

Tips

- Choose water when available or stick to calorie free options such as diet soda, unsweetened tea, coffee or sparkling water.
- Ask the staff to box up half of your meal when you receive it to bring home and have for a later meal or you meal the next day.
- Make sure to order your dressings and sauces on the side and dip your food into them to make sure you do not go over the recommended serving size.
- When ordering a burger or sandwich, get it without the bun/bread or get it wrapped in lettuce.
- Look for items that are baked, broiled, poached, roasted, steamed or grilled and avoid foods that are fried, creamy or crispy.
- Avoid extra toppings such as cheese, which can be higher in fat and calories.
- Research the menus ahead of time so you are aware of the options they have that will fit within your plan.
- Make sure to eat how you routinely would throughout the day so you are not hungry when you get to the restaurant. You can always bring a Livea meal along.
- Avoid high fat meats like salami, bologna, pastrami, bacon, chorizo, and sausage.
- Put your utensils down in between bites to help slow down your eating. It takes about 20 minutes for your stomach to tell your brain that you are satisfied, eating slower will prevent you from overeating.
- If side dishes are starchy vegetables (potatoes, corn, peas, etc.), rice or pasta, ask to exchange them for extra non-starchy vegetables.
- Splitting a meal with someone or asking for a half portion are good ways to keep portions in check.
- Do not be afraid to ask your server of ways to make a dish “healthier” or use other available options that may not be on the menu.

LOCAL RESTAURANTS	
MANKATO	
Tav on the Ave	
Chicken Lettuce Wraps	1 Lean-1, 3 servings of vegetables
Ahi Tuna Lettuce Wraps	1 Lean-2, 3 servings of vegetables
Steak Lettuce Wraps	1 Lean-0, 3 servings of vegetables
Chicken Fajita's with Lettuce Leaves (no tortilla)	1 Lean-1, 3 servings of vegetables
Steak Fajita's with Lettuce Leaves (no tortilla)	1 Lean-0, 3 servings of vegetables
Buffalo Chicken Salad	1 Lean-1, 3 servings of vegetables
Boulder Tap House	
Build Your Own Burger with Side Salad (no bun)	1 Lean-0, 2 servings of vegetables
California Veggie Burger with Side Salad (no bun)	1 Lean-1, 2 servings of vegetables
Chicken Avocado Sandwich with Side Salad (no bun)	1 Lean-1, 2 servings of vegetables, 1 healthy fat
El Mazatlán	
Pescadero Filete (no rice, no beans, no tortilla)	1 Lean-2, 3 servings of vegetables
El Jaracho (no rice, no pineapple)	1 Lean-2, 3 servings of vegetables
Pollo Ranchero (no rice, no beans, no tortilla)	1 Lean-1, 3 servings of vegetables
Grizzlies	
Wood Roasted Chicken with Fresh Vegetables	1 Lean-1, 3 servings of vegetables
Simply Grilled Salmon with Fresh vegetables OR Side salad	1 Lean-0, 3 servings of vegetables
Wood Fire House Sirloin with Fresh Vegetables OR Side Salad	1 Lean-0, 3 servings of vegetables
Pub 500	
Parmesan Salmon Salad	1 Lean-0, 3 servings of vegetables
North Country Walleye with Extra Vegetables (no rice)	1 Lean-2, 3 servings of vegetables
Pulled Pork Bowl with Extra Vegetables (no potatoes)	1 Lean-0, 3 servings of vegetables
WOODBURY	
Tamarack Tap Room	
House Salad with Chicken (no croutons)	1 Lean-1, 3 servings of vegetables
Goat Cheese Salad with Chicken (no cranberries)	1 Lean-1, 3 servings of vegetables
Caesar Salad with Chicken (no croutons)	1 Lean-1, 3 servings of vegetables
Walleye with Extra Vegetables (no potato)	1 Lean-2, 2 servings of vegetables
Chicken Breast	1 Lean-1
Iceberg Wedge (no bacon)	3 servings of vegetables
Angelina's Kitchen	
Grilled Salmon with Extra Vegetables (no potato)	1 Lean-0, 2 servings of vegetables

Marsala Braised Beef with Extra Vegetables (no potato)	1 Lean-0, 2 servings of vegetables
Chicken Veggie Medley	1 Lean-1, 2 servings of vegetables
Chopped Beef Salad	1 Lean-1, 3 servings of vegetables
Caesar Salad with Your Choice of Protein (no croutons)	1 Lean-0, 1, or 2 (depending on protein selection), 3 servings of vegetables
Italian Salad with Your Choice of Protein	1 Lean-0, 1, or 2 (depending on protein selection), 3 servings of vegetables
Caprese Salad with Your Choice of Protein	1 Lean-0, 1, or 2 (depending on protein selection), 3 servings of vegetables
Ray J's American Grill	
Ray J's House Salad with Chicken	1 Lean-1, 3 servings of vegetables
Caesar Salad with Chicken	1 Lean-1, 3 servings of vegetables
Blackened Chicken Salad (no tortilla strips)	1 Lean-1, 3 servings of vegetables
Lakes Tavern and Grill	
Marinated Shrimp Cocktail	1 Lean-2
Chopped Salad with Chicken and Light Dressing (no bacon)	1 Lean-1, 3 servings of vegetables
Salmon Farro Salad (no cranberries, no farro)	1 Lean-0, 3 servings of vegetables
Small Wedge Salad	2 servings of vegetables
The Tavern Grill	
Chicken Caesar Salad (no croutons)	1 Lean-1, 3 servings of vegetables
Buffalo Chicken Salad	1 Lean-1, 3 servings of vegetables
Thai Chicken Lettuce Wraps (no crispy wontons)	1 Lean-1, 2 servings of vegetables
Build Your Own Salad: Choose one cheese, sunflower seeds OR cashews, 4 vegetable toppings, one protein, light dressing	1 Lean-0, 1, or 2 (depending on protein selection), 3 servings of vegetables, 2 healthy fats
SAINT-CLOUD	
The Pickled Loon	
House Salad with Grilled Chicken or Shrimp	1 Lean-1 or 2 (depending on protein selection), 3 servings of vegetables
Grilled Shrimp Salad	1 Lean-2, 3 servings of vegetables
California Burger (no bun)	1 Lean-0, 1 serving of vegetables
Side of Broccoli	1 serving of vegetables
Side of Asparagus	1 serving of vegetables
Olde Brick House	
Lamb Chops with Side House Salad (no risotto)	1 Lean-0, 3 servings of vegetables
Top Sirloin, 6 oz. with Side Salad (no potatoes)	1 Lean-0, 3 servings of vegetables
Blackened Mahi Mahi with Side Salad (no risotto)	1 Lean-2, 3 servings of vegetables
Pecan Bronzed Salmon	1 Lean-0
Classic Burger (no bun)	1 Lean-0
Anton's Restaurant	
Fresh Vegetable Tray	3 servings of vegetables
Citrus Salmon Salad (no croutons)	1 Lean-0, 3 servings of vegetables
Basic Burger (no bun)	1 Lean-0

