

Eat Out And Lose Weight? Yes, You Can!

Don't think a healthier diet means leaving dining out behind. Many popular sit down and drive thru options offer delicious meals that are lower in calories and fat – the trick is to formulate a plan before you go and stick to it. Seemingly healthy options like salads can pack hundreds of hidden calories and enough fat for three meals so check nutritional information before you leave the house and make a list of safe options to keep in your purse or wallet. Here are a few to get you started!



Sit Down Restaurants

Applebee's®
Garlic Herb Chicken
370 calories
6 g fat
33 g protein
18 g carbohydrates
7 g fiber

Grilled Chili-Lime Chicken Salad
250 calories
6 g fat
24 g protein
19 g carbohydrates
6 g fiber

Cajun Lime Tilapia
310 calories
6 g fat
20 g protein
27 g carbohydrates
9 g fiber

Steak & Portobellos
330 calories
10 g fat
40 g protein
20 g carbohydrates
8 g fiber

Bob Evans®
Blueberry Banana Mini Fruit & Yogurt Parfait
178 calories
1 g fat
5 g protein
39 g carbohydrates
3 g fiber

Oatmeal (bowl)
172 calories
3 g fat
6 g protein
32 g carbohydrates
4 g fiber

Boston Market®
Rotisserie Chicken Open Faced Sandwich
320 calories
8 g fat
27 g protein
34 g carbohydrates
1 g fiber

Green Bean Casserole
60 calories
2 g fat
2 g protein
9 g carbohydrates
2 g fiber

Cici's Pizza®
Two Slices Olé Pizza (to go)
339 calories
8 g fat
14 g protein
52 g carbohydrates
6 g fiber

2 Slices Ham & Pineapple pizza (buffet)
282 calories
8.5 g fat
14 g protein
36 g carbohydrates
3 g fiber

Denny's®
Veggie and Cheese Omelette w/Eggbeaters
410 calories
22 g fat
39 g protein
11 g carbohydrates
2 g fiber

Grilled Chicken Salad Deluxe w/Side Salad (No dressing)
403 calories
17 g fat
43 g protein
22 g carbohydrates
6 g fiber

Fazoli's®
Cheese Slice and Garden Side Salad w/Fat-Free Italian Dressing
320 calories
11 g fat
15 g protein
41 g carbohydrates
5 g fiber

Romano's Macaroni Grill Italian Restaurant®
Pollo Magro
330 calories
5 g fat
41 g protein
29 g carbohydrates
6 g fiber

Outback Steakhouse™
Shrimp on the Barbie w/ bread – 1/2 order
330 calories
21 g fat
26 g protein
32 g carbohydrates
0 g fiber

Panera®
Strawberry Poppy Seed & Chicken Salad
310 calories
3.5 g fat
29 g protein
33 g carbohydrates
6 g fiber

Low-Fat Vegetarian Garden Vegetable Soup w/Whole Grain Baguette
220 calories
2.5 g fat
12 g protein
55 g carbohydrates
7 g fiber

Pizza Hut®
2 Slices Fit n' Delicious Green Pepper, Red Onion & Diced Tomato Pizza (12 inch)
300 calories
8 g fat
12 g protein
48 g carbohydrates
2 g fiber

2 Slices Thin n' Crispy Pepperoni & Mushroom Pizza (12 inch)
380 calories
16 g fat
16 g protein
42 g carbohydrates
2 g fiber

Quizno's®
Small Honey Bourbon Chicken on Wheat Bread
310 calories
4 g fat
21 g protein
40 g carbohydrates
5 g fiber

Sonoma Turkey Sammie w/o Cheese & Dressing
160 calories
3.5 g fat
8.0 g protein
25 g carbohydrates
1 g fiber

Bistro Steak Melt w/o Cheese & Dressing
180 calories
4 g fat
11 g protein
25 g carbohydrates
1 g fiber

Red Lobster®
Live Maine lobster (1.25 lbs) w/Cocktail Sauce & Seasoned Broccoli
288 calories
3 g fat
43 g protein
29 g carbohydrates
2 g fiber

Garlic Grilled Jumbo Shrimp w/Lemon Juice & Baked Potato w/ Pico de Gallo
329 calories
5 g fat
32 g protein
39 g carbohydrates
6 g fiber

Broiled Flounder w/Lemon Juice & Garden Salad w/Red Wine Vinaigrette Dressing
334 calories
10 g fat
49 g protein
15 g carbohydrates
2 g fiber

Ruby Tuesday®
Creole Catch
312 calories
16 g fat
42 g protein
0 g carbohydrates
0 g fiber



