

LOW CARB RESTAURANT GUIDE

- * Go to the restaurant with a firm & 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 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.
- * Ask how the item is prepared.
- * 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 & 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.

*BUFFOLA 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

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®

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®

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
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
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
Cal: 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 Vinagrette

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

DENNY'S®

Fit FareT Garden Salad

Cal: 113 Fat: 4 g Protein: 3 g Carbs: 16 g

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

DOMINOE'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®

Fried Chicken Leg

Cal: 170 Fat: 7 g Protein: 13 g Carbs: 15 g

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

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

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

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

ChickenSalad

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: 0g Carbs: 1 g
Chicken Nuggets, 4 peices
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 Zauhi 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

SUBWAY®

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

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