Broiled Shrimp or Lobster Tail	1 Lean-2
Salmon Oscar	1 Lean-0, 1 serving of vegetables
Tenderloin, 6 oz.	1 Lean-0
Jule's Bistro	
Downtowner Salad	½ Lean-1, 3 servings of vegetables
Tuna Salad Sandwich (no bun)	1 Lean-2, 3 servings of vegetables
Chicken Caesar Salad (no croutons)	1 Lean-1, 3 servings of vegetables
Bistro Salad	3 servings of vegetables
The White Horse	
Yellowfin Ahi Tuna with Salad and Vegetables	1 Lean-2, 3 servings of vegetables
Broiled Walleye with Salad and Vegetables	1 Lean-2, 3 servings of vegetables
Misoyaki Salmon with Side Salad (no rice)	1 Lean-0, 2 servings of vegetables
Steak or Lamb with Salad and Vegetables	1 Lean-0, 3 servings of vegetables
MINNETONKA	
Lord Fletchers	
WHARF MENU	
Warm Peel and Eat Shrimp Appetizer	1 Lean-2
Ahi Tuna Appetizer	1 Lean-2
Veggies and Dip	2 servings of vegetables
Tuna Poke Bowl with Lettuce (no rice)	1 Lean-2, 3 servings of vegetables
MAIN DINING MENU	
Beef Tenderloin, 6 oz. with Extra Vegetables (no potatoes)	1 Lean-0, 3 servings of vegetables
Blue Nose Sea Bass	1 Lean-0, 3 servings of vegetables
Roasted Scallops	1 Lean-2, 3 servings of vegetables
Salmon	1 Lean-0, 3 servings of vegetables
Maynards	
Skinny Chicken	1 Lean-1, 3 servings of vegetables
Grilled Salmon with House Salad	1 Lean-0, 3 servings of vegetables
Low Carb Burger with Salad	1 Lean-0, 3 servings of vegetables
Broiled Walleye with Extra Vegetables (no rice)	1 Lean-2, 3 servings of vegetables
Pan Seared Sea Bass with Extra Vegetables (no rice)	1 Lean-0, 3 servings of vegetables
Burches on the Lake	
Filet Mignon, 6 oz.	1 Lean-0
Coulette Sirloin	1 Lean-0
Grilled Asparagus	2 servings of vegetables
Roasted Wild Mushrooms	2 servings of vegetables
Beef Carpaccio	1 Lean-0, 1 serving of vegetables
East and West Coast Oysters	½ Lean-2
Minnesota Angus Filet Mignon, 6 oz. with vegetables (no potatoes)	1 Lean-0, 3 servings of vegetables
Smoked BBQ Chicken with Extra Vegetables (no potatoes)	1 Lean-1, 3 servings of vegetables
Walleye Milanese with Extra Vegetables (no potatoes)	1 Lean-2, 3 servings of vegetables
Mediterranean Grilled Ahi Tuna	1 Lean-2, 3 servings of vegetables

