

Restaurant and Fast Food Guide

Eating Out with Food Boundaries

**Three Deliciously Abundant Meals a Day
Without Sugar or Flour**



This Restaurant Guide is designed with healthy eating and food boundaries in mind. It is entirely possible to eat out at a restaurant and stay committed to your desired food plan of three measured meals a day free from sugar and flour.

Some prefer to eat at home, some prefer to eat out regularly, and others simply may find themselves in a situation where they need to eat “on the go.”

Either way, we have you covered!

You will find general tips for eating out, general ideas for restaurant types, meal ideas for breakfast, lunch, and dinner, and over 50 specific restaurants listed.

Relax and enjoy!

Remember, time together at a restaurant is an opportunity to enjoy your people.
You can do this and make it work!

GENERAL TIPS

- The more confident you are about what to order, the more you will be free to just enjoy the time with friends and family. Don't be afraid to ask lots of questions, look at menus online, or call ahead.
- Bring your scale if desired. Small portable scales are very discreet and most people will not even notice.
- You can also choose the "one plate plan" and fill up your plate with the proper food categories and get "extremely close" on the serving sizes.
- Most places serve very small vegetable portions, so you may have to order an extra serving of vegetables to get enough.
- It's much easier to divide up the portions into categories; for example a protein, fat, and vegetables vs. soup or chili.
- It's OK to save your fruit portion from lunch to have at dinner if you know others will be having dessert.
- You can always bring along some "back up" foods in case you are short on a food category... A bag of nuts or baby carrots are easy and ready to eat.
- Many meat and/or potato servings may be too large so you can ask for a to-go box with your meal so you can commit to a reasonable amount before eating.

GENERAL IDEAS

Breakfast

2 egg vegetable omelet, hash browns, fruit

2 eggs, potatoes, fruit

Plain oatmeal with fruit and nuts

Plain (unsweetened) yogurt with fruit and nuts

Lunch / Dinner

Salad with lean protein (dressing on side or add salsa)

Lettuce wrapped cheeseburger

Bunless Burger with extra lettuce to make into a salad

Fajitas - no tortillas and extra lettuce/veggies

Taco Salad - no shell and use salsa as the dressing

Steak, vegetables, side salad

Grilled chicken, vegetables, side salad

Grilled or Blackened Fish, vegetables, side salad

Stir fry veggies with meat, side salad

Remember to order salads with dressing on the side / no croutons

GENERAL FOOD TYPE RESTAURANTS

American

Grilled meat with vegetables and side salad
Lettuce wrapped burger
Large salad with your choice of meat on top
Baked potato or rice (if you have a grain in your plan)

Barbecue

Meat (no sauce) with vegetables and side salad
Large salad with your choice of meat on top

Chinese/Thai

Meat or tofu with vegetables
Order your own meal rather than sharing or using a buffet
Choose dishes that do not have the word "sweet" or "honey" in the title
You can ask for dishes without sauce and add soy sauce
Even if it's not on the menu, you can ask for plain steamed vegetables

Indian

Protein and vegetables with fat included in the dish
Use the "one plate plan" and get a to-go box for anything beyond your usual portion

Italian

Grilled meat with steamed vegetables
Salads or soups with no pasta.
Choose oil and vinegar for your salad or caesar dressing, which is usually lower in sugar than others

Mexican

Vegetarian Fajitas is a great way to get lots of vegetables. Request no rice (unless you have a grain in your plan) and get a double portion of refried beans.
Chicken or Steak Fajitas, extra vegetables, and no tortillas
Taco salad without the shell

SPECIFIC RESTAURANTS

Applebees

Grilled chicken with two veggie sides (green beans, broccoli, or side salad)
Grilled chicken salad, no croutons, and a non-sweet dressing on the side
Southwest Chicken Bowl, no tortilla chips (includes rice)

Arby's

Roast Chicken Entrée Salad Meal
Any sandwich no bun / no sauce with 2 side salads

B.J.'s

Enlightened Asian Chopped Salad (no wonton strips, oil and vinegar dressing)
Enlightened Lemon Thyme Chicken
Cauliflower and Quinoa Power Bowl
Barbecue Chicken Chopped Salad (no crispy onions / no bbq sauce)

Braum's

Grilled Chicken Salad
Garden Salad with Bowl of Chili
Breakfast:
Big Country Breakfast (no biscuit or gravy)
Breakfast Sandwich (no biscuit) with a side of hash browns

Buffalo Wild Wings

Lettuce wrapped burger - side of celery and carrots with ranch

Burger King

Any burger with two patties (no cheese) or one patty with cheese - no bun/extra veggies
Breakfast:
Basic Breakfast Sandwich, no bun, side of hash browns, bring your own fruit.

