

## Restaurant Survival Guide

Let’s face it, eating out is a big challenge to your diet. Besides the enormous portion sizes, there’s the problem of figuring out which menu items fit into your daily calorie allowance. And even if you find something that looks promising, its nutrient composition usually leaves a lot to be desired, which means you’ll be less satisfied and hungry again sooner. Check the guidelines here and the specific menu suggestions below to help you eat out at

restaurants and still keep calories down. It also helps to check out the websites of places you visit, but keep in mind that some restaurants may serve bigger portions than indicated by their calorie listings.

### CALORIE GUIDELINES FOR EATING OUT WHILE LOSING WEIGHT

	1,200-Calorie Menu	1,600-Calorie Menu	1,800-Calorie Menu
Breakfast	250	400	400
Mid-morning snack	150	150	150
Lunch	300	350	450
Mid-afternoon snack	100	100	100
Dinner	300	400	500
Dessert and free choice	100	200	200

### Lunch and Dinner 300 Calories

RESTAURANT	OPTIONS
<b>Applebee’s</b>	Cajun Lime Tilapia. Grilled Chili-Lime Chicken Salad.
<b>Au Bon Pain</b>	Chef Salad with fat-free raspberry vinaigrette. Half a Roast Beef Caesar sandwich with small broth-and-vegetable soup such as Garden Vegetable.
<b>Burger King</b>	Chili. Bring a piece of fruit to go with it. Whopper Jr. Low Carb or Chicken Whopper Low Carb Side Salad with fat-free ranch or light Italian dressing. Bring a piece of <i>good</i> fruit.
<b>Denny’s</b>	Grilled Chicken Salad with fat-free dressing.
<b>Domino’s Pizza</b>	1 slice Crunchy Thin Crust pizza with regular (not extra) cheese and vegetable toppings and Garden Fresh Salad with light Italian dressing.
<b>KFC</b>	Roasted BLT Salad with light or nonfat dressing (no croutons). Bring an apple.
<b>McDonald’s</b>	Chicken Caesar Salad with Newman’s Own Low Fat Balsamic dressing. Bring an apple. 4 Chicken Nuggets with one-half container BBQ or sweet-and-sour sauce and Side Salad with Newman’s Own Low Fat Balsamic dressing. Bring a small apple.
<b>P.F. Chang’s China Bistro</b>	Half-order of Cantonese scallops with half-order of Buddha’s Feast, Steamed. Half-order of Cantonese Shrimp plus half-order Sichuan-Style Asparagus.

# Restaurant Survival Guide (continued)

<b>Ruby Tuesday</b>	Petite (7-ounce) Sirloin with side of Premium Baby Green Beans. White Bean Chicken Chili with side Caesar Salad (ask to substitute light ranch for Caesar dressing).
<b>Starbucks</b>	Fiesta Salad. Vegetable vinaigrette salad.
<b>Subway</b>	Ham or roasted chicken breast salad with fat-free dressing and side of minestrone. Chili soup. 6" chicken breast or ham sandwich on whole wheat (no mayo or cheese but all the vegetables you like).
<b>Taco Bell</b>	Crunchy Taco and order of Pintos 'n Cheese.
<b>Uno Chicago Grill</b>	Grilled Chicken with Mango Salsa, side of steamed seasonal vegetables or broccoli and house salad with fat-free vinaigrette or low-fat blueberry pomegranate vinaigrette and breadstick. Chicken Caesar Salad with fat-free vinaigrette or low-fat blueberry pomegranate vinaigrette.
<b>Wendy's</b>	Small (8 ounce) Chili and side salad with fat-free French-style dressing. Jr. Hamburger without cheese (discard the bun) and side salad with fat-free French-style dressing. Bring an apple.

## Lunch and Dinner 400 Calories

RESTAURANT	OPTIONS
<b>Applebee's</b>	Confetti Chicken. Steak and Portobellos with side salad and fat-free dressing.
<b>Au Bon Pain</b>	Chicken Caesar sandwich and spinach Sonoma salad with fat-free raspberry vinaigrette or discard the croutons and add light ranch dressing. Half a Roast Beef Caesar sandwich with small helping of any non-cream soup.
<b>Burger King</b>	Whopper Jr. Low-Carb and side garden salad with nonfat ranch or light Italian dressing, half a small fries (discard other half or give to a friend). Bring along a small piece of <i>good</i> fruit. 4 Chicken Tenders with BBQ sauce and side garden salad with dressing. Bring a piece of <i>good</i> fruit.
<b>Cheesecake Factory</b>	Half a "weight management salad." Bring an apple.
<b>Denny's</b>	Chef salad with fat-free dressing. Grilled chicken dinner with vegetable blend and side of fruit medley.

<b>Domino’s Pizza</b>	1 slice Crunchy Thin Crust pizza with regular (not extra) cheese and vegetable toppings and garden fresh salad with light Italian dressing. Bring an apple.
<b>KFC</b>	Roasted Caesar salad with light or nonfat dressing (no croutons). Bring an apple.  Chicken breast without skin or breading, house salad with light Italian or fat-free ranch and side of baked beans or large corn on the cob.
<b>McDonald’s</b>	Bacon Chicken Ranch Salad with Newman’s Own Low Fat Balsamic dressing. Bring an apple.  1 smallest hamburger (discard one side of roll) and side salad with Newman’s Own Low Fat Balsamic dressing. Bring a small apple.  1 small fries with 2 packets ketchup and side salad with Newman’s Own Low Fat Balsamic dressing. Bring an apple. <i>Note:</i> This isn’t healthy or as good for your diet as other choices, but if you have to have fries this is a better way to have them.
<b>P.F. Chang’s China Bistro</b>	Cantonese shrimp plus half a serving of Buddha’s Feast steamed or Sichuan-style asparagus.  Half-order of Cantonese scallops plus Buddha’s Feast steamed or Sichuan-style asparagus.
<b>Ruby Tuesday</b>	Creole Catch with side of Premium Baby Green Beans.  Petite sirloin steak (7 ounces) with side of Premium Baby Green Beans and a tomato and mozzarella salad.
<b>Starbucks</b>	Half a turkey and Swiss sandwich. Bring a piece of fruit.  Fiesta Salad with one Crisp Cinnamon Twist.
<b>Subway</b>	6” ham, chicken breast or roast beef sandwich on whole wheat (no mayo or cheese) with minestrone.  Cold-cut combo salad with tomato garden vegetable soup.
<b>Taco Bell</b>	Grilled Steak Taquitos with Salsa and half-order of Pintos ‘n Cheese. Bean Burrito. Bring an apple.
<b>Uno Chicago Grill</b>	Seven-ounce filet mignon with side of steamed seasonal vegetables or broccoli, house salad with fat-free vinaigrette or low-fat blueberry pomegranate vinaigrette and breadstick or glass of wine.  Chicken lettuce wraps with side of steamed vegetables and breadstick or glass of wine.
<b>Wendy’s</b>	Ultimate Chicken Grill Sandwich without cheese (discard half the bun) and side salad with fat-free French-style dressing.  One quarter-pound hamburger without cheese (discard the bun) and side salad with fat-free French-style dressing. Bring an apple.  Half an order of small fries with ketchup and side salad with fat-free French-style dressing. Bring an apple. (This is not good nutrition, just a way to have the fries if you want to give in this time.)