

LOW CARB RESTAURANT GUIDE

- * Go to the restaurant with a firm and confident attitude that you will eat only what you wish.
- * When trying a new restaurant, call ahead to see if your special needs can be accommodated.
- * Buffets can be dangerous. If you do go, simply pick your best protein choices and don't tempt yourself or rationalize choosing carbs.
- * Don't let your choices be swayed by other people, decide what YOU want and order it.
- * Don't be afraid to ask for what you want - most restaurants are more than willing to accommodate you.
- * If there is something on the table that is tempting you, ask that it be removed.
- * If you do overeat carbs, continue with your eating plan as usual.
- * Don't use little setbacks as an excuse to give up on your goals.
- * Learn your weaknesses and avoid them.

APPLEBEE'S®

Applebee's only provides nutritional information for their low fat dishes (and all are too high in carbs). I recommend these dishes as they all appear to be low carb. However, you may wish to wait until after induction to try them (you never know where hidden carbs are). I have put an asterick by the meals that seem most appropriate for induction.

*APPLEBEE'S HOUSE SIRLOIN

A 9 oz. Sirloin served with steamed vegetables. Skip the new potatoes and Boboli® Oven Bread.

GRILLED SALMON

Char-broiled salmon fillet served with fresh steamed vegetables. Skip the rice pilaf and Boboli® Oven Bread.

CHICKEN OR STEAK FAJITAS

Skip the Tortillas

TEQUILA LIME CHICKEN

Substitute the rice with a house salad (no croutons).

*BOURBON STREET STEAK

Ask for steamed veggies instead of the potatoes. Skip the bread.

RIBLET PLATTER

Substitute fries with a salad.

CHICKEN CAESAR SALAD

Skip the bread.

SANTA FE CHICKEN SALAD

Request no tortilla strips.

*BLACKENED CHICKEN SALAD

Skip the bread.

*HOUSE SALAD

Request no croutons.

*BUFFALO WINGS

Served with celery sticks & blue cheese dressing. Perfect low carb appetizer

ARBY'S®

Chicken Fingers

Calories: 290 Fat: 16 g Protein: 16 g Carbohydrates: 20 g

Side Salad

Calories: 23 Fat: 0 g Protein: 1 g Carbohydrates: : 4 g

Garden Salad

Calories: 117 Fat: 2 g Protein: 9 g Carbohydrates: 16 g

Chef Salad

Calories: 205 Fat: 4 g Protein: 12 g Carbohydrates: 18 g

Chicken Salad

Calories: 204 Fat: 4 g Protein: 13 g Carbohydrates: 19 g

Beef Soup, 6 oz.

Calories: 96 Fat: 3 g Protein: 5 g Carbohydrates: 14 g

Chicken Noodle Soup, 6 oz.

Calories :99 Fat: 2 g Protein: 6 g Carbohydrates: 15 g

Tomato Soup, 6 oz.

Calories: 84 Fat: 1 g Protein: 3 g Carbohydrates: 15 g

BLIMPIE'S®

Blimpie's has recently introduced a new Carb-Counter menu with lots of great choices.

SANDWICHES

Roast Beef, Cheddar (8 grams net carbs for 6" sandwich): Tender roast beef and real cheddar cheese with lettuce, tomato and tangy wasabi sauce on 7-grain onion bread.

Turkey, Provolone (7 grams net carbs for 6" sandwich): Oven roasted turkey, provolone cheese, lettuce and tomato topped with FRENCH'S GourMayo(R) Southwestern Chipotle sauce on 7-grain onion bread.

Buffalo Chicken, Provolone Sun-Dried Tomato (8 grams net carbs for 6" sandwich): Tender sliced buffalo chicken topped with provolone, lettuce and tomato and finished with sun-dried tomato sauce on 7-grain onion bread.

Ham, Swiss (8.5 grams net carbs for 6" sandwich): 96% fat free ham with aged Swiss and yellow mustard with tomato and lettuce on 7-grain onion bread.

SALADS

Buffalo Chicken Salad (5 grams net carbs for standard size): 4 ounces of tangy buffalo chicken on a bed of lettuce with rich bleu cheese dressing.

Antipasto Salad (7 grams net carbs for standard size): Meats and cheeses from the BLIMPIE Best Sub combined with fresh lettuce in this meat lover's salad.

SIDES

Atkins Crunchers Chips (approximately 3 grams net carbs per bag): Available in Original Flavor, Nacho, BBQ and Sour Cream.

DESSERT

BLIMPIE Brownie (approximately 5 grams net carbs): A new version of BLIMPIE's popular dessert - moist, chewy and absolutely delicious!

BEVERAGES

SoBe Lean (1 gram net carb/no sugar for 8 oz. serving): A refreshing Cranberry-Grapefruit flavored beverage with no Aspartame.

BOSTON MARKET®

Skinless Rotisserie Turkey Breast

Cal: 170 Fat: 1 g Protein: 36 g Carbs: 1g

1/4 White Chicken, no skin or wing

Cal: 170 Fat: 4 g Protein: 33 g Carbs: 2g

1/4 White Meat Chicken with skin and wing

Cal: 280 Fat: 12 g Protein: 40 g Carbs: 2g

1/4 Dark Meat Chicken, no skin

Cal: 190 Fat: 10g Protein: 22 g Carbs: 1g

1/4 Dark Meat Chicken with skin

Cal: 320 Fat: 21g Protein: 30 g Carbs: 2g

Honey Glazed Ham (lean) 5 oz.

Cal: 210 Fat: 9 g Protein: 25 g Carbs: 9g

Meatloaf and Brown Gravy 7 oz.

