

EATING OUT

RESTAURANT *SURVIVAL* GUIDE



THE
1 HOUR
BELLY  BLAST
DIET™

Eating Out Restaurant Survival Guide

1 Hour Belly Blast Diet

by Nicole Long with Dan Long

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Legalities

Thank you for taking the time to note these important points prior to diving into the program.

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Table of Contents

| | |
|--|----|
| 1. Intro – Important Restaurant Guide Tips for Success..... | 4 |
| 2. America’s Favorite Past Time..... | 5 |
| 3. Being Prepared for a Meal Out..... | 5 |
| 4. Cuisines from All Over the World & Guides to each – Cajun..... | 5 |
| 5. Cuisines from All Over the World & Guides to each – Chinese, French & Greek..... | 6 |
| 6. Cuisines from All Over the World & Guides to each – Indian, Italian & Japanese..... | 7 |
| 7. Cuisines from All Over the World & Guides to each – Mexican, Thai & Vietnamese..... | 8 |
| 8. Alphabetical Restaurant Guide A – C..... | 9 |
| 9. Alphabetical Restaurant Guide D – K..... | 14 |
| 10. Alphabetical Restaurant Guide L – P..... | 17 |
| 11. Alphabetical Restaurant Guide Q – W..... | 21 |

Welcome to the 1 Hour Belly Blast Eating Out Restaurant Survival Guide! Below, you will find low carb options at more than 75 restaurant locations nation-wide. **Various restaurants are organized in alphabetical order below.** Read through the tips below, and then use the guide anytime you're planning any meals away from home! If you do not see the restaurant you're planning on going to in this list, just be sure to follow the Tips for Success, and you'll do just fine.

Important Restaurant Guide Tips for Success:

Watch Your Portions. Most entrees ordered at a restaurant are going to come with more food than you need for a single meal. Stick to the portion sizes recommended in the 1 Hr. Belly Blast Diet Manual, and bring the rest home for a quick and easy reheatable meal the next day. The portion prescription for the meal you're eating is what determines how much you should eat, whether you're at home or dining out.

Order From Specialty Health Menus When Possible. Most restaurants have a section of their menu that specifically caters to healthy eating. Usually this section will include both low-carb and low-fat menu options. Generally, regular entrees are loaded with hidden fat (even if they sound "healthy") so the low-fat choices will contain a more normal amount of the macronutrient and are good choices for low carb needs. Also, ordering from a low-carb menu and then adding the appropriate side items is always a smart move.

Add, Subtract, and Substitute Where Possible. If not ordering from a specialty menu, you generally have the liberty to substitute side items for a healthier choice and/or add or subtract an off-limits part of the meal. Depending on the meal, do without the bun or roll, and substitute green veggies and side salads for high fat and high carb sides. Also, be sure to request that your veggies are served "steamed," and not prepared in sugary/fattening sauces or butters.

Skip the Appetizers and Desserts. Your entrée should cover your protein, carbs, and/or fat needs, and most will leave you with extra to boot, so there's no need to add more via appetizers and desserts. Still, it may be difficult to just sit while others partake in an appetizer, so make the healthier choice and order a small green salad with a side of olive oil and vinegar, a low fat vinaigrette, or lemon and olive oil, which most restaurants have.

America's Favorite Past Time

Eating out has become America's favorite past time, but eating out doesn't have to impact your waistline. Having a social life, and family, often calls for celebrations, which often leads to eating things you shouldn't. In fact, most people believe that what they're ordering off the menu is actually healthy, when it is not. Fortunately, with this 1 Hour Belly Blast Diet Eat Out Restaurant Survival Guide, we will help you choose from the menu and stay as healthy as possible.

It all boils down to being able to read a menu, and choosing from healthy options. This includes asking for certain foods to be prepared a certain way (think grilled, steamed, and broiled). Thankfully, with more and more people becoming health conscience, most restaurants are now providing you with "lite" menu options, and also provide you with nutrition data to help you stay on track.

