



THE **RESTAURANT CHEAT SHEET**

**Don't let healthy eating
trap you in your kitchen!**

Check out these healthy options
that won't derail your progress.

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Please note not all food suggestions are suitable for everyone. Check with your doctor before beginning any dietary program to avoid/reduce risk of injury. Isaac Wilkins and Relentless Strength Training are not responsible or liable for any injury sustained as a result of consuming items presented in this document.

NOTE TO THE READERS:

All food items we have presented you are items we found via online searches. If we could not find the nutritional breakdown of a restaurant's menu we didn't breakdown the macros on this cheat sheet, simply for the fact we didn't want to have to guess on the (macros) proteins, carbs, and fats per meal. All nutritional numbers are the best estimate possible via online searches, restaurant menus, and myfitnesspal.com.

The restaurants picked were based on the top National or World Wide restaurant list. The likelihood of these restaurants being accessible to you is very high, so we hope this guide helps you make conscious decisions about what you are eating so you can enjoy your food while staying true to your nutritional goals.



COFFEE SHOPS



HOW DO YOUR FAVORITE SPECIALTY COFFEE DRINKS COMPARE TO THESE POPULAR SODAS & ENERGY DRINKS?



Pepsi
120Z

41g

SUGAR

150

CALORIES



Mountain Dew
120Z

48g

SUGAR

170

CALORIES



Coca-Cola
120Z

39g

SUGAR

140

CALORIES



Mello Yellow
120Z

47g

SUGAR

170

CALORIES



Monster Energy Drink
16oz

54g

SUGAR

200

CALORIES



Rockstar Organic Energy Drink, 16oz

62g

SUGAR

260

CALORIES

You may notice that there are no diet sodas listed above. While it's true that diet sodas have little to no calories and zero sugars, that doesn't mean diet sodas are a healthier choice. Diet sodas contain artificial sweeteners such as aspartame, sucralose, and saccharine. These artificial sweeteners have been associated with type 2 diabetes, headaches, tooth erosion, depression, osteoporosis and a number of other issues to negatively affect your overall health. Artificial sweeteners also trigger insulin, putting your body in fat storage mode that can lead to weight gain over time.

Use this resource as a guide to make conscious decisions when it comes to your health. While ordering a treat every once in awhile won't completely derail your health, making it a regular occurrence can derail your health-related goals. Your best beverage choices will always be water, coffee (black), and tea (unsweetened).





HOT CINNAMON SPICE TEA

0 cal 0g fat 0g carb 0g protein



BLACK COFFEE

5 cal 0g fat 0g carb 0g protein

COMPARE TO



Chai Tea Latte - 2% milk

38g SUGAR 250 cal 6g fat 39g carb 10g protein



Hot Crafted Press - no whip

5g SUGAR 50 cal 3g fat 5g carb 1g protein



Caramel High Rise
2% milk with whip

35g SUGAR 410 cal 22g fat 41g carb 9g protein



Berry White Mocha, iced
2% milk, no whip, white choc.