Side of Vegetables: Choose from green beans, mushrooms, mixed vegetables, or spinach	2 servings of vegetables
EDINA	
Martina	
Prime Beef Tenderloin, 8 oz. with Extra Vegetables (no potatoes)	1 ½ Lean-0, 2 servings of vegetables
Grilled Salmon	1 Lean-0, 1 serving of vegetables
Grilled Pork Chop	1 Lean-0, 1 servings of vegetables
Charred Cucumber	2 servings of vegetables, 1 healthy fat
Striped Bass	1 Lean-0, 1 serving of vegetables
Stella's Fish Café	
Cajun Beef Bites	½ Lean-0
Sashimi Plates	1 Lean-2
Field Green Salad with Choice of Protein (Salmon, Chicken, Shrimp)	1 Lean-0, 1, or 2 (depending on protein selection), 3 servings of vegetables
Oysters, 12 pieces	1 Lean-2
Parmesan Crusted Halibut with Extra Vegetables (no potatoes)	1 Lean-1, 3 servings of vegetables
Edina Grill	
Uptown Omelet	1 Lean-0, 1 serving of vegetables
Grilled Salmon with Extra Vegetables (no potatoes)	1 Lean-0, 3 servings of vegetables
Large Grill Salad	3 servings of vegetables
Campielo	
Grilled Salmon	1 Lean-0, 2 servings of vegetables
Airline Chicken Breast	1 Lean-1, 2 servings of vegetables
Wood-fire Rotisserie Chicken with Extra Vegetables (no risotto)	1 Lean-1, 3 servings of vegetables
Halibut with Extra Vegetables (no potatoes)	1 Lean-1, 3 servings of vegetables
The Boulevard	
Tuna Sashimi	1 Lean-2
Grilled Salmon with Extra Vegetables (no rice)	1 Lean-0, 3 servings of vegetables
Chili Lime Chicken Salad	1 Lean-1, 3 servings of vegetables
Vegetable Shrimp (lunch portion)	1 Lean-2, 3 servings of vegetables
ROSEVILLE	
Key's Café	
Philly Cheese Steak with Side Celery and Green Salad (no bun)	1 Lean-0, 3 servings of vegetables
Side of Angus Beef Filet with Mushrooms and Steamed Broccoli & Cauliflower	1 Lean-0, 3 servings of vegetables
Buffalo Chicken Salad with Grilled Chicken	1 Lean-1, 3 servings of vegetables
Good Earth	
Bangkok Chicken Satay	1 Lean-1, 1 serving of vegetables
Bison Burger with Side Field Green Salad (no bun)	1 Lean-2, 1 serving of vegetables
Simple Fish: Select Salmon, Arctic Char, or Shrimp (no rice)	1 Lean-0, 1, or 2 (depending on protein selection) 2 servings of vegetables

Grumpy's	
Tepanyaki Beef Tidbits	1 Lean-0
Build Your Own Chicken Sandwich with Mushrooms and Bell Peppers (no bun)	1 Lean-1, 1 serving of vegetables
Caprese Salad	1 Lean-0, 3 servings of vegetables
Chianti Grill	
Seared Rare Sushi Grade Ahi Tuna	1 Lean-2, 1 serving of vegetables
Spicy BBQ Chicken Sandwich with House Salad (no bun, no fries)	1 Lean-1, 3 servings of vegetables
Grilled Asparagus	2 servings of vegetables
Fresh Vegetables	2 servings of vegetables
Pizza Luce	
Greek Salad with Lemon Pepper Tofu (no feta)	1 oz. Lean-1, 3 servings of vegetables, 1 healthy fat
Chicken Parmigiana Hoagie (no bun)	1 Lean-1, 1 serving of vegetables
Chicken Dijon Hoagie (no bun)	1 Lean-1, 1 serving of vegetables, 1 healthy fat
Super Greens Salad (large, no orange)	3 servings of vegetables, 1 healthy fat
ROCHESTER	
Canadian Honker Restaurant	
Fresh Seared Salmon Salad	1 Lean-0, 3 servings of vegetables
Chicken-a-la Riche with Fresh Vegetables	1 Lean-1, 2 servings of vegetables
Filet Mignon with a Side Salad	1 Lean-0, 3 servings of vegetables
Chester's Kitchen and Bar	
Rotisserie Chicken with Extra Asparagus (no potatoes)	1 Lean-0, 3 servings of vegetables
Grassy Grass Fed Burger with side of Cottage Cheese and Asparagus (no bun)	1 Lean-0, 3 servings of vegetables
Grandma's Kitchen	
Grandma's Taco Salad (no taco shell, no sour cream, no cheese)	1 Lean-1, 3 servings of vegetables
Roast Beef with a Side Salad and Side Vegetable of Your Choice (no toast, no sherbet)	1 Lean-0, 3 servings of vegetables
Cod Fillets with Side of Fresh Vegetables (no potatoes, no fries, no coleslaw, no toast)	1 Lean-1, 3 servings of vegetables
Newts	
Basic Burger or California Burger with Side Salad	1 Lean-0, 3 servings of vegetables
Grilled Chicken Salad (no cheese)	1 Lean-1, 3 servings of vegetables
Pulled Pork Sandwich with Side Salad (no coleslaw)	1 Lean-0, 3 servings of vegetables
North Mr. Pizza	
Turkey Avocado Wrap with a Side Salad (no bread, no cheese)	1 Lean-1, 3 servings of vegetables
BBQ Pork Sandwich with a Side Salad (no bread, no cheese)	1 Lean-0, 3 servings of vegetables
Greek Chicken Salad Entrée (no feta)	1 Lean-1, 3 servings of vegetables

COON RAPIDS	
Carol's	
Carol's Salad	1 Lean-1, 3 servings of vegetables
House Salad (no roll)	1 serving of vegetables
New York Strip with Side Salad (half portion, no glaze, no potato, no roll)	1 Lean-0, 3 servings of vegetables
Fresh Baked Salmon (no glaze, no potato, no roll)	1 Lean-0, 3 servings of vegetables
Slice of Roasted Turkey with Mixed Vegetables and Side Salad (no starchy vegetables)	1 Lean-1, 3 servings of vegetables
Vegetable of the Day	2 servings of vegetables
Norman Quack's Chophouse	
Grilled Chophouse Plain or Cajun Chicken with House Salad and Fresh Vegetables	1 Lean-1, 3 servings of vegetables
Center Cut Sirloin with House Salad and Fresh Vegetables	1 Lean-0, 3 servings of vegetables
Prime Roasted Plain or Cajun Pork Chops with House Salad and Fresh Vegetables (half portion)	1 Lean-0, 3 servings of vegetables
House Salad (no onions)	3 servings of vegetables
Salmon Black-N-Blue Salad (no cheese, no olives)	1 Lean-0, 3 servings of vegetables
Pappy's	
Pappy's Chef Salad (no cheese, no olives, no roll)	1 Lean-0, 3 servings of vegetables
Grilled Chicken Salad (no cheese, no roll)	1 Lean-1, 3 servings of vegetables
Side Salad (no croutons)	3 servings of vegetables
Veggie Omelet (no cheese, no onions)	1 Lean-0, 2 servings of vegetables
Roast Beef with Side Salad and Vegetable (no potato)	1 Lean-0, 3 servings of vegetables
Home Cooked Sliced Turkey Dinner with Side Salad and Vegetable (no gravy, no roll, no cranberries)	1 Lean-1, 3 servings of vegetables
Pork Chops with Side Salad and Vegetable (no roll)	1 Lean-0, 3 servings of vegetables
Tender Sirloin Steak with Side Salad and Vegetable (half portion, no potato)	1 Lean-0, 3 servings of vegetables
New York Strip Steak with Side Salad and Vegetable (half portion, no potato)	1 Lean-0, 3 servings of vegetables
Salmon Filet with Side Salad and Vegetable (no sauce, no potato)	1 Lean-0, 3 servings of vegetables
Eggs (3)	1 Lean-0
The Meat Market	
Pulled Pork Taco's (4) in Lettuce Wrap (no queso fresco, no sour cream)	1 Lean-0, 3 servings of vegetables
Roasted Chipotle Chicken Taco's in Lettuce Wrap (no queso fresco, no sour cream)	1 Lean-1, 3 servings of vegetables
Turkey Avocado Salad	1 Lean-1, 3 servings of vegetables, 2 healthy fats

