

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