Being Prepared for a Meal Out

More often than not, you will know when you plan on eating out. With that said, plan your day up until that meal at a restaurant with lighter options to balance out your caloric intake for the day. By planning your meals up until you go out to eat, you can maintain the same weight loss caloric intake for the day, or stay as close to it as possible, with a little planning, which goes a long way toward your ultimate weight loss goals.

Another great tip is to consume a protein snack approximately 30 – 60 minutes before you get to the restaurant. This will help curb your ravenous appetite, and not feel like you have to order everything on the menu.

Cuisines from All Over the World & Guides to Each

In the alphabetized sections below, there are over 75 restaurant options, with different types of cuisines, including, but not limited to, Italian, American, fast food, and Asian food to name a few. I've pulled some healthy options off their menus to help you choose from, and tips on how you should ask for certain foods to be prepared. But, I'm also going to give you a brief description of different cuisines that are out in the world, to help guide you in case you go to a restaurant that isn't listed below.

Cajun Food

Cajun food is known for being spicy, but it's also high in sodium, hidden fats, and cholesterol too. It tastes great, but stick to these tips to keep your waistline slim:

- Avoid anything fried (including seafood!)
- No Hush Puppies! They are basically fried dough balls - a no-no.

- When ordering anything blackened, be sure to ask for it to be grilled, avoiding all the oil and butter that's used in pan fried options.
- Order all sauces on the side or don't get them at all. They pack on significant useless calories.
- DO NOT order Gumbo. It's cream based. Enough said.
- DO order anything boiled – like the shrimp or crawfish
- Creole or jambalaya is great, but if there's a turkey sausage option, take it. If it's regular sausage, try to put it off to the side and not eat it.
- DO NOT eat Beans and Rice, and again, avoid the sausage (unless turkey sausage), gizzards, liver, butter, and other high fat ingredients.

Chinese Food

Chinese food is an American staple, but if not careful, it can do more harm than good. Stick to these tips to keep your waistline slim:

- Steam it
- Opt for dishes high in vegetables to make up for no rice in the dish
- Avoid noodles and rice
- Ask for less oil when having dishes prepared – most restaurants these days have become used to requests like this.
- Opt for low sodium soy, no MSG, or salt, which cause bloating.
- Avoid anything fried
- Avoid sauces which are mostly full of calories
- Stick to broth based soup
- Avoid Egg Drop Soup - high in cholesterol and fat
- Ask for sweet and sour sauce, duck sauce, or plum sauce on the side and use sparingly.

French Food

As wonderful as French food can be, it is rich in carbs from potatoes, breads, and pastas. The French eat well, and savor each bite. Their dishes are known to be smaller in portions than those we're accustomed to, including their protein portions, but if you stick to these tips, you'll keep your waistline trim:

- Bypass the rich entrees, desserts, and sauces
- Request less butter when dishes are prepared
- Choose simple dishes which contain less ingredients, with sauces on the side
- Avoid pâté, cream-based soups, au gratin potatoes, hollandaise, mousse, and croissants

Greek Food

Even though the Greeks are known for their nutrient-rich foods, consuming fruits, vegetables, nuts, breads, legumes, seeds, and olive oil, consuming excessive amounts of healthy fats such as olive oil or feta cheese can increase your caloric intake. Stick to these tips to keep the waistline trim:

- Avoid phyllo dough based menu options – although light and flaky, large amounts of butter are used to prepare these dishes (spanakopita or spinach pie, tiropita or cheese pie, galaktoboureko – a dessert dish)
- Avoid dishes full of cheese or béchamel sauce dishes (like pastichio – a lasagna type pasta dish)
- Avoid fried food dishes
- Avoid cheese filled dessert options, or ones full of syrups, nuts (baklava), puddings, and creams
- Avoid the soups, which are all high in sodium
- Stick to grilled, or veggie appetizer options
- Eat Tzatziki (a yogurt and cucumber base sauce) but order on the side. Some restaurants prepare it with sour cream which can add to the waistline
- Choose roasted, baked, or grilled protein options (You may also see the terms “Skara,” “Plaki,” or “Forno,” which mean the same thing)