Cal: 390 Fat: 22 g Protein: 30 g Carbs: 19 g

Chunky Chicken Salad 3/4 cup

Cal: 370 Fat: 27 g Protein: 28 g Carbs: 3g

Tabasco BBQ Drumstick

Cal: 130 Fat: 6 g Protein: 14 g Carbs: 4g

Tabasco BBQ Wing

Cal: 110 Fat: 7 g Protein: 2 g Carbs: 0g

Chicken Gravy

Cal: 231 Fat: 1 g Protein: 15 g Carbs: 4g

Creamed Spinach

Cal: 181 Fat: 20 g Protein: 11 g Carbs: 9g

Green Beans

Cal: 85 Fat: 6 g Protein: 1g Carbs: 5g

Caesar Side Salad

Cal: 113 Fat: 17 g Protein: 2g Carbs: 7g

Cucumber Salad

Cal: 136 Fat: 8 g Protein: 1g Carbs: 5g

Chicken Caesar Salad

Cal: 414 Fat: 12 g Protein: 24g Carbs: 3g

Fruit Salad 3/4 cup

Cal: 70 Fat: 0.5 g Protein: 1 g Carbs: 15 g

Steamed Vegetables, 2/3 cup

Cal: 35 Fat: 0.5 g Protein: 2 g Carbs: 7 g

BURGER KING®

Carb cutting tips:

Hold the Bun - order any BURGER KING® sandwich without the bun.

Skip the Ketchup - you'll save three grams of carbs per packet.

Avoid Sugar - drink diet soft drinks or water instead of regular sodas. Use sweetener in your coffee or tea, or drink it plain.

Go Green - order a side salad instead of fries.

Fire-Grilled Low Carb Bunless Burgers. All 5g* of carbohydrates or less:

Original WHOPPER® Sandwich

Original WHOPPER® Sandwich w/ cheese

DOUBLE WHOPPER® Sandwich

DOUBLE WHOPPER® Sandwich w/ cheese

WHOPPER JR.® Sandwich

WHOPPER JR.® Sandwich w/ cheese

BACON WHOPPER® Sandwich

BACON WHOPPER® Sandwich w/ cheese

Chicken WHOPPER® Sandwich

Served on a plate w/ a fork and knife
* excludes ketchup and mayo

Many Burger King's no longer carry salads.

Chicken Salad

Cal: 142 Fat: 4 g Protein: 25 g Carbs: 10 g

Chef Salad Cal: 178 Fat: 5 g Protein: 27 g Carbs: 12 g

Garden Salad

Cal: 95 Fat: 2 g Protein: 8 g Carbs: 10 g

Side Salad 25 0 0 1 5

Cal: 25 Fat: 0 g Protein: 1 g Carbs: 5 g

BK Broiler, meat only

Cal: 140 Fat: 4 g Protein: 21 g Carbs: 4g

CARL'S JR®

Low Carb Six Dollar Burger

Calories: 690 Fat: 56 g Carbs: 6 g Protein: 31g

The Six Dollar Burger™

Calories: 956 Fat: 62 g Carbs: 61 g Protein: 38g

The Six Dollar Burger™ (no bun)

Calories: 726 Fat: 59 g Carbs: 15 g Protein: 31g

Western Bacon Cheeseburger

Calories: 657 Fat: 31 g Carbs: 65 g Protein: 32 g

Western Bacon Cheeseburger

no bun, no bbq sauce, no onion rings

Calories: 310 Fat: 24 g Carbs: 1 g Protein: 23 g

BBQ Sauce

Calories: 48 Fat: 0 g Carbs: 11 g Protein: 1 g

Larger Bun (Western Bacon Cheeseburger)

Calories: 222 Fat: 3 g Carbs: 43 g Protein: 7 g

Onion Rings (on Western Bacon Cheeseburger)

Calories: 77 Fat: 4 g Carbs: 10 g Protein: 1 g

Famous Star Hamburger, no bun, no special sauce

Calories: 410 Fat: 35 g Carbs: 4 g Protein: 20 g

Special sauce

Calories: 19 Fat: 0 g Carbs: 4 g Protein: 0 g

Spicy Chicken Sandwich, no bun, no tomatoes (2 g of carbs)

Calories: 313 Fat: 24 g Carbs: 14 g Protein: 8 g

Hamburger

Calories: 284 Fat: 9 g Carbs: 36 g Protein: 14 g

Hamburger, no bun

Calories: 120 Fat: 7 g Carbs: 4 g Protein: 9 g

Hamburger bun

Calories: 164 Fat: 2 g Carbs: 32 g Protein: 5 g

Double Chili Cheese Burger, no bun

Calories: 732 Fat: 53 g Carbs: 14 g Protein: 52 g

Double Chili Cheese Burger, no bun, no tomatoes

Calories: 720 Fat: 53 g Carbs: 12 g Protein: 52 g

Chicken Tenders, 5

Cal: 230 Fat: 14 g Protein: 14 g Carbs: 11 g

Chicken Stars, 6

Cal: 280 Fat: 19 g Protein: 12 g Carbs: 15 g

Ranch Dipping Sauce

Cal: 170 Fat: 17 g Protein: 0 g Carbs: 2 g

BBQ Dipping Sauce

Cal: 9 Fat: 0 g Protein: 0 g Carbs: 9 g

Sweet n Sour Dipping Sauce
Cal: 45 Fat: 0 g Protein: 0 g Carbs: 11 g
Charbroiled Chicken Salad
Cal: 200 Fat: 7 g Protein: 25 g Carbs: 12 g
Chicken Stars, 6 pieces
Cal: 256 Fat: 16 g Protein: 13 g Carbs: 14 g
Garden Salad to-go
Cal: 50 Fat: 2.5 g Protein: 3 g Carbs: 1 g
Scrambled Eggs
Cal: 160 Fat: 11 g Protein: 13 g Carbs: 1 g
Bacon, 2 strips
Cal: 50 Fat: 4 g Protein: 39 g Carbs: 0 g
Blue Cheese Dressing
Cal: 324 Fat: 35 g Protein: 2 g Carbs: 1 g
Ranch Dressing
Cal: 315 Fat: 35 g Protein: 2 g Carbs: 1 g
Fat Free Italian Dressing
Cal: 15 Fat: 0 g Protein: 0 g Carbs: 4g

