

Best Eating Out Choices

Applebees		Cals	KFC		Cals	Starbuck's		Cals
Gril Caj. Lime Talapia W/BlkBean & CornSalsa		310	3 Crispy Strips - 3" Corn on Cob - Green Beans		470	Grnde Dulce De Leche Frapp. Lite		170
Onion Soup AuGratin		150	Mashed Potatoes & Gravy		140	Grnde Non-Fat Caf� Latte w/Caramel Syrup		150
Teriyaki Steak & Shrimp Skewers		370				Tall 2% Caf� Mocha - No Whip		200
			Krispy Kreme			Tall 2% Chai Tea Latte		180
Auntie Anne's			Whole Wheat Glazed Donut		180			
Jalapeno Pretzel W/ Marinara		280	5 Glazed Donut Holes		200	Subway		
Original Pretzel W/ Sweet Pretzel Dip		380				6" WW Double Roast Beef Sub - No Mayo		360
			McDonald's			6" WW Steak & Cheese - No Mayo		400
Baskin-Robbins			Quarter Pounder without Cheese		410	6" WW Turkey&Ham-No Mayo		290
2 Scoop Hot Fudge Sundae		530	6 Piece Chicken McNuggets		280	Oven Roasted Chicken Breast Salad		130
Carm. Turtle IceCr 1 scoop (no sugar added lo-fat)		160	Egg McMuffin * (Healthy Breakfast Choice)		300			
Maui Brownie Madness Lo-Fat Yogurt		210	Medium Fries		380	Taco Bell		
						Bean Burrito - Fresco Style		340
Burger King			Olive Garden			2 Grilled Steak Soft Tacos - Fresco Style		320
Whopper Jr. Without Mayo W. Garden Salad		365	Garden Fresh Salad W/ Dressing		350	Chic. Fiesta TacoSalad - NoShell - Fresco S.		470
Tender Gril Chic Garden Sal w/Lite Ital. Dress.		360	Chicken Giadino		448	2 Spicy Chicken Soft Tacos - Fresco Style		340
Small Onion Rings		140	Bread Stick		150	1 Taco Supreme		220
French Fries - Small		230	Outback Steak House			Taco Salad W/Salsa Without Shell		420
			Pri Min's Prim. Rib W/Fresh Veggies & Swt. Potato		730			
Chick-Fil-A			Victoria 9 oz. Files W/Steamed Veggies		639	Wendy's		
Char Grilled Chicken Sandwich		270	1/2 order Shrimp on the Barbie With Bread		330	Ult.GrilChic. Sand.w/SidSal& Red.Fat CrmRanch		540
8 Pk. Nuggets With BBQ Sauce		305				Small Chili & 5 pc. Crispy Chic. Nuggets		450
			Panda Express			Single with Everything		430
Chili's			Broccoli Beef- Mushroom Chic. & Mixed Veggies		350	Sour Cream & Chives Potato		320
S & S FirecraK. Talipia W/ Sauted Veggies		470	Tangy Shrimp		150	Medium Frosty		440
Old Time Burger on W.W. Bun		420	String Bean Chicken Breast		160			
Chicken Fajita Pita		450	Chicken Egg Roll		170			
			Papa John's			Kids Drinks		
Domino's			2 slices - 12" Orig. Crust - Spinach Alfredo		400	Minute M. Fruit Falls Tropical - < 1g. Sugar		5
2 slice - Thin Crust 12 inch - Delux Feast		470	2 slices - 14" Thin Crust - Cheese Pizza		480	Capri Sun - 28g. Sugar		100
			2 slices - 12" Orig. Crust - Garden Fresh Pizza		400	Tropicana Pure Triple Berry - 25g. Sugar (1 days worth of vitamin C & E in every glass)		110
Dunkin Donuts			Pizza Hut					
Glazed Donut		180	2 slices- 12" Thin & Crispy Pepperoni		380	Adult Drinks		
Glazed Cake Donut		350				Bloody Mary		140
			Schlotzsky's			ScrewDriver		130
Popeye's			Small Smoked Turkey Breast Sandwich		345	Gin & Tonic (W/Sugar Free Tonic)		180
Thigh, Leg & Wing - No Crust		290	Grilled Chic. & Guac Wrap (Good Fat in Avoc.)		666	Margarita - Ask for Fresh-No Mix		170
Spicy Chicken Breast		300				Margarita-tini		170
2 Mild Chicken Strips		250	Sonic			8 Oz. Margarita with Mix		500
Mashed Potatoes & Gravy		120	Sonic Burger with Mustard		540	Wine - 5 oz.		121
French Fries		310	Grilled chicken Ciabatta W/ BBQ Sauce		375	Michelob Ultra Beer		95
			Grilled Chicken Wrap		380	Beck's Premier Lite		64
			Jr. Banana Split		200			
			Jalapeno Burger		530	Rolo Turtle		36