

## Ordering at Restaurants

Restaurants offer convenience, but some options are better than others.

- Order grilled instead of fried options.
- If an item comes with bread, rice or tortillas, ask to leave it off.
- Share a meal with someone or get half of it in a to-go container.
- Wait 30 minutes after a meal before drinking anything and keep all beverages calorie free (water, unsweet tea, Powerade Zero).

Here are some options that will keep you on track:

### Chick-fil-a:

Grilled chicken nuggets (8 count)  
*130 calories, 25 g protein*

Market Salad with grilled chicken  
*310 calories, 28 g protein*

Cobb Salad with grilled chicken  
*390 calories, 36 g protein*

### Whataburger:

Garden salad with fat-free ranch dressing  
*340 calories, 33 g protein*

Whataburger with no bun  
*280 calories, 20 g protein*

Grilled chicken sandwich with no bun  
*200 calories, 25 g protein*

Sides: Apple slices  
*30 calories*

### Jimmy Johns:

Any sandwich as an Unwich  
*300-550 calories, 20-40 g protein*

Sides: Pickle  
*0 calories*

### Chipotle:

Salad with choice of meat, beans, fajita  
veggies, guacamole and salsa  
*400-550 calories, 33-45 g protein*

Paleo, Whole30 or Keto Salad Bowl  
*450-530 calories, 30 g protein*

### Taco Bell:

Cheesy Breakfast Burrito Bowl (no tortilla,  
with beans, extra eggs, extra steak)  
*310 calories, 24 g protein*

Power Bowl (no rice)  
*290 calories, 23 g protein*

### Subway:

Any sandwich as a salad or bowl  
*300-600 calories, 20-30 g protein*

### Arby's:

Roast Chicken Salad with light Italian  
dressing  
*265 calories, 25 g protein*

**Dairy Queen:**

*150-250 calories, 10-20 g protein*

Grilled Chicken BLT Salad with ranch  
*500 calories, 34 g protein*

Quarter pounder with cheese with no bun  
*340 calories, 24 g protein*

Sides: banana, applesauce, milk

Sides: apple slices  
*15 calories*

**KFC:**

Grilled Chicken Breast  
*260 calories, 38 g protein*

**Cracker Barrel:**

Sides: Green beans  
*25 calories*

Sausage, eggs and bacon  
*400 calories, 25 g protein*

**Panera Bread:**

Power Breakfast Egg Bowl with Steak  
*230 calories, 20 g protein*

Country ham  
*270 calories, 30 g protein*

BBQ Chicken Salad  
*520 calories, 33 g protein*

Sides: broccoli, carrots, green beans  
*60 calories*

Green Goddess Cobb with chicken  
*530 calories, 41 g protein*

**Olive Garden:**

Turkey Chili with Beans  
*300 calories, 21 g protein*

Herb grilled salmon *460 calories*

Hard-boiled eggs  
*140 calories, 12 g protein*

Any pasta dish - replace pasta with  
broccoli or mixed vegetables

Sides: Pickle  
*0 calories*

**Starbucks:**

Sous vide egg bites  
*230-300 calories, 15-19 g protein*

**McDonalds:**

Any breakfast sandwich with no bun