Club Salad (no bacon, no mayo, no cheese)	1 Lean-1, 3 servings of vegetables
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Vannellis by the Lake	
Spinach Salad (no bacon, no cheese)	3 servings of vegetables
Garden Salad (no onions, no cheese, no croutons)	3 servings of vegetables
Chef Salad (no bacon, no cheese, no croutons)	1 Lean-0, 3 servings of vegetables
Vannelli's Signature Tender Cut with Side Salad	1 Lean-0, 3 servings of vegetables
Pork Tenderloin with Side Salad	1 Lean-0, 3 servings of vegetables
Chicken Breast Dinner (no sauce)	1 Lean-1, 3 servings of vegetables
APPLE VALLEY	
Vivo Kitchen	
Caesar Salad with Choice of Protein (no croutons)	1 Lean-0, 1, or 2 (depending on protein selection), 3 servings of vegetables
Valley Greens Salad with Choice of Protein (no pine nuts, no cheese)	1 Lean-0, 1, or 2 (depending on protein selection), 3 servings of vegetables
Bistro Steak with Grilled Asparagus and Side Salad (no potatoes, no glaze)	1 Lean-0, 3 servings of vegetables
Grilled Dry Aged Duroc Pork Chop with Side Salad (no potatoes, no pineapple)	1 Lean-0, 3 servings of vegetables
Rascals Bar and Grill	
Classic Caesar Salad with Choice of Protein	1 Lean-0, 1, or 2 (depending on protein selection), 3 servings of vegetables
Grilled Skuna Bay Salmon with Side of Fresh Vegetables (no starchy vegetables)	1 Lean-0, 3 servings of vegetables
Hand Cut Sirloin, 5 oz. with Side of Fresh Vegetables (no starchy vegetables)	1 Lean-0, 3 servings of vegetables
Valley Diner	
Turkey Burger Topped with Lettuce and Tomato and a Side Salad (no bun, no fries)	1 Lean-0, 3 servings of vegetables
Chef Salad (no bread, no croutons)	1 Lean-0, 3 servings of vegetables
3 Egg Veggie Omelet with Extra Vegetables (no toast)	1 Lean-0, 3 servings of vegetables
Hawaii Poke	
Build Your Own Poke Bowl: Select mixed greens, protein, variety of vegetables, light sauce (no crunch topper)	1 Lean-0, 1, or 2 (depending on protein selection), 3 servings of vegetables
Panino Brothers Food and Beverage	
Taco Salad with Chicken	1 Lean-1, 3 servings of vegetables
Chicken Caesar Salad (no croutons)	1 Lean-1, 3 servings of vegetables
Good Fella' Burger with Lettuce and Tomato and a Side Salad (no bun, no fries, no chips)	1 Lean-0, 3 servings of vegetables
EAU CLAIRE, WISCONSIN	
The Livery Restaurant and Saloon	
Pesto Chicken Sandwich with Side Salad (no bread)	1 Lean-1, 3 servings of vegetables
Mixed Green Salad with Grilled Chicken	1 Lean-1, 3 servings of vegetables

Cowtown Burger with Side Salad (no bun, no onions)	1 Lean-0, 3 servings of vegetables
Stella Blues	
Madison Street Garden Salad with Shrimp or Chicken (no croutons)	1 Lean-1, or 2 (depending on protein selection), 3 servings of vegetables
Blackened chicken or Catfish with Extra Seasonal Vegetables (no potatoes, no rice, no beans)	1 Lean-0 or 1 (depending on protein selection), 3 servings of vegetables
Blackened Ahi Tuna with Extra Seasonal Vegetables (no potatoes, no rice, no beans)	1 Lean-2, 3 servings of vegetables
The Classic Garage	
Fleetwood Burger with Side Salad (no bun, no fries)	1 Lean-0, 3 servings of vegetables
Garage Salad with Grilled Chicken	1 Lean-1, 3 servings of vegetables
Grilled Chicken Sandwich with Side Salad (no bun, no fries)	1 Lean-1, 3 servings of vegetables
The Nucleus	
Herbaceous Omelet	1 Lean-0, 3 servings of vegetables
Cajun Crab Omelet	1 Lean-0, 3 servings of vegetables
Steak or Shrimp Kabobs with Side Salad (no quinoa)	1 Lean-0 or 1 (depending on protein selection), 3 servings of vegetables
Randy's Family Restaurant	
Grilled Chicken Breast with Side Salad	1 Lean-1, 3 servings of vegetables
Sirloin Steak with Seasonal Vegetables or Side Salad	1 Lean-0, 3 servings of vegetables
Chicken Caesar Salad (no croutons or bread)	1 Lean-1, 3 servings of vegetables