56g SUGAR 320 cal 5g fat 59g carb 6g protein



Turtle Mocha Cooler
milk chocolate with whip

89g SUGAR 700 cal 26g fat 102g carb 5g protein



Campfire Mocha
2% milk with whip, milk choc

46g SUGAR 480 cal 27g fat 49g carb 8g protein

NUTRITION FACTS REFLECT SMALL DRINK ORDERS



OLD PARADISE ESPRESSO

3	.1g	.4g	.2g
cal	fat	carb	protein



CLASSIC AMERICANO
No milk

10	.3g	.8g	.4g
cal	fat	carb	protein

COMPARE TO



Cortado - *with skimmed milk*

6.4g	45	.2g	6.5g	4.4g
SUGAR	cal	fat	carb	protein



Flat White - *with skimmed milk*

11.6g	80	.3g	11.8g	7.9g
SUGAR	cal	fat	carb	protein



Cafe Latte
made with skimmed milk

21.3g	149	.7g	21.9g	14.7g
SUGAR	cal	fat	carb	protein



Mocha Latte
made with skimmed milk

25.8g	170	2.2g	28g	8.6g
SUGAR	cal	fat	carb	protein



Caramel Cappuccino
made with skimmed milk

17.5g	108	1g	18g	7.2g
SUGAR	cal	fat	carb	protein



Gingerbread Latte
made with skimmed milk

18g	101	.3g	18.2g	6.6g
SUGAR	cal	fat	carb	protein

NUTRITION FACTS REFLECT SMALL DRINK ORDERS



UNSWEETENED HOT TEA

0 cal 0g fat 0g carb 0g protein



HOT AMERICANO

10 cal 0g fat 1g carb 0g protein

COMPARE TO



Sweet & Salted Cold Brew

6.4g SUGAR 120 cal 2.5g fat 23g carb 1g protein



Vanilla Chai

32g SUGAR 230 cal 6g fat 37g carb 7g protein



Mocha Swirl Macchiato
made with whole milk

29g SUGAR 190 cal 4.5g fat 33g carb 5g protein



Cappuccino
with sugar

24g SUGAR 140 cal 4g fat 24g carb 4g protein



Caramel Mocha Swirl Latte
made with whole milk

33g SUGAR 220 cal 6g fat 35g carb 7g protein



Frozen Iced Coffee
made with cream

61g SUGAR 420 cal 18g fat 64g carb 3g protein

NUTRITION FACTS REFLECT SMALL DRINK ORDERS



BLACK COFFEE - Any Size

Adding cream & sugar adds an extra 35 calories, 1.5 grams of fat & 5 carbs



0	0g	1g	2g
cal	fat	carb	protein

COMPARE TO



McCafé Iced Coffee

22g	130	4g	23g	1g
SUGAR	cal	fat	carb	protein



McCafé Caramel Mocha

39g	320	11g	45g	10g
SUGAR	cal	fat	carb	protein



McCafé Frappe Mocha

53g	420	17g	60g	6g
SUGAR	cal	fat	carb	protein



McCafé Iced Mocha

34g	290	11g	40g	8g
SUGAR	cal	fat	carb	protein



McCafé Hot Chocolate

45g	360	13g	50g	11g
SUGAR	cal	fat	carb	protein



McCafé Mango Pineapple Smoothie

42g	200	.5g	45g	2g
SUGAR	cal	fat	carb	protein

NUTRITION FACTS REFLECT SMALL DRINK ORDERS



Hot or Iced Coffee - Black

0 cal 0g fat 1g carb 2g protein



Narino 70 Cold Brew

0 cal 0g fat 0g carb 0g protein