CHICK-FIL-A®

Hearty Breast of Chicken Soup (cup)
Cal: 110 Fat: 2 g Protein: 16 g Carbs: 10 g
Chargrilled Chicken Garden Salad
Cal: 170 Fat: 3 g Protein: 26 g Carbs: 10 g
Chik-n Strips (4) C
al: 230 Fat: 8 g Protein: 29 g Carbs: 10 g
Chik-n Nuggest (8)
Cal: 290 Fat: 14 g Protein: 29 g Carbs: 12 g
Chik-n Strips Salad
Cal: 240 Fat: 10 g Protein: 30 g Carbs: 7 g
Chicken Caesar Salad
Cal: 170 Fat: 10 g Protein: 34 g Carbs: 1 g
Side Salad
Cal: 80 Fat: 4.5 g Protein: 26 g Carbs: 6 g
Cole Slaw (cup)
Cal: 79 Fat: 6 g Protein: 5 g Carbs: 11g
BBQ Sauce
Cal: 45 Fat: 0 g Protein: 0 g Carbs: 11 g
Honey Mustard Sauce
Cal: 45 Fat: 0 g Protein: 0 g Carbs: 11 g
Dijon
Cal: 60 Fat: 5 g Protein: 0 g Carbs: 2 g
Polynesian Sauce
Cal: 110 Fat: 6 g Protein: 0 g Carbs: 13 g
Light Italian
Cal: 20 Fat: 0.5 g Protein: 0 g Carbs: 3 g
Fat Free Dijon Mustard
Cal: 60 Fat: 0 g Protein: 0 g Carbs: 14 g
House Dressing
Cal: 210 Fat: 17 g Protein: 0 g Carbs: 9 g
Spicy Dressing
Cal: 210 Fat: 22 g Protein: 0 g Carbs: 2 g
Blue Cheese Dressing
Cal: 190 Fat: 20 g Protein: 0 g Carbs: 2 g
Buttermilk Ranch Dressing Cal: 190 Fat: 20 g Protein: 1 g Carbs: 2 g
Basil Vinaigrette
Cal: 210 Fat: 21 g Protein: 0 g Carbs: 4 g

Ice Dream Cone, small
Cal: 140 Fat: 4 g Protein: 11 g Carbs: 16 g
Lemon Pie
Cal: 280 Fat: 22 g Protein: 1 g Carbs: 19 g

Chili's®

Chili's is now offering a low carb menu

GRILL

Ribeye Steak
Carbs: 8 g Fiber: 4 g Net Carbs: 4 g
Monterey Chicken
Carbs: 24 g Fiber: 6 g Net Carbs: 18 g
Grilled Salmon
Carbs: 11 g Fiber: 4 g Net Carbs: 7 g
Chicken or Steak Fajitas
Carbs: 17 g Fiber: 10 g Net Carbs: 7 g
Mushroom Jack Fajitas
Carbs: 24 g Fiber: 11 g Net Carbs: 13 g

APPETIZERS

Buffalo Wings
Carbs: 2 g Fiber: 3 g Net Carbs: 0 g

SALADS

Fajita Caesar
Carbs: 11 g Fiber: 4 g Net Carbs: 7 g
Dinner Salad
Carbs: 8 g Fiber: 3 g Net Carbs: 5 g
Dinner Caesar Salad
Carbs: 5 g Fiber: 2 g Net Carbs: 0 g

SOUPS

Beef Chili
Carbs: 25 g Fiber: 6 g Net Carbs: 19 g
Broccoli Cheese
Carbs: 20 g Fiber: 2 g Net Carbs: 18 g

BUNLESS BURGERS

Old Timer Burger
Carbs: 11 g Fiber: 6 g Net Carbs: 5 g
Bacon Burger
Carbs: 9 g Fiber: 6 g Net Carbs: 3 g
Mushroom Burger
Carbs: 14 g Fiber: 6 g Net Carbs: 8 g

DENNY'S®

Garden Salad Deluxe with Chicken
Cal: 264 Fat: 11 g Protein: 32 g Carbs: 10 g

Garden Salad Deluxe with Salmon
Cal: 389 Fat: 9 g Protein: 67 g Carbs: 10 g
Garden Salad Deluxe with Turkey & Ham
Cal: 322 Fat: 11 g Protein: 43 g Carbs: 10g
Vegetable Beef Soup, 8 oz.
Cal: 79 Fat: 1 g Protein: 6 g Carbs: 11 g
Chicken Noodle Soup, 8 oz.
Cal: 60 Fat: 2 g Protein: 2 g Carbs: 8 g
Pot Roast with Gravy
Cal: 292 Fat: 11 g Protein: 42 g Carbs: 5 g
Grilled Chicken Dinner, no sides
Cal: 130 Fat: 4 g Protein: 24 g Carbs: 0 g
Alaskan Salmon Dinner, no sides
Cal: 210 Fat: 4 g Protein: 43 g Carbs: 1 g
2 eggs
Cal: 120 Fat: 10 g Protein: 6 Carbs: 0g
Egg beaters, 2 Servings
Cal: 71 Fat: 5 g Protein: 5 g Carbs: 1 g
Broccoli in butter
Cal: 50 Fat: 2 g Protein: 3 g Carbs: 7 g
Carrots in honey glaze
Cal: 80 Fat: 2 g Protein: 1 g Carbs: 12 g
Corn in butter
Cal: 120 Fat: 4 g Protein: 2 g Carbs: 19 g
Green peas in butter
Cal: 100 Fat: 2 g Protein: 5 g Carbs: 14 g
Green beans with bacon
Cal: 60 Fat: 4 g Protein: 1 g Carbs: 6 g
Fat Free Honey Mustard Dressing
Cal: 38 Fat: 0 g Protein: 0 g Carbs: 9 g

