

# 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.