COMPARE TO



Chai Creme Frappuccino
Blended Coffee

34g SUGAR 250 cal 11g fat 35g carb 4g protein



Cinnamon Dolce Light
Frappuccino Blended Coffee

24g SUGAR 110 cal 0g fat 24g carb 3g protein



Green Tea Frappuccino Blended
Creme, whole milk & whipped cream

48g SUGAR 320 cal 12g fat 50g carb 5g protein



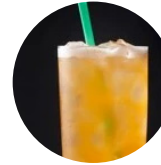
KIDS Steamed Apple Juice, 8oz

25g SUGAR 110 cal 0g fat 28g carb 0g protein



Cafe Misto
2% milk

8g SUGAR 80 cal 3g fat 8g carb 5g protein



Fizzio Orange Cream Soda

17g SUGAR 80 cal 0g fat 18g carb 0g protein

NUTRITION FACTS REFLECT TALL DRINK ORDERS



Steeped Tea made with Whole Leaf

0	0g	0g	0g
cal	fat	carb	protein



Original Blend Coffee

5	0g	1g	0g
cal	fat	carb	protein

COMPARE TO



Iced Coffee, cream & sugar

7g	70	4g	8g	1g
SUGAR	cal	fat	carb	protein



Mocha Iced Capp, cream

47g	410	21g	54g	3g
SUGAR	cal	fat	carb	protein



Iced Coffee, milk no sugar

9g	52	1g	10g	1g
SUGAR	cal	fat	carb	protein



Cappuccino

10g	70	0g	11g	7g
SUGAR	cal	fat	carb	protein



Iced Latte

28g	210	6g	28g	10g
SUGAR	cal	fat	carb	protein



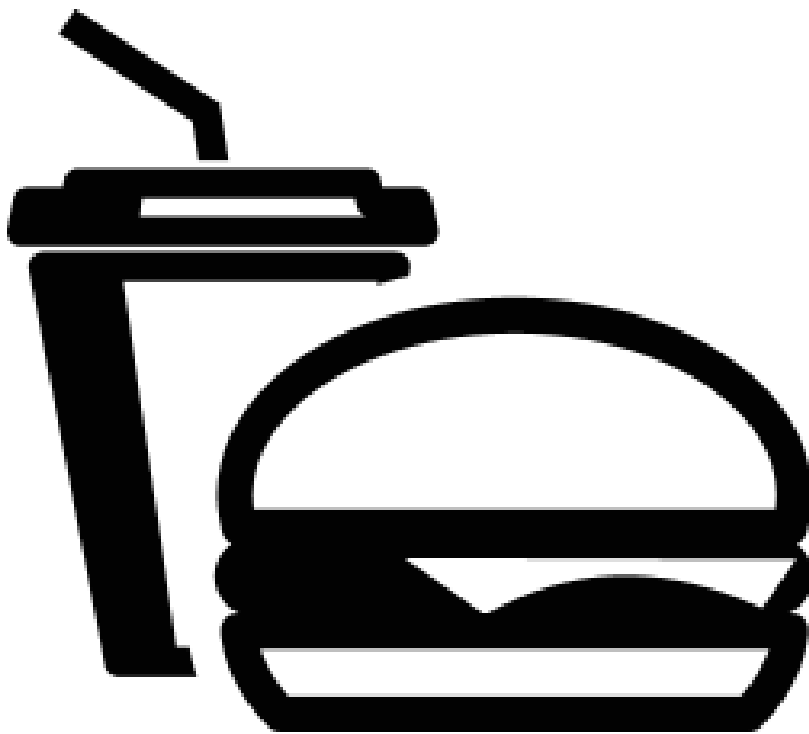
Latte

12g	80	0g	12g	8g
SUGAR	cal	fat	carb	protein

NUTRITION FACTS REFLECT SMALL DRINK ORDERS

FAST FOOD

RESTAURANTS





Grilled Chicken Sandwich

on bun with tomatoes,
mayonnaise & lettuce



470	19g	39g	37g
cal	fat	carb	protein

Morning Star Veggie Burger

on bun with onions,
tomatoes, lettuce & ketchup
*no mayonnaise



310	7g	42g	22g
cal	fat	carb	protein

Double Cheeseburger

on bun with cheese, pickles,
mustard & ketchup



350	18g	27g	20g
cal	fat	carb	protein

Chick-fil-A®

Grilled Chicken Sandwich



310	6g	36g	29g
cal	fat	carb	protein

Grilled Chicken Nuggets

with Fruit Cup

45	0g	12g	0g
cal	fat	carb	protein

140	3.5g	2g	25g
cal	fat	carb	protein



Grilled Market Salad

with Light Italian Dressing

25	1.5g	3g
cal	fat	carb



485	6g	15g	25g
cal	fat	carb	protein



BUILD YOUR OWN BOWL OR SALAD

Pick Your Base

Did you know you can ask for half scoops of rice and beans?

Romaine Lettuce: 10 calories
Lettuce: 5 calories
White or Brown Rice: 210 calories
Black or Pinto Beans: 120 calories

Recommended Protein Choices

Did you know Chorizo has 300 calories compared to these?

Steak: 150 calories
Sofritas: 150 calories
Barbacoa: 170 calories
Chicken: 180 calories

Recommended Toppings

Pick your favorites - beware some salsas are very spicy!