Petite Sirloin
206 calories
5 g fat
39 g protein
2 g carbohydrates
0 g fiber

Top Sirloin
256 calories
6 g fat
53 g protein
2 g carbohydrates
0 g fiber

Starbucks®
Perfect Oatmeal
140 calories
2.5 g fat
5 g protein
25 g carbohydrates
4 g fiber

Grande Dulce de Leche Frappuccino Light
170 calories
.5 g fat
5 g protein
29 g carbohydrates
3 g fiber

Grande Nonfat Caffè Latte w/shot of Caramel Syrup
150 calories
0 g fat
12 g protein
19 g carbohydrates
0 g fiber

Fast Food Restaurants

Burger King™
Whopper Jr. w/o mayonaise and garden salad (no dressing)
365 calories
12 g fat
17 g protein
34 g carbohydrates
3 g fiber

Chick-fil-A®
Chargrilled Chicken Sandwich
270 calories
3.5 g fat
27 g protein
33 g carbohydrates
7 g fiber

Southwest Char-grilled Salad w/ Fat-Free Honey Mustard Dressing
360 calories
8 g fat
27 g protein
47 carbohydrates
8 g fiber

Jack in the Box®
Chicken Fajita Pita & Side Salad w/ Fire Roasted Salsa
335 calories
12 g fat
26 g protein
38 g carbohydrates
6 g fiber

Kentucky Fried Chicken®
Honey BBQ KFC Snacker
210 calories
3 g fat
14 g protein
32 g carbohydrates
2 g fiber

Roasted BLT salad w/ Fat Free Hidden Valley Ranch dressing
235 calories
6 g fat
30 g protein
16 g carbohydrates
4 g fiber

McDonald's®
Asian Salad w/Grilled Chicken & Newman's Own Low-Fat Sesame Ginger Dressing
180 calories
12.5 g fat
33 g protein
38 g carbohydrates
5 g fiber

Egg McMuffin
300 calories
12 g fat
18 g protein
30 g carbohydrates
2 g fiber

Panda Express®
Tangy Shrimp
150 calories
5 g fat
9 g protein
16 g carbohydrates
2 g fiber

String Bean Chicken Breast
160 calories
8 g fat
12 g protein
10 g carbohydrates
4 g fiber

Mixed Vegetables
90 calories
7 g fat
2 g protein
8 g carbohydrates
3 g fiber

Eggplant and Tofu in Garlic Sauce
180 calories
10 g fat
5 g protein
20 g carbohydrates
4 g fiber

Chicken Egg Roll
170 calories
8 g fat
8 g protein
17 g carbohydrates
2 g fiber

Sonic®
Grilled Chicken Wrap
380 calories
11 g fat
29 g protein
44 g carbohydrates
3 g fiber

Junior Banana Split
200 calories
4.5 g fat
2 g protein
37 g carbohydrates
1 g fiber

Subway™
6-inch Double Roast Beef Sub
360 calories
7 g fat
29 g protein
46 g carbohydrates
5 g fiber

Oven-Roasted Chicken Breast Salad w/Fat-Free Italian Dressing
175 calories
2.5 g fat
20 g protein
18 g carbohydrates
4 g fiber

Taco Bell®
2 Grilled Steak Soft Tacos, Fresco Style
320 calories
9 g fat
20 g protein
40 g carbohydrates
4 g fiber

Bean Burrito
340 calories
9 g fat
13 g protein
54 g carbohydrates
8 g fiber

Two Spicy Chicken Soft Tacos
340 calories
12 g fat
20 g protein
40 g carbohydrates
4 g fiber

Wendy's®
Small Chili
190 calories
6 g fat
14 g protein
19 g carbohydrates
5 g fiber

Junior Hamburger
220 calories
8 g fat
13 g protein
26 g carbohydrates
1 g fiber

Ultimate Chicken Grill Sandwich
320 calories
7 g fat
28 g protein
36 g carbohydrates
2 g fiber

Sour Cream and Chives Baked Potato
320 calories
4 g fat
8 g protein
63 g carbohydrates
7 g fiber

TIPS!

Start each meal with a glass of water to help keep you hydrated and satisfied.

Ordering a salad? Skip the high-fat, high-calorie restaurant dressings and opt for a spritz of lemon juice or spray dressing from home instead.

Keep your eye on portions when dining out – split an entrée with a health-conscious friend or put half in a doggie bag.

Eating frequent restaurant meals can lead to consuming higher amounts of calories and fat. Pack meals and save eating out for special occasions whenever possible.