RESTAURANT NAME	
Applebee's	
Cedar Salmon with Side of Broccoli and Fire Grilled Vegetables	1 Lean-0, 3 servings of vegetables
Cedar Grilled Lemon Chicken with Side of Broccoli and Fire Grilled Vegetables (no quinoa)	1 Lean-1, 3 servings of vegetables
Top Sirloin, 6 oz. with Side of Broccoli and Fire Grilled Vegetables	1 Lean-0, 3 servings of vegetables
Axels	
Grilled Chicken with Roasted Vegetable Medley	1 Lean-1, 3 servings of vegetables
Norwegian Salmon with Green Beans	1 Lean-0, 3 servings of vegetables
A La Carte Sirloin or Filet	1 Lean-0
A La Carte Swordfish	1 Lean-1
Grilled Shrimp	1 Lean-2
Norwegian Salmon	1 Lean-0
Lobster Tails	1 Lean-2
Scallops	1 Lean-2
Arby's	
Roast Turkey Farmhouse Salad	1 Lean-1, 3 servings of vegetable, 1 healthy fat
Roast Beef Sandwich (no bun)	1 Lean-0
Roast Turkey and Swiss (no bun)	1 Lean-1, 1 healthy Fat
Buffalo Wild Wings	
Grilled Garden Chicken Salad (no toast)	1 Lean-1, 3 servings of vegetables
BBQ Chicken Sandwich with Side Salad (no bun)	1 Lean-1, 3 servings of vegetables
6 Naked Tenders	1 Lean-1
Side Salad	3 servings vegetables
Burger King	
Chicken Garden Salad (no croutons)	1 Lean-1, 3 servings of vegetables
Grilled Chicken Sandwich (no bun)	1 Lean-1
Morning Star Veggie Burger (no bun)	1 Lean-1
Garden Side Salad	3 servings of vegetables
Baker Square	
Veggie Omelet	1 Lean-0, 3 servings of vegetables
Mediterranean Chicken Salad	1 Lean-1, 3 servings of vegetables
Lemon Butter Tilapia with Green Beans and Grilled Vegetables	1 Lean-2, 3 servings of vegetables, 2 healthy fats
Big Bowl	
Mongolian Beef with Cauliflower Rice	1 Lean-0, 3 servings of vegetables
Spicy Chicken and Shishito Peppers with Cauliflower Rice	1 Lean-1, 3 servings of vegetables
Ginger Sea Scallops and Shrimp with Cauliflower Rice	1 Lean-2, 3 servings of vegetables
Buca Di Beppo	
Salmon Sorrento	1 Lean-0
Chicken Limón	1 Lean-1, 2 healthy Fats
Chicken Marsala	1 Lean-1

Green Beans	3 servings of vegetables, 2 healthy fats
Italian Broccoli Romano	3 servings of vegetables
Benihana	
Hibachi Steak (no soup, no rice)	1 Lean-0, 3 servings of vegetables
Hibachi Chicken (no soup, no rice)	1 Lean-1, 3 servings of vegetables
Hibachi Seafood (no soup, no rice)	1 Lean-2, 3 servings of vegetables
Spicy Tofu Steak (no soup, no rice)	1 Lean-2, 3 servings of vegetables
Chipotle	
*Skip the tortillas, nacho's, beans, and rice when ordering.	
Carnitas	1 Lean-0
Chicken	1 Lean-1
Steak	1 Lean-0
Barbacoa	1 Lean-0
Sofritas	1 Lean-1
Salad Greens with Fajita Vegetables and Fresh Pico De Gallo	3 servings of vegetables
Chili's	
Classic Sirloin, 6 oz. with Grilled Avocado and Roasted Asparagus	1 Lean-0, 3 servings of vegetables
Mushroom Jack Chicken Fajitas (no tortilla, no rice, no beans)	1 Lean-1, 3 servings of vegetables
Mushroom Chile Chicken with Broccoli (no rice)	1 Lean-1, 3 servings of vegetables
Cowboy Jacks	
Walleye with Seasonal Vegetables	1 Lean-2, 3 servings of vegetables
Sirloin Steak Salad	1 Lean-0, 3 servings of vegetables
Sirloin Tips	1 Lean-0
House Salad	3 servings of vegetables
Crave	
Miso Glazed Salmon with Vegetable Medley	1 Lean-0, 3 servings of vegetables
Mediterranean Lamb Burger (no naan) with Side of Vegetables or Side Salad	1 Lean-0, 3 servings of vegetables
Blackened Walleye with Vegetable Medley (no corn, no rice)	1 Lean-2, 3 servings of vegetables
Crave Entrée Salad, Your Choice of Protein	1 Lean-0, 1, or 2 (depending on protein selection) 3 servings of vegetables
Mixed Variety of Sashimi (12-14 pieces)	1 Lean-2
Traditional Poke Bowl with Extra Vegetables (no rice)	1 Lean-2, 3 servings of vegetables
Lemon Garlic Chicken with Extra Vegetables (no potatoes)	1 Lean-1, 3 servings of vegetables
Denny's	
Grilled Chicken Cobb Salad (1/2 portion, no potato sticks)	1 Lean-1, 3 servings of vegetables
Chicken Caesar Salad (1/2 portion)	1 Lean-1, 3 servings of vegetables
House Salad with Chicken (1/2 portion)	1 Lean-1, 3 servings of vegetables
Grilled Chicken	1 Lean-1