Fajita Veggies: 20 calories
Lettuce (if chose rice above): 5-10 calories
Tomatillo Red-Chili Salsa: 30 calories
Fresh Tomato Salsa: 25 calories
Tomatillo Green-Chili Salsa: 15 calories

Things to Avoid

If you choose to make a salad, use salsa as your dressing!

Flour Tortilla: 300 extra calories
Sour Cream: 120 extra calories
Chips & Guacamole: 800 extra calories
Chips & Salsa: 590-650 extra calories
Chipotle Vinaigrette: 270 extra calories



Grilled Chicken Garden
Greens Salad
.....
with Light Italian Dressing

20 1g 2g
cal fat carb



160 2g 10g 26g
cal fat carb protein

Chicken Bruschetta Sandwich
.....

470 13g 54g 33g
cal fat carb protein



Original Cheeseburger
.....



380 19g 34g 21g
cal fat carb protein

ICE CREAM TIPS

SIZE: Order a reasonable size - Mini or Small will hit the spot!

TOPPINGS: Limit toppings to 1-2

*** Eat Slowly -- Enjoy Each Bite ***



Low Carb It - 1/3lb Thickburger
.....
on lettuce wrap



470	36g	9g	22g
cal	fat	carb	protein

Low Carb It - Charbroiled
Chicken Club Sandwich
.....

on lettuce wrap
*no bacon



250	16g	12g	16g
cal	fat	carb	protein

Low Carb It - Breakfast Bowl
.....

Folded eggs topped with a sausage
patty and Swiss cheese, piled with
a loaded omelet, and topped with
shredded cheddar
*no bacon



580	45g	10g	34g
cal	fat	carb	protein



McDONALD'S

Whole Egg - Round or Scrambled

Ask for salt & pepper packets, as well as hot sauce!



70	4.5g	1g	7g
cal	fat	carb	protein

Pico Guacamole with Artisan Grilled Chicken

*Order on sesame seed bun
**skip the buttermilk ranch sauce*



420	12g	39g	38g
cal	fat	carb	protein

Southwest Grilled Chicken Salad



350	12g	27g	37g
cal	fat	carb	protein



BUILD YOUR OWN BOWL OR SALAD

Pick Your Base

Did you know you can ask for half scoops of rice and beans?

Lettuce: 0 calories
Cilantro Lime Rice: 190
Brown Rice: 170 calories
Black or Pinto Beans: 130-140 calories

Recommended Protein Choices

Did you know Chorizo has 300 calories compared to these?

Chicken, Tequila-Lime: 100 calories
Pork, Pulled: 160 calories
Steak: 180 calories
Beef, Ground / Shredded: 190 calories

Recommended Toppings

Pick your favorites - beware some salsas are very spicy!

Cilantro: 0 calories
Fajita Vegetables: 35 calories
Pico de Gallo: 10 calories
Fiery Habanero: 20 calories
Salsa Roja/Verda: 20/15 calories
Mango Salsa: 60 calories

Things to Avoid

If you choose to make a salad, use salsa as your dressing!

Crunchy Tortilla Bowl: 390 calories
Flour Tortilla: 300 calories
Whole Wheat Flour Tortilla: 270 calories
Sour Cream, lite: 50 calories
Corn Tortilla Chips: 560 calories
Three Cheese Queso: 90 calories
Green Tobasco Flavored Queso: 150 cal

SUBWAY

Rotisserie Style Chicken Salad

*Calculated with banana peppers, black olives, cucumbers, green peppers, jalapenos, lettuce, spinach, red onions & tomatoes
Dressing: vinegar & oil*



300	18g	12g	24g
cal	fat	carb	protein

6" Sub: Egg & Cheese

*Calculated on Parmesan Oregano bread with banana peppers, black olives, green peppers, jalapenos, spinach, red onions & tomatoes
No Dressing*



