

# 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.)