Cheddar's Scratch Kitchen

Grilled White Fish or Lemon Pepper Chicken, two veg sides, side salad (no croutons)

Grilled Chicken Pecan Salad (no croutons) ranch or vinaigrette on the side

Chick-fil-A

Spicy Southwest Salad with grilled chicken

Cobb Salad with grilled chicken

12 pc grilled chicken nuggets, side salad, dressing, fresh fruit cup

Spicy Grilled Chicken Sandwich (lettuce wrapped) with the works, side salad

Breakfast:

Hash Brown Bowl with sausage and eggs. Extra side of hash browns. Fresh fruit

Chilis

Southwest Chicken Caesar Salad, no tortilla strips, dressing on the side

Santa Fe Chicken Salad, no tortilla strips, dressing on the side

Fajitas, no tortillas, add a side salad (includes rice)

Buffalo (Grilled) Chicken Salad, ranch on the side, corn on the cob, pineapple

Chipotle

Salad - Lettuce, Meat, Beans, Corn Salsa, hot sauce, sour cream or guacamole

Cauli-rice Bowl

Chuck E. Cheese

Salad bar: Bring a scale and weigh out portions of vegetables, protein and salad dressing or use the one plate plan.

Cracker Barrel

Grilled Chicken Tenders, Roast Beef, or Lemon Pepper Trout

Green beans, broccoli, corn, mashed potatoes (grain) side salad (no croutons)

Fresh fruit for lunch portion

Breakfast:

2 Eggs, course ground grits or potatoes, fresh fruit

Culver's

Southwest Avocado Salad

Vegetable Beef Soup with a side salad

Beef Pot Roast Value Basket (no bun), two sides of steamed broccoli

Dairy Queen

Rotisserie-style Chicken Bites Salad Bowl

Del Taco

Taco Salad

Veggie Bowl with Fresh Guacamole (includes rice)

Breakfast:

Breakfast Burrito (no tortilla), hash brown sticks, bring your own fruit

Denny's

House Salad or Cobb Salad

Wild Alaskan Salmon with two vegetable sides (no bread)

Breakfast:

2 Eggs, potatoes, fruit

Loaded Veggie Omelet, side of hash browns

Dominos Pizza

Crustless Pizza Bowl - chopped chicken breasts with toppings

El Pollo Loco

Double Protein Avocado Pollo Fit Bowl

Grande Avocado Chicken Bowl (includes rice)

Firehouse Subs

Italian with Grilled Chicken Salad

Firehouse Salad with no meat, Bowl of chili

Five Guys

Burger Bowl or Lettuce Wrapped Burger, ask for extra veggies

Golden Corral

Buffet: Choose meat with no breading and no sauce, variety of vegetables, salad
You can either use the “one plate” plan or measure as you go.

*Tip for buffet: Only go through one time - serve yourself generous portions as you go through the line. Take an extra buffet plate and weigh and measure your food at the table.

Hardee's/Carl's Jr.

Taco Salad (ask for a “no tortilla bowl”)

Bunless burger, ask for extra vegetables

Grilled chicken salad or Grilled chicken sandwich lettuce wrapped

Breakfast:

Two folded eggs, hash browns, bring your fruit

IHOP

Grilled Tilapia, 2 vegetable sides (broccoli and/or corn), side salad and dressing.

