latin 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❖

Tim Horton's®

- BBQ Chicken Wrap Snacker & LF Creamy Vanilla Yogurt & Berries
- Chicken Ranch Wrap Snacker & LF Creamy Vanilla Yogurt & Berries

Tim Horton's® cont'd

- Tim's Own® Chicken Caesar Sandwich
- Tim's Own® Chicken Salad Sandwich
- Tim's Own® Egg Salad Sandwich❖
- Tim's Own® Ham & Swiss Sandwich
- Tim's Own® Toasted Chicken Club Sandwich
- Tim's Own® Turkey Bacon Club Sandwich
- Tim's Own® Turkey Caesar Sandwich

Togo's®

- Albacore Tuna on Half/Mini w/ Veggies & Mustard (no cheese) & Garden Soup (8oz)
- BBQ Beef on Half/Mini w/ Veggies & Mustard (no cheese)
- Black Forest Ham & Cheese on Half/Mini w/ Veggies & Mustard & Garden Soup (8oz)
- Chicken on Half/Mini w/ Veggies & Mustard (no cheese) & Garden Soup (10oz)
- Chicken Salad on Half/Mini w/ Veggies & Mustard (no cheese) & Garden Soup (8oz)
- Clubhouse on Half/Mini w/ Veggies & Cheese & FF Honey Dijon
- Hummus on Half/Mini w/ Veggies & Mustard (no cheese)❖
- Meatball on Half/Mini w/ Veggies & Mustard (no cheese)
- Mortadella & Salami & Provolone on Half/Mini w/ Veggies & Mustard
- Roast Beef & Avocado on Half/Mini w/ Veggies & Mustard (no cheese) & Garden Soup (8oz)
- Roast Beef on Half/Mini w/ Veggies & Mustard (no cheese) & FF Honey Mustard or Italian
- Turkey & Roast Beef & Cheese on Half/Mini w/ Veggies & Mustard & FF Honey Mustard or Italian
- Turkey & Avocado on Half/Mini w/ Veggies & Mustard (no cheese) & Garden Soup (8oz)
- Turkey & Cheese on Half/Mini w/ Veggies & Mustard & Garden Soup (10oz)
- Turkey & Cranberry on Half/Mini w/ Veggies & Mustard (no cheese) & Garden Soup (8oz)
- Turkey & Ham & Cheese on Half/Mini w/ Veggies & Mustard & Garden Soup (8oz)
- Turkey & Ham & Salami & Cheese on Half/Mini w/ Veggies & Mustard
- Turkey & Salami & Cheese on Half/Mini w/ Veggies & Mustard
- Turkey Bacon Club on Half/Mini w/ Veggies & Mustard (no cheese) & Garden Soup (10oz)

Tropical Smoothie Café®

- Baja Chicken Flatbread (no ranch or 1/2 portion cheese)
- Caribbean Luau Toasted Flatbread (use 1/2 portion cheese)
- Chicken Pesto Flatbread (use 1/2 portion cheese)
- Honey Ham & Swiss Flatbread
- Open Face Turkey Guacamole Sanwich (remove 1 slice of bread)
- Southwest Chicken Salad (no rice) w/ Southwest Ranch
- Thai Chicken Salad w/ Thai Peanut

Uno Chicago Grill®

- 1/2 Chicken Sandwich & Tuscan Minestrone Soup
- 1/2 GF Cheese Pizza (thin crust)❖

Uno Chicago Grill® cont'd

- 1/2 Roasted Eggplant, Spinach & Feta Pizza (thin or 5-grain crust)❖
- 1/2 Roasted Vegetable & Goat Cheese Wrap & Veggie Soup❖
- Black Bean Burger❖
- House Salad w/ Grilled Chicken & FF Vinaigrette & Breadstick (1/2)
- Grilled Chicken Sandwich
- Roasted Vegetable & Goat Cheese Wrap❖

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

White Castle®

- 3 Original Sliders®