Indian Food

Indian food is becoming more popular, but if you don't order correctly, it will impact your waistline. Indian food has its good and bad points. It's good because it includes a lot of grains high in fiber, good proteins, and legumes and vegetables are commonly used. The problem is the food is prepared with ghee – a clarified butter, or is fried or sautéed. Coconut milk and coconut oil is also used. Stick to these tips:

- Stick to chicken or seafood dishes over lamb and beef options (unless it's tandoori)
- Curry based dishes are safe, as long as they're not made with coconut milk or cream
- You're always safe with any shish kabob dishes
- Avoid the soups, which are all high in sodium
- Avoid stuffed breads
- Avoid rice dishes. Most are made with creams/heavy sauces
- Avoid cheese dishes

Italian Food

Bread and pasta, melted cheese, fruits, and cream filled pastries... Though they sound delicious, these typical ingredients in an Italian dish or meal can mean calorie overload! Stick to these tips to keep the waistline trim:

- Pass on the butter and oil – olive oil has heart healthy fat, but has 120 calories per tablespoon

- Instead of fried appetizers, opt for salads with dressing on the side
- One cup of cooked pasta has about 200 calories so imagine a whole plate full – avoid ordering it!
- Choose from grilled chicken, fish, steak, and pork
- Ask for sauces on the side
- Avoid adding extra cheese to dishes once they hit the table
- Choose tomato based sauces over cream based sauces
- Avoid Italian pastries, but if you really are wanting something sweet, try a sorbet or Italian ice

Japanese Food

When a healthy diet is in mind, Japanese restaurants are a good choice. Although you'll find tempura based options on the menu, it's also graced with fresh vegetables and lean proteins. Stick to these tips to keep your waistline trim:

- Drink a cup of hot green tea
- Order edamame without the salt
- Stick to broth soups
- Avoid the mayo-based sauces, fried appetizers, and desserts
- Eat your entire meal with chopsticks so your stomach has time to realize it's full
- Stick to steamed veggies
- Avoid the rice and sushi rolls containing rice
- Sashimi is a lean protein without all the extra fillers that come with new age sushi rolls – eat up!
- Avoid any “tempura” dishes
- Choose low sodium soy over regular soy sauce

Mexican Food

Although loaded with cheeses, sauces, and mostly fried, Mexican food can be healthy. Just follow these tips to keep your waistline trim:

- Say no to complimentary chips and salsa
- Avoid black, pinto beans and re-fried beans
- Avoid soft tortillas & hard fried shells
- Avoid sour cream, extra cheese, or even guacamole
- Choose chicken, shrimp or fish dishes instead of beef
- Skip the margaritas!
- Avoid cheese or cream sauces
- Pass on the nachos
- Order the taco salad, but don't eat the shell!

- DO order salsa – it has no fat, and virtually no calories & tastes great over a lean protein source
- Do order dishes full of veggies

Thai Food

Thai food has been steadily gaining popularity that Chinese food holds. Thai food offers healthy options but if not careful, will pack the pounds on quick. Follow these tips to keep your waistline trim:

- Avoid fried entrees, appetizers, or desserts
- Avoid cream or coconut milk based dishes, whether side dishes or entrees
- Limit the use of soy, or choose the low sodium option
- Avoid rice noodles and steamed rice
- Choose grilled or steamed meats over fried
- Avoid custards
- Stick to traditional curries, that don't include coconut milk or creams

Vietnamese Food

Last but not least is Vietnamese food. This too can be a healthy cuisine option for you, as long as you choose the correct items off the menu. Vietnamese food is often prepared with plenty of vegetables, and they cook mainly by using water or broth. They rely less on frying, or the use of heavy coconut based sauces, using more herbs for flavor, making it less in calories. Follow these tips to keep your waistline trim:

- Choose chicken and seafood dishes over beef or duck
- Avoid fried foods
- Choose the grilled options on the menu
- Nuoc Nam is high in sodium, so use it sparingly
- Avoid clay pot dishes, as they tend to be high in oil and fat, and meats are mainly fried in oil

Overfeed Hour at Any Restaurant:

What if you're enjoying your Overfeed Hour out? Well, just be sure that it's within the amount of time you've allotted yourself for the overfeed for the week (1 hour, 2 hours, or 3 hours all at once), and enjoy yourself. Refer to the Main Diet Manual for Overfeed Guidelines if necessary, but be sure it's at least 40% protein, with other fat sources from carbs and fats during the overfeed for maximum results.