DOMINO'S PIZZA®

Barbeque Buffalo Wings, 1 pc
Cal: 50 Fat: 2.4 g Protein: 6 g Carbs: 2 g
Hot Buffalo Wings, 1 pc
Cal: 45 Fat: 2.4 g Protein: 6 g Carbs: 1 g
Breadsticks, 1
Cal: 78 Fat: 3 g Protein: 2 g Carbs: 11 g
Cheesy Bread
Cal: 103 Fat: 5 g Protein: 3 g Carbs: 11 g
Large Garden Salad
Cal: 39 Fat: 0 g Protein: 2 g Carbs: 8 g
Small Garden Salad
Cal: 22 Fat: 0 g Protein: 1 g Carbs: 4 g
Blue Cheese Dressing
Cal: 220 Fat: 24 g Protein: 0 g Carbs: 2 g
Creamy Caesar Dressing
Cal: 200 Fat: 22 g Protein: 0 g Carbs: 2 g
Fat Free Ranch Dressing
Cal: 40 Fat: 0 g Protein: 0 g Carbs: 10 g
Italian Dressing
Cal: 220 Fat: 24 g Protein: 0 g Carbs: 1 g

EL POLLO LOCO®

Chicken Soft Taco
Cal: 237 Fat: 12 g Protein: 17 g Carbs: 15 g

Taco Al Carbon

Cal: 164 Fat: 6 g Protein: 14 g Carbs: 13 g

Chicken Breast, Flame Broiled

Cal: 160 Fat: 6 g Protein: 26 g Carbs: 0 g

Chicken Wing, Flame Broiled

Cal: 110 Fat: 6 g Protein: 12 g Carbs: 0 g

Chicken Leg, Flame Broiled

Cal: 90 Fat: 5 g Protein: 11 g Carbs: 0 g

Chicken Thigh, Flame Broiled

Cal: 180 Fat: 12 g Protein: 16 g Carbs: 0 g

4.5 Corn Tortilla

Cal: 32 Fat: 0.5 g Protein: 1 g Carbs: 6 g

6 Corn Tortilla

Cal: 70 Fat: 1 g Protein: 1 g Carbs: 14 g

6.5 Flour Tortilla

Cal: 90 Fat: 3 g Protein: 3 g Carbs: 13 g

Garden Salad, regular

Cal: 105 Fat: 7 g Protein: 5 g Carbs: 7 g

Corn on the Cob

Cal: 80 Fat: 1 g Protein: 3 g Carbs: 18 g

Cole Slaw

Cal: 206 Fat: 16 g Protein: 2 g Carbs: 12 g

Mashed Potatoes

Cal: 97 Fat: 1 g Protein: 3 g Carbs: 21 g

Gravy

Cal: 14 Fat: 1 g Protein: 0 g Carbs: 2 g

Fresh Vegetables

Cal: 57 Fat: 2 g Protein: 2 g Carbs: 8 g

Sour Cream, Light

Cal: 45 Fat: 2 g Protein: 2 g Carbs: 3 g

Guacamole

Cal: 20 Fat: 2 g Protein: 0 g Carbs: 3 g

Jalapeno Hot Sauce, 1 pkt

Cal: 5 Fat: 0 g Protein: 0 g Carbs: 1 g

House Salsa

Cal: 6 Fat: 0 g Protein: 0 g Carbs: 1 g

Pico de Gallo Salsa

Cal: 11 Fat: 0.5 g Protein: 0 g Carbs: 1.5 g

Spicy Chipotle Salsa

Cal: 7 Fat: 0 g Protein: 0 g Carbs: 1 g

Avocado Salsa

Cal: 12 Fat: 1 g Protein: 0 g Carbs: 1 g

Light Italian Salad Dressing

Cal: 25 Fat: 1 g Protein: 0 g Carbs: 3 g

Ranch Dressing

Cal: 350 Fat: 39 g Protein: 0 g Carbs: 2 g

1,000 Island Dressing

Cal: 270 Fat: 27 g Protein: 1 g Carbs: 9 g

Bleu Cheese Dressing

Cal: 300 Fat: 32 g Protein: 2 g Carbs: 2 g Creamy Cilantro Dressing

Cal: 266 Fat: 29 g Protein: 0 g Carbs: 1 g

Southwest Dressing

Cal: 301 Fat: 32 g Protein: 0 g Carbs: 2 g

HARDEE'S®

SANDWICHES

½ pound Sour Dough, bunless
 Cal: 813 Fat: 71 g Protein: 36 g Carbs: 4 g
 ½ pound Six Dollar, bunless
 Cal: 620 Fat: 48 g Protein: 32 g Carbs: 10 g
 Slammer, bunless
 Cal: 141 Fat: 42 g Protein: 15 g Carbs: 1.1 g
 1/3 lb Bacon Cheeseburger, bunless
 Cal: 505 Fat: 32 g Protein: 24 g Carbs: 1.1 g
 1/3 lb Cheeseburger, bunless
 Cal: 432 Fat: 36 g Protein: 29 g Carbs: 1.1 g
 1/3 lb Thickburger, bunless
 Cal: 450 Fat: 36 g Protein: 28 g Carbs: 1.1 g
 1/3 lb Mushroom Swiss Thickburger, bunless
 Cal: 487 Fat: 39 g Protein: 28 g Carbs: 1.1 g
 2/3 lb Double Bacon Cheeseburger, bunless
 Cal: 899 Fat: 75 g Protein: 20 g Carbs: 1.1 g
 Big Chicken Fillet, bunless
 Cal: 367 Fat: 15 g Protein: 15 g Carbs: 1.1 g
 Big Hot Ham-n-Cheese, bunless
 Cal: 306 Fat: 19 g Protein: 15 g Carbs: 1.1 g
 Big Roast Beef Sandwich, bunless
 Cal: 260 Fat: 18 g Protein: 28 g Carbs: 1.1 g
 Roast Beef Sandwich, bunless
 Cal: 174 Fat: 12 g Protein: 19 g Carbs: 1.1 g
 Charbroiled Chicken Sandwich, bunless
 Cal: 196 Fat: 3 g Protein: 35 g Carbs: 1.1 g
 Spicy Chicken Sandwich, bunless
 Cal: 198 Fat: 2 g Protein: 13 g Carbs: 1.1 g

SALADS

Garden Salad
 Cal: 220 Fat: 13 g Protein: 12 g Carbs: 11 g
 Grilled Chicken Salad
 Cal: 150 Fat: 3 g Protein: 20 g Carbs: 11 g
 Side Salad
 Cal: 25 Fat: 0 g Protein: 1 g Carbs: 4 g