Chicken and Veggie Salad, plus dressing

Breakfast:

2 eggs or breakfast sausage/ham, side of hash browns, fresh fruit (note: IHOP scrambled eggs and omelets are made with some pancake batter, proceed with caution)

In and Out Burger

Protein Style Double Double with Cheese (Lettuce Wrapped)

Jimmy John's

Unwich (All of the sandwich insides wrapped in lettuce)

Jersey Mikes

Sub in a Tub (All of the sandwich insides in a bowl)

Logan's Roadhouse

Mesquite-Grilled Chicken Salad (no crotons, dressing on the side)

Logan's Wood Grilled Chicken, two sides steamed broccoli (includes rice)

6 oz Sirloin (no crispy onions), two sides steamed broccoli

LongHorn Steakhouse

Chop Steak, broccoli, side salad (no croutons)

7-Pepper Sirloin Salad (no croutons)

Chicken Tortilla Soup (no tortilla strips), side order of mixed green salad (no croutons)

Marco's Pizza

Italian Chef Salad (no croutons)

Crustless Pizza Bowl with a Garden Salad (no croutons)

McAlister's Deli

Southwest Chicken and Avocado Salad (no tortillas strips)

Chef Salad (no croutons)

Choose Two: Chili or Veggie Chili with Garden Salad (no croutons)

Choose Two: Veggie Spud with Grilled Caesar Salad

McDonalds

Quarter Pounder with Cheese Deluxe, no ketchup, no bun, extra veggies and Apple slices

Olive Garden

Grilled Chicken Margherita, with salad

Zuppa Toscana Soup, with salad

(olive garden house dressing is not compliant, ask for oil and vinegar instead)

Outback Steakhouse

Brisbane Caesar Salad (no croutons)

Any steak with two veggie sides

Panda Express

Grilled chicken (without teriyaki sauce), double side of veggies

Panera

Baja Bowl with a cup of 10 vegetable soup (apple side)

Green Goddess Cobb Salad with Chicken (apple side)

Southwest Chili Lime Ranch Salad with Chicken (no tortillas strips, apple side)

P.F. Chang's

Beef with Broccoli Bowl

Ginger Chicken with Broccoli Bowl

Mandarin Crunch Salad (dressing on the side)

Egg Drop Soup with steamed broccoli on the side

Red Lobster

Salmon, Steak, or Trout, with broccoli and a side salad (no croutons)

Classic Caesar Salad with Grilled Chicken or Fish (no croutons)

Red Robin

Salmon, Broccoli, Side Salad (dressing on the side)

Wedgie Burger with endless salad or broccoli

Wedgie Burger with avocado instead of guacamole, a side salad (no croutons), and a side of broccoli (their sides are exactly 4oz)

Ruby Tuesday

Chicken Fresco, two vegetable sides, garden bar

6 oz Sirloin, two vegetable sides, garden bar

Grilled Chicken Caesar Salad (no croutons)

Sonic

Hamburger with no bun and no ketchup. Request extra lettuce and other vegetables

Starbucks

Grilled Chicken and Hummus Protein Box (no naan)

Chicken and Quinoa Protein Bowl with Black Bean and Green (no dressing, add avocado spread instead)

Breakfast:

Egg Bites with fresh fruit

Subway

No Bread Bowl or Salad with grilled chicken or lunchmeat (dressing on side)

Protein Bowl (Chicken or Steak) with vegetables (dressing on side)

Breakfast:

Any breakfast sandwich with no bread (ask for it to be served in a bowl and add veggies)

Taco Bell

Power Menu Bowl (extra tomato and lettuce)

Taco Cabana

Cabana Bowl with No Shell

Breakfast:

1-2 Breakfast Tacos (no shell), side of rice or potatoes

Texas Roadhouse

Steakhouse Filet Salad (no croutons)

Grilled Pork Chop with two veggie sides and side salad

Herb Crusted Chicken with two veggie sides and side salad

Qdoba Mexican Eats

Create your own bowl or salad with protein and veggies.
Chicken Fresca Bowl or a Low-Cal Chicken Grain Bowl

Waffle House

Quarter Pound Angus Hamburger (no bun), with a side salad
Breakfast:
Fiesta Omelet with Hash browns (no bread), with a side of fruit

Whataburger

Garden Salad with Grilled Chicken
Cobb Salad with Grilled Chicken
Burger with no bun, no sauce, extra vegetables with a side of apple slices

Which Wich

Any sandwich turned into a Bowlwich with lots of veggies

Wendys

Avocado Chicken Salad
Chicken Caesar Salad (no croutons)
*add a plain baked potato for a grain option
Breakfast:
Any breakfast sandwich (no bread) with breakfast potatoes

Yard House

Cobb Salad
Chicken Bowl with grilled chicken (includes rice)