

Restaurant Options

La Fonda

- Ensalada Pescado (Grilled Tilapia Salad)

1½ protein + ½ starch + 1 fat

- Ensalada de Los Andes

2 proteins

Willy's

- Single grilled chicken salad or tofu + half a cup of rice or beans + (salsa for dressing) – no grilled vegetables as they are cooked in a lot of oil

2 ½ proteins + 1 starch + ½ fat black olives + peppers + cucumbers +lettuce

Sushi

- 1 roll

2 starches + ½ protein + ½ fat

- Shrimp or Tofu Basil Rolls fat (1 Tbsp of dipping sauce)

4 pieces = 1 starch + 1 protein + 1 fat

Subway

- 6" Sub (either turkey, roast beef, chicken, or ham)

1 protein, 2 starch

- 6" Ham, Roast Beef, Turkey, Chicken (Double Meat)

2 protein, 2 starch

- 6" Ham, Roast Beef, Turkey, Chicken, with Cheese

2 protein, 2 starch

- 6" Sub (either turkey, roast beef, chicken, or ham) Double meat w/ cheese

3 protein, 2 starch

- 6" Veggie Delite with cheese

1 protein, 2 starch

- Turkey breast salad (use 1 tbsp vinaigrette or olive oil blend for dressing)

1 protein, 1 fat

- Carved Turkey Breast Salad (use 1 tbsp vinaigrette or olive oil blend for dressing)

1 protein, 1 fat

- Roast beef salad (use 1 tbsp vinaigrette or olive oil blend for dressing)

1 protein, 1 fat

Café at Phar

- Walnut chicken salad plate

2 proteins, 1 fat

- Celery Chicken salad plate

2 proteins, 1 fat

- Curry Chicken salad plate

2 proteins, 1 fat

- Shrimp Salad (no rolls on salad plate)

2 proteins, 1 fat

Panera Bread

- Mediterranean Veggie Sandwich (whole sandwich)

2 proteins + 2 starches, ½ fat

- Steak and Arugula Sandwich (whole sandwich)

3 proteins + 2 starches

- Caesar salad with Chicken (whole salad)

2 proteins + 2 starches+ 1fat (1 Tbsp dressing)

- Ancient Grains and Arugula Salad with Chicken

2 proteins + 2 starch + 1 fat (1 Tbsp)

- Turkey Chili Bowl (no bread bowl)

2 proteins, ½ starch

Houston's

- Seared Tuna salad (with avocado, 1 Tbsp salad dressing)

1 ½ proteins + 2 fats

- Grilled Chicken Salad

3 proteins + 1 fat (1Tbsp salad dressing)

Roasters

- Rotisserie Chicken (white meat) | Side options: baked potato, steamed broccoli

2 proteins + 1 starch

Chicken Salad Chick

- Fancy Nancy

2 proteins + 1 fat + 1 fruit

- Classic Carol

2 proteins + 2 fats

- Buffalo Barclay

2 proteins + 2 fats

- Jalapeno holly

2 proteins + 2 fats

- Cup of fresh fruit

1 fruit

Newk's Eatery

- Variety of tossed salads, but you must make sure to not have any designer salads. Stick with Ahi Tuna, Shrimp; leave out cheeses, nuts, berries, croutons, and light dressing on the side. Do not venture to the middle section.

Chopt

- Kale Caesar Salad with Chicken
2 ½ proteins, 1 starch, 1 fat (dressing)

- Palm Beach Salad with Wild Caught Shrimp
2 proteins, 1 fruit, 1 fat (dressing)
- Asian Crunch Salad
2 proteins, 1 fruit, 1 fat (dressing)

Flower Child

- Chopped vegetable salad with Chicken
1 ½ protein, 1 ½ fat

True Food Kitchen

- Spaghetti Squash Casserole
2 proteins, 1 fruit, 1 starch
- Organic Tuscan Kale Salad with Chicken
1 protein, 1 ½ fat, 1 starch
- Good Earth Kale Cobb Salad
2 fats, 1 starch

Seasons 52

- BBQ Chicken Entrée Salad
3 proteins, 1 fat, ½ starch
- Sesame Grilled Salmon
3 proteins, 1 fat, 1 fruit

Goldberg's

- 2 poached eggs, 2 slices wheat toast, 1 cup of fruit (no butter, no jelly)
2 proteins, 2 starch, 1 fruit
- 3 egg white veggie omelet, 2 slices wheat toast, 1 cup of fruit (no butter, no jelly)
1/2 protein, 2 starch, 1 fruit *request free vegetables and cooked in cooking spray, no oil
- -smoked salmon 6oz
2 proteins
- ½ tuna sandwich, 1 cup of fruit
1 starch, 1 protein, 1 fat, 1 fruit
- Matzo Ball soup (clear broth, no noodles, 1 Matzo ball)
1 starch, 1 fat

Egg Harbor Café

- 3 egg white Scrambler, 1 english muffin, 1 fruit cup
½ protein, 1 starch, 1 fruit
*request free vegetables and cooked in cooking spray, no oil