SIDES

Fried Chicken Breast
 Cal: 317 Fat: 15 g Protein: 29 g Carbs: 29 g
 Fried
 Cal: 170 Fat: 7 g Protein: 13 g Carbs: 15 g
 Coleslaw (1/2 cup)
 Cal: 240 Fat: 20 g Protein: 2 g Carbs: 13 g
 Mashed Potatoes (1/2 cup)
 Cal: 70 Fat: 0 g Protein: 2 g Carbs: 14 g
 Gravy
 Cal: 20 Fat: 0 g Protein: 0 g Carbs: 3 g

Chicken

Leg

IHOP®

Buckwheat Pancake, 1 ea
 Cal: 110 Fat: 4 g Protein: 3 g Carbs: 15 g

Buttermilk Pancake, 1 ea
Cal: 110 Fat: 3 g Protein: 3 g Carbs: 17 g
Country Griddle Pancake, 1 ea
Cal: 120 Fat: 3.5 g Protein: 3 g Carbs: 19 g
Egg Crepe, 1 ea
Cal: 120 Fat: 6 g Protein: 3 g Carbs: 14 g
Harvest Grain 'N Nut Pancake, 1 ea
Cal: 180 Fat: 9 g Protein: 5 g Carbs: 20 g
Scrambled eggs, 2
Cal: 125 Fat: 10 g Protein: 6.5 g Carbs: 0 g
Bacon, 2 strips
Cal: 50 Fat: 4 g Protein: 39 g Carbs: 0 g

IN-N-OUT BURGER®

Hamburger, Protein style, with onions
Cal: 240 Fat: 17 g Protein: 13 g Carbs: 11 g
Cheeseburger, Protein style, with onions
Cal: 330 Fat: 25 g Protein: 18 g Carbs: 11 g
Double-Double, Protein style, with onions
Cal: 520 Fat: 39 g Protein: 33 g Carbs: 11 g

JACK IN THE BOX®

Option: Order hamburgers or cheeseburgers and discard the bun.
Chicken Fajita Pita
Cal: 280 Fat: 9 g Protein: 24 g Carbs: 22 g
Taco
Cal: 170 Fat: 10 g Protein: 7 g Carbs: 12 g
Taco Monster
Cal: 270 Fat: 19 g Protein: 12 g Carbs: 19 g
Chicken Salad
Cal: 200 Fat: 9 g Protein: 24 g Carbs: 8 g
Side Salad
Cal: 50 Fat: 3 g Protein: 2 g Carbs: 3 g

KENNY ROGER'S ROASTERS®

Chicken Caesar Salad
Cal: 285 Fat: 9 g Protein: 34 g Carbs: 18 g
Roasted Chicken Salad
Cal: 292 Fat: 10 g Protein: 35 g Carbs: 19 g
Soup, Chicken Noodle, cup Cal: 55 Fat: 1 g Protein: 4 g Carbs: 7 g
Soup, Chicken Noodle, bowl
Cal: 91 Fat: 2 g Protein: 7 g Carbs: 12 g
1/4 Chicken, white w/o skin
Cal: 144 Fat: 2 g Protein: 32 g Carbs: 0 g
1/2 Chicken, w/o skin
Cal: 313 Fat: 10 g Protein: 56 g Carbs: 1 g
Sliced Turkey Breast, 4.5 oz
Cal: 158 Fat: 2 g Protein: 38 g Carbs: 0 g
Corn on the Cob, 2.25 oz
Cal: 68 Fat: 1 g Protein: 2 g Carbs: 14 g
Steamed Vegetables, 4.25 oz
Cal: 48 Fat: 0 g Protein: 3 g Carbs: 8 g
Tomato Cucumber Salad 6
Cal: 123 Fat: 2 g Protein: 1 g Carbs: 10 g
Side Salad, 4.73 oz
Cal: 23 Fat: 0 g Protein: 1 g Carbs: 5 g
Fat Free Italian Dressing