Enjoy the Eating Out Restaurant **Survival Guide full of countless low carb options to get you through each outing when it's not your Strategic Overfeed Hour.**

Alphabetical Restaurant Guide A – C:

Restaurant Name

Applebee's Neighborhood Bar & Grill

Menu Item

House Sirloin

Bourbon Street Steak

Cedar Grilled Salmon

Cedar Grilled Lemon Chicken

Grilled Chicken Caesar Salad (no croutons)

Arby's

Menu Item

Junior Roast Beef Sandwich (wrapped in lettuce)

Regular Roast Beef Sandwich (wrapped in lettuce)

Sourdough Roast Beef Melt (wrapped in lettuce)

Roast Turkey Farmhouse Salad

Chopped Side Salad

Baja Fresh

Menu Item

Baja Ensalada (chicken)

Baja Ensalada (shrimp)

Baja Ensalada (steak)

Mahi Mahi Ensalada

Side Salad with Salsa Verde

Benihana

Menu Item

Benihana Shrimp (meat only)

Hibachi Chicken or Benihana Chicken (meat only)

| |
|--------------------------------------|
| Hibachi Steak (meat only) |
| Benihana Special Steak (meat only) |
| Benihana Rocky's Choice (meat only) |
| Benihana Steak (meat only) |
| Benihana Salad |
| |
| Bennigan's Grill & Tavern |
| Menu Item |
| Greek Chicken Salad |
| Cajun-grilled Salmon Caesar Salad |
| Mediterranean Grilled Chicken |
| Grilled Atlantic Salmon |
| Fire-grilled Top Sirloin |
| Cajun Shrimp Skewers |
| Southwest Grilled Chicken Breast |
| |
| Bob Evans |
| Menu Item |
| Grilled New Orleans Catfish |
| Salmon Filet |
| Grilled Chicken |
| Pork Loin |
| |
| Bonfish Grill |
| Menu Item |
| Any Fish Entrée |
| Chicken Marsala |
| Sirloin Steak |
| Lily's Chicken |
| Saucy Shrimp |
| Mussels Josephine |
| Ahi Tuna Sashimi |
| All Salads |
| |

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|--|
| Boston Market |
| Menu Item |
| Garlic Rotisserie Chicken |
| Spicy Tuscan Rotisserie Chicken |
| Rotisserie Turkey |
| Asian Rotisserie Chicken Salad |
| Caesar Side Salad (no croutons) |
| Caesar Entrée Salad (no croutons) |
| Rotisserie Chicken Caesar Salad (no croutons) |
| |
| Bubba Gump Shrimp Co. |
| Menu Item |
| Any Shrimp or Fish Entrée (exception, anything fried) |
| Chicken Cobb Salad |
| |
| Burger King |
| Menu Item |
| Hamburger or Cheeseburger (no bun, wrapped in lettuce) |
| Angus Steak Burger (no bun, wrapped in lettuce) |
| Whopper Patty (no bun, wrapped in lettuce) |
| BK Veggie Burger (no bun, wrapped in lettuce) |
| Tender grill Chicken (no bun, wrapped in lettuce) |
| Chicken Caesar Salad (no croutons, wrapped in lettuce) |
| Chicken Garden Salad |
| Shrimp Caesar (Or Garden) Salad |
| |
| Captain D's |
| Menu Item |
| Anything "From the Grill" |
| |
| Carl's Jr. |
| Menu Item |
| Hamburger or Cheeseburger (no bun, wrapped in lettuce) |
| Charbroiled Chicken Salad-to-Go |