Beef Patty	1 Lean-0
Turkey Bacon	½ Lean-0
2 Eggs	½ Lean-0
Garden Side Salad	1 serving of vegetables
Caesar Side Salad	1 serving of vegetables
Side of Broccoli	1 serving of vegetables
Fresh Sautéed Zucchini and Squash	1 serving of vegetables
Davanni's	
Chicken Cobb Salad (no bacon)	1 Lean-1, 3 servings of vegetables
Spinach Salad with Chicken (no bacon, no raisins)	1 Lean-1, 3 servings of vegetables
Caesar Salad with Chicken	1 Lean-1, 3 servings of vegetables
Garden Salad (no croutons)	1/3 Lean-0 (2 oz. of protein), 3 servings of vegetables
Fajitas (lunch portion, meat and veggies only)	1 Lean-0, 1 or 2 (depending on protein selection), 3 servings of vegetables
Sizzling Fajita Salad (half portion, no tortilla strips)	1 Lean-0, 3 servings of vegetables
Don Pablo's Original Caesar Salad with Chicken (half portion, no tortilla strips)	1 Lean-1, 3 servings of vegetables
Side of Protein: Grilled Chicken, Grilled Shrimp, or Grilled Tilapia	1 Lean-1, or 2 (depending on protein selection)
Side Salad (no croutons)	3 servings of vegetables
Famous Dave's	
Chicken Caesar Salad (1/2 portion, no corn bread muffin)	1 Lean-1, 3 servings of vegetables
Chicken Chopped Salad (1/2 portion, no tortilla strips, no corn bread muffin)	1 Lean-1, 3 servings of vegetables
Fresh Garden Side Salad (no bacon, no croutons)	3 servings of vegetables
Caesar Side Salad (no croutons, no corn bread muffin)	3 servings of vegetables
Fresh Steamed Broccoli	2 servings of vegetables
Country Roasted Chicken (1/2 portion)	1 Lean-1
Cedar Plank Salmon	1 Lean-0
Firehouse Subs	
Firehouse Chopped Salad with Grilled Chicken	1 Lean-1, 3 servings of vegetables
Chopped Hook and Ladder Salad	1 Lean-0, 3 servings of vegetables
Italian with Grilled Chicken Salad (no salami)	1 Lean-0, 3 servings of vegetables
Chopped Side Salad	2 servings of vegetables
Chicken Breast	1 Lean-1
Green Mill	
Southwest Shrimp Lettuce Wraps	1 Lean-2, 1 servings of vegetables, 2 healthy fats
Naked Wings with Celery (remove skin)	1 Lean-0, 2 servings of vegetables
Classic Mill Sirloin with Grilled Asparagus and Broccoli OR Yellow Squash and Zucchini Medley	1 Lean-0, 3 servings of vegetables

Golden Corral	
BBQ Beef (double portion)	1 Lean-0
Garlic Parmesan Sirloin (double portion)	1 Lean-0
Sliced Turkey (double portion, no gravy)	1 Lean-1
Chicken Strips	1 Lean-1
Steamed Asparagus	1 serving of vegetables
Steamed Broccoli	1 serving of vegetables
Seasoned Collard Greens	1 serving of vegetables
Sautéed Mushrooms	1 serving of vegetables, 1 healthy fat
Granite City	
Beyond Burger with Choice of Vegetable (no bun)	1 Lean-1, 3 servings of vegetables
Chicken Giardiniera	1 Lean-1, 3 servings of vegetables, 1 healthy fat
Herb Roasted Salmon with Cauliflower Rice and Asparagus	1 Lean-0, 3 servings of vegetables
Hop Cat	
Better Living Through Taco's (no shell, 3 taco's)	
Chicken Taco's	1 Lean-1, 1 servings of vegetables
Tilapia Taco's	1 Lean-2, 1 servings of vegetables
Vegetable Taco's	3 servings of vegetables
Damn Good Fish Sandwich (no bun, no fries)	1 Lean-2, 2 healthy fats
House Salad (no cheese)	2 servings of vegetables
Classic Burger (no bun, no fries)	1 Lean-0
Jimmy John's	
Turkey Tom Unwich	1 Lean-1, 2 servings of vegetables, 1 healthy fat
Bootlegger Club Unwich (no mayo)	1 Lean-0, 2 servings of vegetables
Big John Unwich (no mayo)	1 Lean-0, 2 servings of vegetables
India Palace	
Chicken Tikka Masala (no rice)	1 Lean-1, 2 servings of vegetables, 1 healthy fat
Shrimp Tandoor (no sides)	1 Lean-2, 2 healthy fats
Mixed Salad	3 servings of vegetables
Chicken Tikka Appetizer	1 Lean-1, 1 healthy fat
Kentucky Fried Chicken	
Meal #6: 3 Grilled Chicken Drumsticks with a Side of Green Beans (no coleslaw, no biscuit)	1 Lean-1, 3 servings of vegetables
Meal #6: 3 Grilled Chicken Wings with a Side of Green Beans (no coleslaw, no biscuit)	1 Lean-1, 3 servings of vegetables
Meal #2: Grilled Chicken Breast and Grilled Chicken Wing with a side of Green Beans (no biscuit, no potatoes, no gravy)	1 Lean-1, 3 servings of vegetables
La Casita	
Southwestern Chicken Salad (no cheese)	1 Lean-1, 3 servings of vegetables
Tortilla Crusted Tilapia with Extra Vegetables (no breading, no rice)	1 Lean-2, 3 servings of vegetables
Grilled Chicken Breast with Extra Vegetables (no rice)	1 Lean-1, 3 servings of vegetables