Cal: 35 Fat: 0 g Protein: 0 g Carbs: 8 g

KFC®

Tender Roast Chicken Breast w/skin

Cal: 251 Fat: 11 g Protein: 37 g Carbs: 1 g

Tender Roast Chicken Breast w/o skin

Cal: 169 Fat: 4 g Protein: 31 g Carbs: 1 g

Tender Roast Chicken Drumstick w/skin

Cal: 97 Fat: 4 g Protein: 15 g Carbs: 0 g

Tender Roast Chicken Drumstick w/o skin

Cal: 67 Fat: 2 g Protein: 11 g Carbs: 0 g

Tender Roast Chicken Thigh w/skin

Cal: 207 Fat: 6 g Protein: 18 g Carbs: 1 g

Tender Roast Chicken Thigh w/o skin

Cal: 106 Fat: 12 g Protein: 13 g Carbs: 0 g

Tender Roast Chicken Wing w/skin

Cal: 121 Fat: 8 g Protein: 12 g Carbs: 1 g

Original Recipe Chicken Breast

Cal: 400 Fat: 24 g Protein: 29 g Carbs: 16 g

Original Recipe Chicken Drumstick

Cal: 140 Fat: 9 g Protein: 13 g Carbs: 4 g

Original Recipe Chicken Thigh

Cal: 250 Fat: 18 g Protein: 16 g Carbs: 6 g

Original Recipe Chicken Wing

Cal: 140 Fat: 10 g Protein: 9 g Carbs: 5 g

Hot and Spicy Chicken Breast

Cal: 530 Fat: 35 g Protein: 32 g Carbs: 23 g

Hot and Spicy Chicken Drumstick

Cal: 190 Fat: 11 g Protein: 13 g Carbs: 10 g

Hot and Spicy Chicken Thigh

Cal: 370 Fat: 27 g Protein: 18 g Carbs: 13 g

Hot and Spicy Chicken Wing

Cal: 210 Fat: 15 g Protein: 10 g Carbs: 9 g

Colonel's Crispy Strips, 3

Cal: 261 Fat: 16 g Protein: 20 g Carbs: 10 g

Green Beans

Cal: 45 Fat: 2 g Protein: 1 g Carbs: 7 g

Mean Greens

Cal: 70 Fat: 3 g Protein: 4 g Carbs: 11 g

Mashed Potatoes with Gravy

Cal: 120 Fat: 6 g Protein: 1 g Carbs: 17 g

LITTLE CAESAR'S®

Chicken Wings

Cal: 50 Fat: 14 g Protein: 4 g Carbs: 15 g

Pan Pan Cheese Pizza, 1 slice

Cal: 160 Fat: 6 g Protein: 7 g Carbs: 20 g

Pan Pan Pepperoni Pizza, 1 slice

Cal: 170 Fat: 7 g Protein: 8 g Carbs: 20 g

Pepperoni Pizza, 1 slice

Cal: 220 Fat: 9 g Protein: 11 g Carbs: 23 g Antipasto Salad

Cal: 80 Fat: 6 g Protein: 5 g Carbs: 4 g

Caesar Salad

Cal: 80 Fat: 3 g Protein: 5 g Carbs: 7 g

Greek Salad

Cal: 60 Fat: 3 g Protein: 3 g Carbs: 5 g
Tossed Salad
Cal: 50 Fat: 0 g Protein: 2 g Carbs: 9 g
Fat Free Italian Salad Dressing
Cal: 25 Fat: 0 g Protein: 0 g Carbs: 5 g
Ranch Dressing
Cal: 270 Fat: 29 g Protein: 0 g Carbs: 1 g
1,000 Island Dressing
Cal: 220 Fat: 21 g Protein: 0 g Carbs: 7 g
Bleu Cheese Dressing
Cal: 230 Fat: 24 g Protein: 2 g Carbs: 2 g
Creamy Caesar Dressing
Cal: 220 Fat: 23 g Protein: 1 g Carbs: 2 g
Honey French Dressing
Cal: 220 Fat: 18 g Protein: 0 g Carbs: 14 g

LONG JOHN SILVER'S®

Grilled Chicken Salad
Cal: 140 Fat: 3 g Protein: 20 g Carbs: 10 g
Garden Salad
Cal: 45 Fat: 0 g Protein: 3 g Carbs: 9 g
Ocean Chef Salad
Cal: 130 Fat: 2 g Protein: 15 g Carbs: 14 g
Fat Free French Dressing
Cal: 40 Fat: 0 g Protein: 0 g Carbs: 10 g
Ranch Dressing
Cal: 170 Fat: 18 g Protein: 0 g Carbs: 1 g
1,000 Island Dressing
Cal: 120 Fat: 10 g Protein: 0 g Carbs: 5 g
Fat Free Ranch Dressing
Cal: 40 Fat: 0 g Protein: 0 g Carbs: 9 g
Italian Dressing
Cal: 90 Fat: 9 g Protein: 0 g Carbs: 2 g
Battered Chicken Plank
Cal: 140 Fat: 8 g Protein: 8 g Carbs: 9 g
Battered Shrimp
Cal: 45 Fat: 3 g Protein: 2 g Carbs: 3 g
Lemon Crumb Fish, 2 pieces Cal: 240 Fat: 8 g Protein: 23 g Carbs: 9 g
Battered Fish, regular
Cal: 230 Fat: 13 g Protein: 12 g Carbs: 16 g
Flavorbaked Chicken, 1 piece
Cal: 110 Fat: 3 g Protein: 15 g Carbs: 1 g
Flavorbaked Fish, 1 piece
Cal: 90 Fat: 3 g Protein: 14 g Carbs: 1 g
Green Beans
Cal: 30 Fat: 0 g Protein: 1 g Carbs: 6 g
Side Salad
Cal: 25 Fat: 0 g Protein: 1 g Carbs: 5 g
Broccoli Cheese Soup
Cal: 180 Fat: 12 g Protein: 5 g Carbs: 13 g
Hush Puppy Cal: 60 Fat: 3 g Protein: 1 g Carbs: 9 g
Tartar Sauce
Cal: 40 Fat: 4 g Protein: 0 g Carbs: 2 g
Malt Vinegar
Cal: 0 Fat: 0 g Protein: 0 g Carbs: 0 g
Sweet n Sour Sauce

Cal: 20 Fat: 0 g Protein: 0 g Carbs: 5 g
Honey Mustard Sauce
Cal: 20 Fat: 0 g Protein: 0 g Carbs: 5 g
Shrimp Sauce
Cal: 15 Fat: 0 g Protein: 0 g Carbs: 3 g

MCDONALD'S®

Scrambled Eggs
Cal: 160 Fat: 1 g Protein: 13 g Carbs: 1 g
Egg McMuffin
Cal: 290 Fat: 12 g Protein: 27 g Carbs: 17 g
Egg McMuffin, no bread
Cal: 161 Fat: 11 g Protein: 13 g Carbs: 2 g
Sausage McMuffin, no bread
Cal: 311 Fat: 27 g Protein: 15 g Carbs: 2 g
Breakfast Burrito
Cal: 290 Fat: 16 g Protein: 24 g Carbs: 13 g
Grilled Chicken, meat only
Cal: 121 Fat: 3 g Protein: 19 g Carbs: 4 g
Hamburger patty
Cal: 102 Fat: 8 g Protein: 7 g Carbs: 0 g
Cheese
Cal: 52 Fat: 4 g Protein: 3 g Carbs: 0 g
Quarter Pounder, meat only
Cal: 234 Fat: 18 g Protein: 18 g Carbs: 0 g
Crispy Chicken, meat only
Cal: 222 Fat: 12 g Protein: 16 g Carbs: 13 g
Fish patty
Cal: 152 Fat: 6 g Protein: 15 g Carbs: 0 g
Tartar sauce
Cal: 145 Fat: 14 g Protein: 0 g Carbs: 1 g
Chicken Nuggets, 4 pieces
Cal: 190 Fat: 11 g Protein: 10 g Carbs: 13 g
Onion on sandwiches
Cal: 11 Fat: 0 g Protein: 0 g Carbs: 3 g
Lettuce on sandwiches Cal: 3 Fat: 0 g Protein: 0 g Carbs: 1 g
Mayo on sandwiches
Cal: 104 Fat: 11 g Protein: 0 g Carbs: 0 g
Tomato on sandwiches
Cal: 5 Fat: 0 g Protein: 0 g Carbs: 1 g
Grill Seasoning (upon request)
Cal: 0 Fat: 0 g Protein: 0 g Carbs: 3 g
Chunky Chicken Salad
Cal: 150 Fat: 4 g Protein: 25 g Carbs: 7 g
Fajita Chicken Salad
Cal: 160 Fat: 6 g Protein: 9 g Carbs: 20 g
Chef McShaker
Cal: 150 Fat: 8 g Protein: 17 g Carbs: 5 g
Garden McShaker
Cal: 100 Fat: 6 g Protein: 7 g Carbs: 4 g Chicken Caesar McShaker
Cal: 150 Fat: 8 g Protein: 17 g Carbs: 5 g
Grilled Chicken Caesar Salad
Cal: 150 Fat: 13 g Protein: 17 g Carbs: 5 g
Garden Salad
Cal: 80 Fat: 4 g Protein: 7 g Carbs: 6 g
Side Salad