340	10g	46g	17g
cal	fat	carb	protein

6" Sub: Veggie Delite

*Calculated on Sourdough bread with cucumbers, green peppers, lettuce, red onions & tomatoes
No Dressing*



210	1.5g	40g	10g
cal	fat	carb	protein



Mini Skillet Bowl (breakfast)

order with NO cheese sauce
optional: add steak + guacamole



180

cal

11g

fat

16g

carb

5g

protein

Power Menu Bowl: Veggie

feel free to add onions, jalapeno
pepers, tomatoes, and fire roasted
salsa



480

cal

18g

fat

64g

carb

16g

protein

Power Menu Bowl: Chicken or Steak

Order without sour cream
& avocado ranch sauce

**Optional add items from veggie bowl



500

cal

20g

fat

53g

carb

28g

protein



Power Mediterranean
Chicken Salad

.....
Half-Size



250	9g	23g	22g
cal	fat	carb	protein

Grilled Chicken Wrap

.....

270	10g	24g	20g
cal	fat	carb	protein



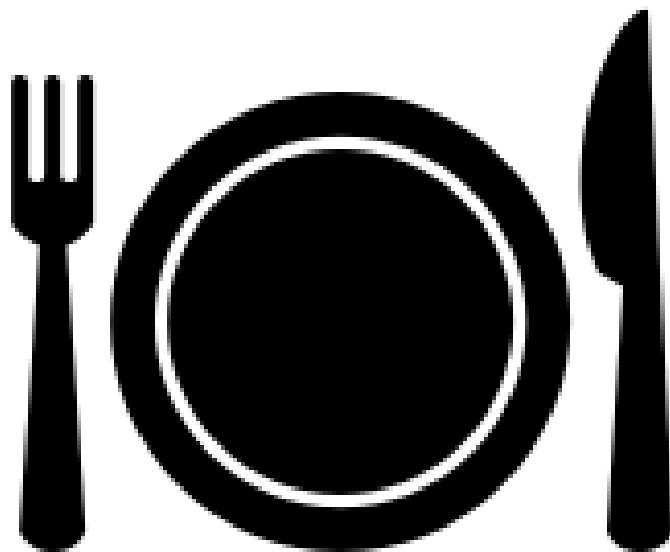
Jr. Cheeseburger



280	13g	25g	16g
cal	fat	carb	protein

SIT DOWN

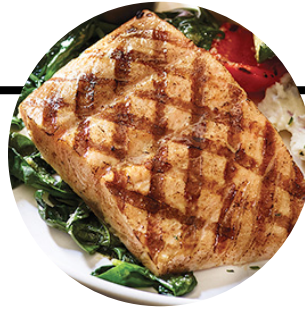
RESTAURANTS





Wood-fired Cedar Salmon

.....



340	22g	2g	35g
cal	fat	carb	protein

with Side-Fire Grilled Veggies

160	13g	11g	3g
cal	fat	carb	protein

- OR -

with Garlicky Green Beans

180	15g	11g	2g
cal	fat	carb	protein

Shrimp & Parmesan Sirloin (8oz)

.....



580	37g	6g	58g
cal	fat	carb	protein

Thai Shrimp Salad

.....



380	19g	32g	23g
cal	fat	carb	protein

Cedar Grilled Lemon Chicken

.....

(with Rice)



580	26g	48g	42g
cal	fat	carb	protein



Grilled Pork Chops (1)



330 cal 0g fat 5g carb 22g protein

Grilled Chicken Breast

with Steamed Veggies

118 cal 0g fat 10g carb 0g protein

220 cal 6g fat 0g carb 39g protein



with Green Beans

90 cal 3g fat 13g carb 3g protein

with Broccoli (steamed, no salt)