| |
|---|
| Any "Low Carb It" Options |
| Original Grilled Chicken Salad |
| Carrabba's Italian Grill |
| Menu Item |
| Cozze in Bianco |
| Grilled Asparagus w/Prosciutto |
| Tuscan Grilled Chicken |
| Grilled Salmon (Cetriolini) |
| Chicken Bryan |
| Chicken Marsala |
| Chicken (Pollo) Gratella |
| Sirloin Marsala |
| Insalata Carrabba |
| Insalata Fiorucci |
| Insalata Johnny Rocco |
| The Cheesecake Factory |
| Menu Item |
| Crusted Chicken Romano |
| Chicken Brochettes |
| Lemon-herb Roasted Chicken |
| Herb-crusted Filet of Salmon |
| Miso Salmon |
| Shrimp Scampi |
| Chicken Caesar Salad (no croutons) |
| Herb-crusted Salmon Salad |
| Cobb Salad |
| Chick-fil-A |
| Menu Item |
| Chargrilled Sandwich |
| Chargrilled Chicken Garden Salad |
| Chargrilled Spicy Southwest Chicken Salad |

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|--|
| Grilled Nuggets |
| |
| Chili's Bar & Grill |
| Menu Item |
| Grilled Chicken Caesar Salad (without croutons) |
| Grilled Salmon with Garlic and Herbs |
| Any Grilled Meats |
| Grilled Chicken Sandwich (no bun, wrapped w/lettuce) |
| Old Time Burger (no bun, wrapped with lettuce) |
| |
| Chipotle Mexican Grill |
| Menu Item |
| Burrito Bowl (steak, chicken, barbacoa, carnitas – no rice or beans) |
| |
| Corner Bakery Café |
| Menu Item |
| Caesar Salad with Roasted Chicken (no croutons) |
| Tuna Salad (over greens salad) |
| |
| Cracker Barrel Old Country Store |
| Menu Item |
| Eggs |
| Country Ham |
| Turkey Sausage |
| Grilled Sirloin Steak |
| Grilled Chicken Tenderloin |
| Spicy Catfish Filet |
| Grilled Pork Chop |
| Grilled Chicken Salad (no croutons) |
| |
| Culver's (checkout the "Mindful Choices") |
| Menu Item |
| Butterburger (single, no bun, wrapped with lettuce) |

| |
|--|
| Beef Pot Roast Sandwich (no bun, wrapped with lettuce) |
| Grilled Chicken Breast Sandwich (no bun, wrapped with lettuce) |
| Chopped Steak Dinner (hold the mash) |
| Garden Fresco (w/ w/out grilled Chicken) (no croutons) |
| Side Salad (no croutons) |
| Chicken Cashew Salad (no croutons) |
| Vegetable Beef with Barley Soup |

Alphabetical Restaurant Guide D – K:

| Restaurant Name |
|---|
| Dairy Queen |
| Menu Item |
| Grilled Chicken Gardens Green Salad |
| Grilled Chicken Sandwich (no bun, wrapped in lettuce) |
| DQ Homestyle Burger (no bun, wrapped in lettuce) |
| Side Salad |
| |
| Del Taco |
| Menu Item |
| Chicken Taco (wrapped in lettuce) |
| Street Tacos (chicken or Carne Asada, wrapped in lettuce) |
| |
| Denny's |
| Menu Item |
| Veggie-Cheese Omelet |
| Veggie-Cheese Omelet (egg beaters) |
| Scrambled Eggs |
| Scrambled Eggbeaters |
| Vegetable Beef Soup |
| Classic Burger (no bun, wrapped in lettuce) |
| Avocado Chicken Caesar (no croutons) |
| Fit Fare® Tilapia Ranchero (hold the mash – load up on steamed veggies) |
| Grilled Chicken Sandwich (no bun, wrapped in lettuce) |