Cal:30 Fat: 1 g Protein: 2 g Carbs: 4 g
Lite Vinaigrette (1 pkg)
Cal: 50 Fat: 2 g Protein: 0 g Carbs: 9 g
Fat Free Herb Vinaigrette(1 pkg)
Cal: 35 Fat: 0 g Protein: 0 g Carbs: 8 g
Hot Mustard Sauce (1 pkg)
Cal: 60 Fat: 3.5 g Protein: 1g Carbs: 7 g
Barbeque Sauce (1 pkg)
Cal: 45 Fat: 0 g Protein: 0 g Carbs: 10 g
Sweet 'N Sour Sauce (1 pkg)
Cal: 50 Fat: 0 g Protein: 0 g Carbs: 11 g
Honey (1 pkg)
Cal: 45 Fat: 0 g Protein: 0 g Carbs: 11 g
Honey Mustard (1 pkg)
Cal: 50 Fat: 4.5 g Protein: 0 g Carbs: 10 g
Light Mayo (1 pkg)
Cal: 40 Fat: 4 g Protein: 0 g Carbs: <1 g
Ketchup
Cal: 13 Fat: 0 g Protein: 0 g Carbs: 3 g
Mustard
Cal: 1 Fat: 0 g Protein: 0 g Carbs: 0 g

PIZZA HUT®

The Edge Chicken Veggie, 1 slice
Cal: 120 Fat: 3 g Protein: 6 g Carbs: 16 g
The Edge Taco, 1 slice
Cal: 140 Fat: 5 g Protein: 6 g Carbs: 17 g
Hot Wings, 4
Cal: 210 Fat: 12 g Protein: 22 g Carbs: 4 g
Mild Wings, 5
Cal: 200 Fat: 12 g Protein: 23 g Carbs: 0 g

ROUND TABLE PIZZA®

All figures are for 1 slice of thin crust pizza
Cheese
Cal: 160 Fat: 6.2 g Protein: 7 g Carbs: 15 g
Chicken & Garlic Gourmet
Cal: 170 Fat: 7.2 g Protein: 9 g Carbs: 16 g
Classic Pesto
Cal: 170 Fat: 7.9 g Protein: 7 g Carbs: 16 g
Garden Pesto
Cal: 170 Fat: 7.7 g Protein: 7 g Carbs: 18 g
Gourmet Veggie
Cal: 160 Fat: 6.5 g Protein: 7 g Carbs: 16 g
Guinevere's Garden Delight
Cal: 150 Fat: 5.6 g Protein: 7 g Carbs: 16 g
Maui Zauí w/Red Pizza Sauce
Cal: 170 Fat: 6.5 g Protein: 9 g Carbs: 17 g
Pepperoni
Cal: 170 Fat: 8 g Protein: 8 g Carbs: 15 g
Salute Chicken & Garlic
Cal: 150 Fat: 5.4 g Protein: 8 g Carbs: 16 g
Western BBQ Chicken Supreme
Cal: 170 Fat: 5.6 g Protein: 8 g Carbs: 17 g

RUBY TUESDAY®

Ruby Tuesday does not provide exact carb counts for all items, but does offer a low carb menu

APPETIZERS

Chicken Quesadilla
Order with low carb whole wheat tortilla
Spicy Buffalo Wings

SALADS

Spring Chicken Salad
New Cajun Chicken Salad
Peppercorn Chicken Caesar

ENTREES

Low Carb Fajitas (Carbs: 24 g)
Served with low carb whole wheat tortillas
Chopped Steak
Grilled chopped steak served with steamed broccoli and low carb creamy mashed cauliflower.
Grilled Cajun Chicken
Grilled cajun chicken breast served with steamed broccoli and low carb creamy mashed cauliflower.
Low Carb Catch
Broiled Tilapia, cajun-seasoned and served with steamed broccoli and low carb creamy mashed cauliflower.
Church Street Chicken
Grilled chicken with sauteed mushrooms, bacon and melted Swiss cheese. Served with steamed broccoli and rice pilaf with tomatoes and cheese. Make it low carb by substituting the rice pilaf with low carb creamy mashed cauliflower.
Pepper Bleu Steak
Ruby's sirloin with bleu cheese crumbles and two low carb sides
Top 10 Sirloins
Choose two low carb sides
Ruby's Ribeye (Carbs: 13 g)
Choose two low carb sides
Peppercorn Mushroom Steak
Choose two low carb sides

BURGER WRAPS (order a low carb wrap for the bun)

Black and Bleu Burger Wrap (Carbs: 13 g)
Burger in a low carb tortilla with bleu cheese, lettuce, tomato, onion, pickles, dijon mustard
Garlic Mushroom Burger Wrap
Smokehouse Burger
Old English Bacon Cheeseburger
Pepper Jack Bacon Burger
Bacon Cheeseburger
Colossal Burger
Hamburger
Cheeseburger

LOW CARB SIDES

Steamed Broccoli
Creamy Mashed Cauliflower (Carbs: 7 g)
Creamy Spinach (Carbs: 9 g)
BBQ Pork Crisps (Carbs: 0 g)

DESSERT

Atkins Low Carb Cheesecake (Carbs: 6 g)
has a crunchy nut crust!