29 cal .4g fat 5.5g carb 3g protein

Grilled Shrimp Tacos



586 cal 5g fat 58g carb 16g protein

Half Flatbread

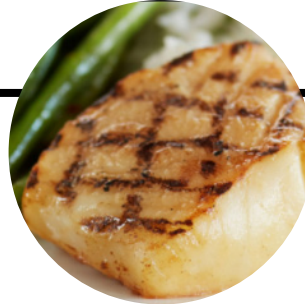
+ Half House Salad

510 cal 31g fat 44g carb 22g protein



BONEFISH GRILL®

Chilean Sea Bass (regular)



477	36g	2g	38g
cal	fat	carb	protein

Atlantic Salmon (regular)



490	31g	2g	51g
cal	fat	carb	protein

Sea Scallops + Shrimp



191	5g	4g	34g
cal	fat	carb	protein

SIDE OPTIONS:

STEAMED ASPARAGUS
(44 cal)

STEAMED BROCCOLI
(79 cal)

FRENCH GREEN BEANS
(70 cal)



Classic Chicken Wrap

For Lower Calorie Meal:
No Sauce
No wrap - eat as salad



Grilled Chicken
Dry Seasoning of Choice

550 Cal

Grilled Chicken Buffalitos

For Lower Calorie Meal:
Skip Sour Cream
No Sauce
No wrap - eat as salad

Grilled Chicken
Dry Seasoning of Choice
Skip Sour Cream for Lower
Calorie Meal

470-750 Cal



SIDE OPTIONS:

GARDEN SIDE SALAD
(360 cal)

VEGGIE BOAT
(130 cal)

VEGGIE SLAW
(240 cal)

Garden Salad with Chicken

For Lower Calorie Meal:
Skip Croutons
No Sauce on Chicken
Dressing on the side - ask
for oil & vinegar



Grilled Chicken.
Served on bed of greens with
cucumbers, carrots, tomatoes
& onions

440 Cal



Tuscan Grilled Sirloin, Pork Chop or Veal Chop

Under 600 calorie menu



*Sirloin: 6oz or 9oz
Pork Chop: One Chop
Veal Chop: 14oz*

Chianti Chicken

Under 600 calorie menu
Served with a cup of soup or a side salad

Wood-grilled and served with our chianti demi sauce and an arugula salad tossed with apples, grapes, toasted hazelnuts and lemon vinaigrette.



Wood-Grilled Tilapia

Under 600 calorie menu



With olive oil and our signature grill seasoning, topped with roasted tomatoes, basil and balsamic glaze

Cheddar's

SCRATCH  KITCHEN™

Sirloin Steak (6oz)



312	12g	4g	46g
cal	fat	carb	protein

with Seasoned Rice

212	3g	41g	9g
cal	fat	carb	protein

Citrus Miso Salmon



485	24g	34g	35g
cal	fat	carb	protein

with Southern Green Beans

62	4g	18g	1g
cal	fat	carb	protein

The Cheesecake Factory

White Chicken Chili

.....
SkinnyLicious Menu Item



A Generous Bowl of Chicken, White Beans, Roasted Green Chiles, Onions and Garlic with a Touch of Cream. Garnished with Steamed Rice and Fresh Salsa

Super Antioxidant Salad

.....
A Delicious Blend of Salad Greens, Spinach, Kale, Avocado, Broccoli, Grapes, Roasted Pear, Blueberries, Onion, Sunflower Seeds and Almonds with Lemon-Blueberry Vinaigrette.



Tuscan Chicken

.....
SkinnyLicious Specialty Menu Item



Grilled Chicken Breast with Tomatoes, Artichokes, Capers, Fresh Basil and Balsamic Vinaigrette. Served Over Fresh Vegetables and Farro



Mango-Chile Chicken



510 17g 56g 38g
cal fat carb protein

6oz Sirloin with Grilled Avocado



420 20g 23g 39g
cal fat carb protein

SIDES



Steamed Broccoli

40 0g 8g 3g
cal fat carb protein



Citrus-Chile Rice

130 15g 27g 3g
cal fat carb protein



Cup Southwest Chicken Soup

110 5g 13g 4g
cal fat carb protein



Asparagus & Garlic Roasted Tomatoes

70 1.5g 12g 4g
cal fat carb protein



OLD COUNTRY STORE

Lemon Pepper Grilled Rainbow Trout



330 cal 14g fat <1g carb 43g protein

HEALTHY SIDE CHOICES:

Brussels Sprouts N' Kale Salad
Fresh Steamed Broccoli
Mixed Green Side Salad
Apple Slices

Half-pound Hamburger Steak



440 cal 33g fat 0g carb 33g protein

SIDES



Fresh Steamed Broccoli

40 cal 0g fat 6g carb 4g protein



Mixed Green Side Salad

10 cal 0g fat 2g carb <1g protein



Turnip Greens

100 cal 4g fat 6g carb 10g protein

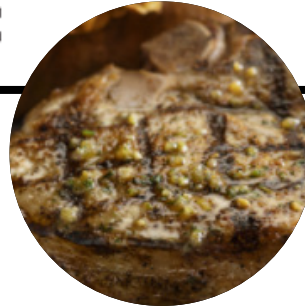


Apple Slices

70 cal 0g fat 19g carb <1g protein



Fire Grilled Pork Porterhouse



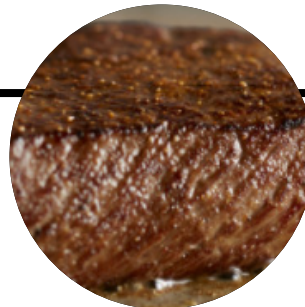
570	33g	1g	66g
cal	fat	carb	protein

Longhorn Salmon (7oz)



300	16g	2g	33g
cal	fat	carb	protein

Renegade Sirloin (8oz)



390	16g	2g	51g
cal	fat	carb	protein

SIDES



Fresh Steamed Broccoli

90	4g	7g	4g
cal	fat	carb	protein

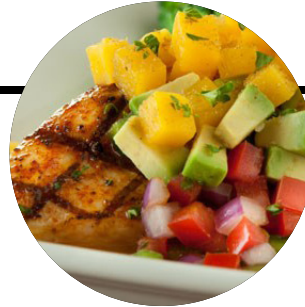


Fresh Steamed Asparagus

90	5g	6g	5g
cal	fat	carb	protein



Open Faced Prime Rib
Sancwich



700 47g 31g 36g
cal fat carb protein

Santa Fe Tilapia with Rice Pilaf



430 14g 33g 46g
cal fat carb protein

SIDES



Broccoli

110 8g 6g 3g
cal fat carb protein



Grilled Asparagus

60 5g 3g 2g
cal fat carb protein



Mashed Sweet Potatoes

180 3.5g 35g 3g
cal fat carb protein



Seasoned Rice Pilaf

160 4g 27g 3g
cal fat carb protein



Chicken Piccata



500	24g	11g	61g
cal	fat	carb	protein



Parmesan Crusted Zucchini

90	7g	5g	4g
cal	fat	carb	protein

- OR -



Steamed Broccoli

20	0g	4g	2g
cal	fat	carb	protein

Pasta e Fagioli Soup (one serving)



180	6g	21g	9g
cal	fat	carb	protein



House Salad with Low Fat Dressing

90	4g	12g	2g
cal	fat	carb	protein

OUTBACK

STEAKHOUSE®

Victoria's Filet Mignon, 6oz



240 cal 9g fat 0g carb 40g protein

Grilled Chicken on the Barbie

8oz with Seasonal Mixed Vegetables



490 cal 16g fat 28g carb 59g protein

Lobster Tail Entree

5oz, steamed, 2 Lobster Tails



480 cal 27g fat 1g carb 53g protein

- SIDES -

Grilled Asparagus

70 cal 40g fat 5g carb 3g protein

- OR -

Cup of Chicken Tortilla Soup

170 cal 9g fat 13g carb 9g protein



BREAKFAST

Breakfast Power Sandwich

.....
Avocado, Egg White, Spinach



410	14g	52g	22g
cal	fat	carb	protein

Steal Cut Oatmeal

.....
with Strawberries and Pecans



340	14g	51g	6g
cal	fat	carb	protein

LUNCH

Roasted Turkey and Avocado

.....
BLT on Sourdough (1/2 Sandwich)