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| Grilled Chicken |
| Sirloin Steak |
| Don Pablo's |
| Menu Item |
| Steak, Chicken or Pork Fajitas (no tortilla, wrapped in lettuce) |
| Grilled Tilapia, Shrimp, or Chicken (all veggie sides) |
| |
| El Pollo Loco |
| Menu Item |
| Classic Salad (no croutons) |
| Fire Grilled Chicken Breast |
| Skinless Chicken Breast |
| Taco al Carbon (beef, wrapped in lettuce) |
| Double Chicken Avocado Salad - "5 Under 500 calories" (no sour cream) |
| |
| Fazoli's |
| Menu Item |
| Chicken Caesar Salad (no croutons) |
| Classic Roman Salad |
| House Side Salad |
| Caesar Side Salad (no croutons) |
| |
| Friendly's |
| Menu Item |
| Grilled Chicken Caesar Salad (no croutons) |
| Garden burger (wrapped in lettuce, no bun) |
| Grilled Chicken Deluxe (wrapped in lettuce, no bun or bacon) |
| |
| Hard Rock Café |
| Menu Item |
| Caesar Salad (with chicken, shrimp, tuna, or salmon - no croutons) |
| Cobb Salad (no bacon) |
| Grilled Sirloin Steak, Grilled Chicken Breast, or Grilled Norwegian Salmon (hold mash; seasonal steamed veggies) |

Alphabetical Restaurant Guide L – P:

| Restaurant Name |
|---|
| La Salsa Fresh Mexican Grill |
| Menu Item |
| Baja Grilled Fish Taco (wrapped in lettuce) |
| Baja Style Shrimp Taco (wrapped in lettuce) |
| Three Pepper Fajitas (wrapped in lettuce) |
| Chili Lime Salad |
| |
| Lone Star Steakhouse |
| Menu Item |
| Sautéed Mushrooms/Sautéed Onions & Mushrooms |
| Steamed Vegetables |
| Filet Mignon |
| Center Cut Grilled Sirloin |
| Grilled Chicken Breast |
| Grilled Chicken Kabob |
| Grilled Shrimp Dinner (garlic butter on side) |
| |
| Luby's Cafeteria |
| Menu Item |
| Blackened Chicken Breast |
| Grilled Chicken Breast |
| Half Roasted Chicken (no skin) |
| Grilled Chicken Caesar Salad (no croutons) |
| Roasted Turkey (no skin) |
| Blackened Tilapia |
| Tossed salad (no croutons) |
| |
| McDonald's |
| Menu Item |
| Side Salad (no croutons) |

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|--|
| Plain Hamburger or Cheeseburger (no bun, wrapped in lettuce) |
| Artisan Grilled Chicken (no bun, wrapped in lettuce) |
| |
| Olive Garden |
| Menu Item |
| House Salad – no croutons |
| Mussels di Napoli |
| Chicken Marsala |
| Chicken Piccata |
| Tuscan Sirloin |
| Garlic Rosemary Chicken |
| Tilapia Piccata |
| Herb-Grilled Salmon |
| |
| On the Border Mexican Grill & Cantina |
| Menu Item |
| Shaken Margarita Shrimp Cocktail (no tortilla chips) |
| House Salad |
| Grilled Vegetable Fajitas (wrapped in lettuce) |
| Chicken Fajitas (wrapped in lettuce) |
| Steak Fajitas (wrapped in lettuce) |
| Large Shrimp (4 sautéed) |
| |
| Outback Steakhouse |
| Menu Item |
| Seared Pepper Ahi |
| Crab & Avocado Stack (no tortilla chips) |
| Grilled Shrimp |
| Caesar Salad (with grilled chicken or shrimp, no croutons) |
| Aussie Cobb Salad (no bacon or croutons) |
| Sesame Salad (with grilled chicken, shrimp, salmon, or ahi tuna) |
| Grilled Chicken on the Barbie |
| Victoria's Filet |
| New Zealand Lamb |