The Loop	
The Loop Burger with a Side of Broccoli (no bun, no cheese)	1 Lean-0, 3 servings of vegetables
Chopped Salad (no garbanzo beans, no grapes, no cheese)	1 Lean-1, 3 servings of vegetables
Short Rib Sandwich with a Side of Roasted Cauliflower (no bun, no onions, no cheese)	1 Lean-0, 3 servings of vegetables
McDonalds	
Southwest Grilled Chicken Salad (no cheese)	1 Lean-1, 3 servings of vegetables
Artisan Grilled Chicken Sandwich (no bun)	1 Lean-1
Side Salad	3 servings of vegetables
Bacon Ranch Grilled Chicken Salad (no cheese)	1 Lean-1, 3 servings of vegetables
Noodles and Company	
Zucchini Pesto with Grilled Chicken (small, light cream, no cheese)	1 Lean-1, 3 servings of vegetables
Zucchini and Asparagus with Lemon Sauce and Side of Chicken	1 Lean-1, 3 servings of vegetables
Zucchini Garlic and Wine Sauce with Balsamic Chicken (small, zucchini noodles only, no cheese)	1 Lean-1, 3 servings of vegetables
Olive Garden	
Herb Grilled Salmon with Broccoli	1 Lean-0, 3 servings of vegetables
Chicken Piccata (lunch portion)	1 Lean-1, 2 servings of vegetables
Chicken Margarita (lunch portion)	1 Lean-1, 2 servings of vegetables
Grilled Chicken Caesar Salad	1 Lean-1, 3 servings of vegetables
Chicken Meatballs (2)	1 Lean-1
Grilled Chicken Salad Topper	1 Lean-1
Outback Steakhouse	
Aussie Cobb Salad with Grilled Chicken (half portion)	1 Lean-1, 3 servings of vegetables
Caesar Salad with Chicken	1 Lean-1, 3 servings of vegetables
Grilled Alaskan Halibut with mixed vegetables	1 Lean-1, 3 servings of vegetables
Grilled Chicken on the Barbie with mixed vegetables	1 Lean-1, 3 servings of vegetables
Woodfire Grilled Pork Chop with Broccoli	1 Lean-0, 3 servings of vegetables
Simply Grilled Tilapia with Mixed Vegetables	1 Lean-2, 3 servings of vegetables
Outback Center Cut Sirloin, 6 oz.	1 Lean-0
Victoria's Filet Mignon, 6 oz.	1 Lean-0
Lobster Tail, 5 oz.	1 Lean-2
Fresh Mixed Vegetables	3 servings of vegetables
Grilled Asparagus	3 servings of vegetables
Side Salad with Light Balsamic Dressing	3 servings of vegetables, 1 healthy fat
Side Salad with Tangy Tomato Dressing	3 servings of vegetables, 1 healthy fat

Old Chicago	
California Chicken Sandwich with a Side of Raw Vegetables (no bread)	1 Lean-1, 3 servings of vegetables
Jamaican Jerk Chicken Wings, 5 pieces	1 Lean-1, 2 healthy fats
Side Garden Salad	2 servings of vegetables
Pizza Luce	
Side of Chicken	1 Lean-1
Side of Oven Roasted Salmon	1 Lean-0
Garden Salad	3 servings of vegetables
Greek Salad	3 servings of vegetables
Super Greens Salad	3 servings of vegetables
Perkins	
Grilled Tilapia and Shrimp with Extra Vegetables (no rice)	1 Lean-2, 3 servings of vegetables
Grilled Chicken with Mushrooms and Asparagus (no rice)	1 Lean-1, 3 servings of vegetables
Steak Medallions with Mushrooms	1 Lean-0, 1 servings of vegetables
Grilled Salmon	1 Lean-0
Grilled Pork Chops with Cajun or Garlic Seasoning	1 Lean-0
Build Your Own 3 Egg Omelet with Mushrooms, Green Peppers, and Tomatoes	1 Lean-0, 2 serving of vegetables
Pei Wei	
Asian Chopped Chicken Salad	1 Lean-1, 3 servings of vegetables
Kung Pao Original with Steamed Chicken and Cauliflower Rice (half portion)	1 Lean-1, 3 servings of vegetables
Thai Dynamite Original with Steamed Chicken and Cauliflower Rice (half portion)	1 Lean-1, 3 servings of vegetables
Ginger Broccoli Rice Bowl with Cauliflower Rice	1 Lean-1, 3 servings of vegetables
Mongolian Rice Bowl with Cauliflower Rice	1 Lean-0, 3 servings of vegetables
Spicy General Tso's Rice Bowl with Cauliflower Rice	1 Lean-1, 3 servings of vegetables
Side Salad	2 servings of vegetables
P.F. Chang's	
Mixed Green Salad with Lime Vinaigrette	3 servings of vegetables
Sichuan Style Asparagus (small)	3 servings of vegetables
Salt and Pepper Prawns	1 Lean-2
Steamed Pepper Steak	1 Lean-0
Chang's Spicy Chicken	1 Lean-1
Buddha's Feast (vegetarian)	1 Lean-2, 3 servings of vegetables
Beef with Broccoli (half portion)	1 Lean-0, 3 servings of vegetables
Singapore Black Pepper Chicken (half portion)	1 Lean-1, 3 servings of vegetables
Panera Bread	
Asian Sesame Salad with Chicken	1 Lean-1, 3 servings of vegetables
Caesar Salad with Chicken	1 Lean-1, 3 servings of vegetables