SUBWAY®

Atkins Friendly Wraps (endorsed by Atkins)

Chicken Bacon Ranch

Calories: 480 Fat: 27 g Carbs: 19 g*

Turkey Bacon Melt

Calories: 430 Fat: 25 g Carbs: 22 g*

* 11 grams Net Carbs or less, and the wrap itself, which is made with wheat gluten, cornstarch, oat, sesame flour and soy protein, has only 5 grams Net Carbs.

Cheese & Egg Omelet

Calories: 240 Fat: 17 g Carbs: 2 g

Bacon & Egg Omelet

Calories: 240 Fat: 17 g Carbs: 2 g

Western & Egg Omelet

Calories: 220 Fat: 14 g Carbs: 4 g

Steak & Egg Omelet

Calories: 250 Fat: 15 g Carbs: 3 g

Ham & Egg Omelet

Calories: 230 Fat: 14 g Carbs: 2 g

Vegetable & Egg Omelet

Calories: 210 Fat: 14 g Carbs: 4 g

Ham Salad

Cal: 112 Fat: 3 g Protein: 12 g Carbs: 11 g

Roast Beef Salad

Cal: 115 Fat: 3 g Protein: 12 g Carbs: 11 g

Roasted Chicken Breast Salad

Cal: 162 Fat: 4 g Protein: 20 g Carbs: 13 g

Steak & Cheese Salad

Cal: 182 Fat: 8 g Protein: 17 g Carbs: 13 g

Subway Club Salad

Cal: 123 Fat: 3 g Protein: 14 g Carbs: 12 g

Turkey & Ham Salad

Cal: 106 Fat: 2 g Protein: 11 g Carbs: 11 g

Turkey Breast Salad

Cal: 101 Fat: 2 g Protein: 12 g Carbs: 11 g

Light Mayonnaise, 1 tsp

Cal: 18 Fat: 2 g Protein: 0 g Carbs: 0 g

French Dressing, Fat Free, 1 Tbsp

Cal: 18 Fat: 0 g Protein: 0 g Carbs: 4 g

Italian Dressing, Fat Free, 1 Tbsp

Cal: 5 Fat: 0 g Protein: 0 g Carbs: 1 g

Ranch, Fat Free Dressing, 1 Tbsp

Cal: 15 Fat: 0 g Protein: 0 g Carbs: 4 g

Optional Fixin's are all no carb: 2 slices bacon, 2 triangles cheese, Mayonnaise, Olive Oil Blend, Vinegar.
2 tsp of Mustard has 1 g of carbs.

TACO BELL®

Grilled Chicken Burrito

Cal: 390 Fat: 13 g Protein: 12 g Carbs: 19 g

Grilled Chicken Soft Taco

Cal: 200 Fat: 7 g Protein: 14 g Carbs: 17 g

Grilled Steak Soft Taco

Cal: 200 Fat: 7 g Protein: 19 g Carbs: 14 g

Soft Taco

Cal: 210 Fat: 10 g Protein: 20 g Carbs: 11 g
Steak Gordita Supreme
Cal: 300 Fat: 14 g Protein: 27 g Carbs: 17 g
Taco
Cal: 170 Fat: 10 g Protein: 12 g Carbs: 9 g
Tostada
Cal: 250 Fat: 12 g Protein: 27 g Carbs: 10 g

TGI FRIDAYS®

Tuscan Spinach Dip
Cal: n/a Fat: n/a Protein: n/a Carbs: 17 g
Buffalo Wings
Cal: n/a Fat: n/a Protein: n/a Carbs: 5 g
New York Strip with Blue Cheese
Cal: n/a Fat: n/a Protein: n/a Carbs: 6 g
Garlic chicken with mixed vegetables
Cal: n/a Fat: n/a Protein: n/a Carbs: 7 g
Char-grilled salmon fillet
Cal: n/a Fat: n/a Protein: n/a Carbs: 6 g
Tuna salad w/ras
Cal: n/a Fat: n/a Protein: n/a Carbs: 14 g
Grilled chicken Caesar salad
Cal: n/a Fat: n/a Protein: n/a Carbs: 9 g
Grilled Chicken with Broccoli
Cal: n/a Fat: n/a Protein: n/a Carbs: 17 g
without grilled peppers: 12 grams of carbs

WENDY'S®

Option: Order hamburgers & cheeseburgers without the bun.
Chicken Nuggets, 5 pieces
Cal: 230 Fat: 16 g Protein: 11 g Carbs: 11 g
Chicken Nugget, Kid's meal, 4 pieces
Cal: 190 Fat: 13 g Protein: 9 g Carbs: 9 g
Honey Mustard Dipping Sauce
Cal: 130 Fat: 12 g Protein: 0 g Carbs: 6 g
BBQ Dipping Sauce
Cal: 45 Fat: 0 g Protein: 0 g Carbs: 10 g
Sweet n Sour Dipping Sauce
Cal: 50 Fat: 0 g Protein: 0 g Carbs: 11 g
Caesar Side Salad
Cal: 110 Fat: 5 g Protein: 10 g Carbs: 7 g
Deluxe Garden Salad
Cal: 110 Fat: 6 g Protein: 7 g Carbs: 9 g
Grilled Chicken Salad
Cal: 200 Fat: 8 g Protein: 25 g Carbs: 9 g
Side Salad
Cal: 60 Fat: 3 g Protein: 4g Carbs: 5 g
French, Fat Free Dressing, 2 Tbsp
Cal: 35 Fat: 0 g Protein: 0 g Carbs: 8 g
French Dressing, 2 Tbsp
Cal: 120 Fat: 10 g Protein: 0 g Carbs: 6 g
Italian Caesar Dressing, 2 Tbsp
Cal: 150 Fat: 16 g Protein: 0 g Carbs: 2 g
Ranch, 2 Tbsp
Cal: 100 Fat: 10 g Protein: 0 g Carbs: 1 g