340	18g	25g	17g
cal	fat	carb	protein

- WITH -

Seasonal Greens Salad

90	6g	10g	2g
cal	fat	carb	protein

- OR -

Cup of Garden Vegetable Soup

80	2.5g	11g	3g
cal	fat	carb	protein



Spicy Tuna Roll

Avocado, Egg White, Spinach



280
cal

3g
fat

43g
carb

17g
protein

Buddha's Feast Steamed

(Vegetarian)

250
cal

4g
fat

32g
carb

26g
protein



SIDES



Chili Garlic Green Beans, small

160
cal

1g
fat

5g
carb

5g
protein



Sichuan Style Asparagus, small

70
cal

.5g
fat

8g
carb

2g
protein



Wok-Seared Spinach with Garlic, small

120
cal

1g
fat

8g
carb

6g
protein



Wok-Charred Brussels Sprouts

210
cal

2g
fat

22g
carb

5g
protein



Veggie Lover's - Thin 'N Crispy

*Nutrition Info for 1 slice of
Large Pizza*



230

cal

8g

fat

31g

carb

10g

protein

Hawaiian Chicken - Thin 'N Crispy

*Nutrition Info for 1 slice of
Large Pizza*

240

cal

8g

fat

31g

carb

13g

protein



Gluten Free Pizzas



110 - 160

calories per Gluten Free Slice

TIPS FOR ORDERING PIZZA

CRUST: Thin is best

TOPPINGS: Load up on veggies

CHEESE: Keep it light

Eat Slowly -- Put Slice Down Between Bites -- Chew Completely

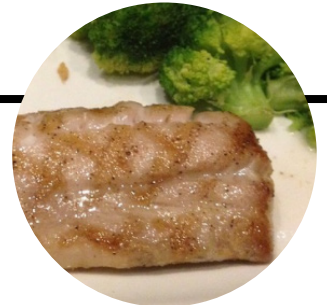


Garlic-Grilled Shrimp



350	15g	26g	27g
cal	fat	carb	protein

Pacific Snapper



160	2.5g	2g	32g
cal	fat	carb	protein

Haddock



170	2.5g	0g	34g
cal	fat	carb	protein

SIDE OPTIONS:

Asparagus

60	3.5g	5g	3g
cal	fat	carb	protein

- OR -

Broccoli

40	0g	8g	3g
cal	fat	carb	protein



The Wedgie Burger



470	28g	22g	35g
cal	fat	carb	protein

Sear-ious Salmon



480	35g	12g	37g
cal	fat	carb	protein

Ensenada Chicken Platter



510	18g	27g	61g
cal	fat	carb	protein

SIDE OPTIONS:

Steamed Broccoli

30	0g	6g	3g
cal	fat	carb	protein

- OR -

Coleslaw

80	5g	7g	1g
cal	fat	carb	protein



Sirloin Steak



6oz Steak

250

cal

8oz Steak

340

cal



Texas Roadhouse Veggies

90

cal

0g

fat

20g

carb

4g

protein

Dallas Filet



6oz Filet

230

cal

8oz Filet

280

cal



Plain Sweet Potato - med size

100

cal

0g

fat

23g

carb

2g

protein



Bourbon Barrel Chicken



270 cal 14g fat 5g carb 30g protein

- WITH -

Side Salad with Low Fat Balsamic

90 cal 3.5g fat 14g carb 2g protein

- OR -

Mashed Potatoes

210 cal 10g fat 21g carb 3g protein

Mediterranean Mahi Naan 'Wich



480 cal 15g fat 55g carb 33g protein

- WITH -

Fresh Broccoli

50 cal .5g fat 10g carb 0g protein

- OR -

Fresh Spinach

180 cal 14g fat 8g carb 4g protein