Strawberry Poppyseed salad with Chicken	1 Lean-2, 3 servings of vegetables
Steak and Arugula Sandwich (no bread)	1 Lean-0, 1 serving of vegetables
Roasted Turkey and Avocado Sandwich (no bread)	1 Lean-1, 1 serving of vegetables, 2 healthy fats
Qdoba Mexican Eats	
Chicken with Fajita Vegetables	½ Lean-1, 1 serving of vegetables
Pulled Pork with Fajita Vegetables	½ Lean-0, 1 serving of vegetables
Steak with Fajita Vegetables	½ Lean-0, 1 serving of vegetables
Shredded or Seasoned Beef with Fajita Vegetables	½ Lean-0, 1 serving of vegetables
Mexican Caesar Dressing	1 healthy fat
Quiznos	
Honey Mustard Chicken Salad (large, no croutons)	1 Lean-1, 3 serving of vegetables
Peppercorn Caesar Salad (large, no croutons)	1 Lean-1, 3 serving of vegetables
Redstone Grill	
Pan Seared Chilean Sea Bass	1 Lean-2, 3 servings of vegetables
Signature Steak Filet (half portion, no potatoes)	1 Lean-0, 3 servings of vegetables
House Salad	3 servings of vegetables
Simple Grilled Fish (no rice pilaf)	1 Lean-2, 3 servings of vegetables
Red Lobster	
Side Garden Salad	2 servings of vegetables
Rock Lobster Tail	1 Lean-2
Blackened Walleye	1 Lean-2
Steamed Snow Crab Legs	½ Lean-2
Peppercorn-Grilled Sirloin, 5 oz.	1 Lean-0
Red Robbin	
Avo-Cobb-O Salad (no croutons, no bacon)	1 Lean-1, 3 servings of vegetables
Simply Grilled Chicken Salad (no bread or croutons)	1 Lean-1, 3 servings of vegetables
Red's Big Tavern Burger on a Lettuce Wrap (no bun, no cheese, no dressing)	1 Lean-0, 1 serving of vegetables
California Chicken Burger on a Lettuce Wrap (no bun, no mayo)	1 Lean-0, 1 servings of vegetables
Red Cow	
Turkey Burger (no bun)	1 Lean-1, 2 servings of vegetables
Ahi Tuna Burger (no bun)	1 Lean-2
Grilled Chicken Sandwich (no bun)	1 Lean-1, 1 serving of vegetables
Salmon Sandwich (no bun)	1 Lean-0, 1 serving of vegetables
Caesar Salad (no croutons)	3 servings of vegetables
Wedge Salad (no bacon)	3 servings of vegetables
Subway	
Double Chicken Salad	1 Lean-1, 3 servings of vegetables
Subway Club Meats (2 servings)	½ Lean-0, 2 servings of vegetables
Steak and Cheese Salad	½ Lean-0, 2 servings of vegetables

Texas Roadhouse	
California Chicken Salad (half portion, no cheese, no bacon)	1 Lean-1, 3 servings of vegetables, 2 healthy fats
Grilled Chicken Salad (half portion, no cheese, no bacon, no croutons)	1 Lean-1, 3 servings of vegetables, 2 healthy fats
Steakhouse Filet Salad (half portion, no cheese, no bacon, no onions, no croutons)	1 Lean-0, 3 servings of vegetables
Filet, 6 oz. (half portion) with Grilled Shrimp Combo and a Side of Fresh Vegetables and Green Beans	1 Lean-0, 3 servings of vegetables
Grilled Salmon, 5 oz. with Side Salad (no cheese, no croutons)	1 Lean-0, 3 servings of vegetables
Choice Sirloin, 6 oz. with a Side of Fresh Vegetables and Green Beans	1 Lean-0, 3 servings of vegetables
House Salad (no cheese, no croutons)	3 servings of vegetables
Low Fat Ranch Dressing	¼ serving = 1 healthy fat
Parmesan Peppercorn Dressing	¼ serving = 1 healthy fat
TGI Fridays	
Chicken Caesar Salad with Grilled Chicken (half portion, no croutons, no cheese)	1 Lean-1, 3 servings of vegetables
Sizzling Chicken and Shrimp with a Side Salad (no cheese, no onions, no potatoes)	1 Lean-1, 3 servings of vegetables
Center Cut Sirloin with a Side Salad (no glaze)	1 Lean-0, 2 servings of vegetables
Simply Salmon	1 Lean-0
Center Cut Sirloin	1 Lean-0
Side Salad	2 servings of vegetables
Side of Broccoli (no lemon butter)	2 servings of vegetables
Wendy's	
Parmesan Caesar Chicken Salad (half portion, no croutons)	1 Lean-1, 2 servings of vegetables
Dave's Single Burger (patty and vegetables only)	1 Lean-0, 1 servings of vegetables
Garden Side Salad	2 servings of vegetables
Wild Bill's Sports Saloon	
Buffalo Chicken Salad (no croutons, no cornbread)	1 Lean-1, 3 servings of vegetables
House Salad	3 servings of vegetables
Spicy Chicken Caesar Salad (half portion, no croutons)	1 Lean-1, 3 servings of vegetables
Chicken or Steak Fajita's (no tortilla, no onion, no sour cream, no cheese)	1 Lean-0, or 1 (depending on protein selection), 3 servings of vegetables
Zantigo	
Ground Beef or Carnitas Taco Salad (no tortilla chips, no onions, no cheese)	1 Lean-0, 3 servings of vegetables
Chicken Taco Salad (no tortilla chips, no onions, no cheese)	1 Lean-1, 3 servings of vegetables

Barbacoa Taco Salad (no tortilla chips, no onions, no cheese)	1 Lean-0, 3 servings of vegetables
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Notes:

When a beverage is served with the meal, request water, unsweetened iced tea, diet pop, or sparkling water with a lime wedge

Ask for dressing on the side or light dressing when ordering salad

When ordering vegetables or meats ask how they are prepared and request no butter or light oils