| |
|---|
| Outback Sirloin |
| New York Strip |
| Grilled Salmon |
| Outback Burger (no bun, wrapped in lettuce) |
| |
| Panda Express |
| Menu Item |
| Beef with Broccoli (no rice) |
| Beef with String Beans (no rice) |
| Chicken with Mushrooms (no rice) |
| Black Pepper Chicken (no rice) |
| Mandarin Chicken (no rice) |
| |
| Panera Bread |
| Menu Item |
| Low-fat Vegetarian Garden Vegetable Soup |
| Romaine & Kale Caesar/Caesar Salad (grilled chicken, no croutons) |
| Seasonal Greens Salad (grilled chicken) |
| Greek Salad (grilled chicken) |
| |
| Pei Wei Asian Diner |
| Menu Item |
| Traditional Chicken Lettuce Wraps |
| Mongolian Chicken or Beef (no rice) |
| Mongolian Vegetables and Tofu |
| Mongolian Shrimp (no rice) |
| Mongolian Scallops (no rice) |
| Pei Wei Spicy Vegetables and Tofu (no rice) |
| Mandarin Kung Pao Vegetables and Tofu (no rice) |
| Lemon Pepper Chicken (no rice) |
| Lemon Pepper Beef (no rice) |
| Lemon Pepper Vegetables and Tofu (no rice) |
| Lemon Pepper Shrimp (no rice) |
| Lemon Pepper Scallops (no rice) |

| P.F. Chang's China Bistro |
|--|
| Menu Item |
| Seared Ahi Tuna |
| Chicken Lettuce Wraps |
| Ginger Chicken with Broccoli (no rice) |
| Beef & Broccoli (no rice) |
| Mongolian Chicken or Beef (no rice) |
| Wok-Fired Filet Mignon (no potatoes or rice) |
| Pepper Steak (no rice) |
| Kung Pao Chicken, Shrimp, or combo (no rice) |
| Oolong Chilean Sea Bass (no rice) |
| Asian Grilled Salmon (no rice) |
| Hong Kong Style Sea Bass (no rice) |

Alphabetical Restaurant Guide Q – W:

| Restaurant Name |
|---|
| Quizno's Sub |
| Menu Item |
| Chicken Caesar Salad (no croutons) |
| Honey Mustard Salad (no bacon or croutons) |
| |
| |
| Red Lobster |
| Menu Item |
| Grilled Chicken Caesar Salad (no croutons) |
| Grilled Shrimp Salad (no croutons) Jumbo Shrimp Cocktail Dinner |
| King Crab Legs |
| Wood-Grilled Shrimp Skewers |
| Maine Lobster/Rock Lobster Tail |
| Oven Broiled Wild Caught Flounder |
| Snow Crab Legs |
| Salmon New Orleans |

| Red Robin Gourmet Burgers |
|--|
| Menu Item |
| Simply Grilled Chicken Salad (no croutons) |
| Side Grilled Caesar Salad |
| Insane Romaine Salad |
| Bruschetta Chicken (no bun) |
| The Wedgie Burger |
| Ensenada Chicken Platter |
| Gourmet Cheeseburger (no bun, lettuce wrapped) |
| |
| Romano's Macaroni Grill |
| Menu Item |
| Caprese |
| Steak & Greens Salad (no crispy onions) |
| Chicken Under a Brick |
| Rosemary Ribeye |
| Grilled Salmon |
| Chicken Marsala |
| Veal Marsala |
| Grilled Salmon |
| Mediterranean Shrimp |
| |
| Rubio's Coastal Grill |
| Menu Item |
| Chopped Salad (grilled chicken, tilapia, mahi mahi, or salmon) |
| Balsamic Roasted Veggie Salad |
| Grilled/Blackened Seafood Tacos (wrapped in lettuce) |
| Grilled Street Tacos (wrapped in lettuce) |
| |
| Ruby Tuesday |
| Menu Item |
| Grilled Salmon or Grilled Chicken Caesar (no croutons) |
| Grilled Chicken Salad (no croutons) |
| Coastal Trio |

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|---|
| Grilled Chicken Fresco/Chicken Bella |
| Grilled Salmon |
| Top Sirloin/ Petite Sirloin |
| Broiled Lobster Tail |
| Ruby's Classic Burger (lettuce wrapped) |
| Fresh Grilled Zucchini |
| Steamed or roasted veggie sides |
| Grilled Brussels Sprouts |
| |
| Schlotzky's Deli |
| Menu Item |
| Fresh Kale & Grilled Chicken Salad |
| Chicken Caesar Salad (no croutons) |
| Fiesta Chicken (wrapped in lettuce, no bun) |
| Smoked Turkey Breast (wrapped in lettuce, no bun) |
| Turkey Guacamole (wrapped in lettuce, no bun) |
| |
| Steak 'n Shake |
| Menu Item |
| Eggs (scrambled, over easy/medium, sunny side up, etc.) |
| Single Steakburger (wrapped in lettuce, no bun) |
| Grilled Chicken (wrapped in lettuce, no bun) |
| Garden Bowl Salad (no croutons) |
| Grilled Chicken Salad (no croutons) |
| |
| Subway |
| Menu Item |
| Chicken Caesar Salad |
| Oven Roasted or Rotisserie Style Chicken Salad |
| Carved Turkey or Turkey Breast Salad |
| Black Forest Ham Salad |
| Roast Beef Salad |
| Subway Club Salad |
| Veggie Delite Salad |

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| Taco Bell |
| Menu Item |
| Chicken Power Menu Bowl (no rice, guacamole or beans) |
| Veggie Power Menu Bowl (no rice, guacamole or beans) |
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| Texas Roadhouse |
| Menu Item |
| Grilled Chicken Salad (no bacon or croutons) |
| Chicken Caesar Salad (no croutons) |
| House Salad (no croutons) |
| Caesar Salad (no croutons) |
| Steakhouse Filet Salad (no bacon, croutons, blue cheese crumbles, or blue cheese on side – use just the Italian dressing) |
| Choice Sirloin |
| Oven Roasted Chicken (no skin) |
| Grilled Pork Chops |
| Grilled Salmon |
| Grilled Shrimp (no lemon butter sauce) |
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| T.G.I. Friday's |
| Menu Item |
| Santa Fe Chicken Salad |
| Grilled Chicken Caesar Salad (no croutons) |
| Chargrilled Salmon |
| Bourbon Barrel Chicken |
| Bourbon Barrel Mahi Mahi |
| Classic Cheeseburger (wrapped in lettuce, no bun) |
| Turkey Burger (wrapped in lettuce, no bun) |
| Grilled Salmon |
| Caesar Salad with Grilled Chicken, Salmon or Grilled Shrimp (no croutons) |
| Mediterranean Mahi Mahi Naan 'Wich (wrapped in lettuce, no naan) |
| Side House or Caesar Salad (no croutons) |
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| Tony Roma's |
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| Menu Item |
| Marinated Grilled Chicken (plain) |
| Grilled Salmon (plain) |
| Filet Mignon |
| Grilled Chicken or Salmon Caesar Salad (no croutons) |
| Grilled Chicken Salad (no croutons) |
| Tony's Asian Salad w/Grilled Chicken or Salmon (no wontons) |
| Steakhouse Burger (wrapped in lettuce, no bun) |
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| Uno Chicago Grill |
| Menu Item |
| Side House or Caesar Salad (no croutons) |
| Grilled Chicken House Salad (no croutons) |
| Grilled Chicken Caesar Salad (no croutons) |
| Herb Rubbed Chicken |
| Baked Stuffed Chicken Spinoccoli |
| Grilled Chicken Breast |
| Lemon Basil Salmon |
| Grilled Shrimp & Sirloin |
| Top Sirloin Steak |
| The Uno or Cheddar Burger (wrapped in lettuce, no bun) |
| Chicken Pesto Sandwich (wrapped in lettuce, no bun) |
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| Wendy's |
| Menu Item |
| Dave's Single Hamburger or Cheeseburger (no bun, wrapped in lettuce) |
| Jr. Cheeseburger (wrapped in lettuce, no bun) |
| Grilled Chicken Caesar Salad (no croutons) |
| Grilled Chicken Sandwich (wrapped in lettuce, no bun) |