

### Fast Food Menu Ideas:

The following are menu ideas for lower calorie, lower carbohydrate meals when eating out.

#### Applebee's –

Grilled Tilapia with Rice Pilaf	320 calories	30 g carb
Teriyaki Steak & Shrimp Skewers	370 calories	33 g carb
Grilled Shrimp Skewer Salad	210 calories	22 g carb
Mesquite Chicken Sandwich	250 calories	42 g carb

#### Arby's –

Junior Roast Beef Sandwich	280 calories	34 g carb
Regular Roast Beef Sandwich	320 calories	34 g carb
Asian Sesame Salad (w/ dressing)	485 calories	40 g carb
Garden Side Salad	40 calories	8 g carb

#### Atlanta Bread Company –

Caesar Salad	190 calories	11 g carb
Chopstix Chicken	280 calories	24 g carb
Chicken Tortilla Soup	190 calories	20 g carb
Chicken Noodle Soup	140 calories	21 g carb
Creamy Tomato	130 calories	10 g carb
Garden Vegetable	100 calories	19 g carb

#### Baja Fresh –

Pork Carnita Baja Ensalada w/ Salsa Verde & w/o chips	383 calories	23 g carb
Mahi Mahi Soft Taco	240 calories	20 g carb

#### Burger King –

Chicken Caesar Salad w/ Lite Italian Dressing	270 calories	9 g carb
Chicken Whopper, no bun, w/o mayo, w/ Side Salad & lite Italian dressing	240 calories	12 g carb

#### Captain D's –

Coastal Flounder Dinner	360 calories	31 g carb
Blackened Chicken Salad w/ Raspberry Vinaigrette	300 calories	23 g carb

#### Denny's –

Veggie Eggbeater Omelet w/ English Muffin	340 calories	37 g carb
Grilled Chicken Breast dinner w/	390 calories	12 g carb

Vegetable Tilapia/Rice/Vegetable Blend	420 calories	40 g carb
<b><u>Mc Donald's –</u></b>		
Grilled Chicken Caesar Salad w/ Balsamic Vinaigrette	280 calories	20 g carb
6 piece Chicken Nugget w/ Hot Mustard & side salad w Lite Italian	325 calories	35 g carb
<b><u>Olive Garden –</u></b>		
House Salad w/ Minestrone Soup	257 calories	39 g carb
Mixed Grill w/ Broccoli	474 calories	19 g carb
Chicken Giardino, lunch portion	410 calories	40 g carb
<b><u>Ruby Tuesday's –</u></b>		
White Bean Chicken Chili	257 calories	29 g carb
Turkey Burger Wrap	428 calories	17 g carb
Chicken Wrap	452 calories	26 g carb
Creole Catch Tilapia	312 calories	16 g carb
<b>Sides:</b> Green Beans	85 calories	5 g carb
Creamy Mashed Cauliflower	135 calories	10 g carb
Tomato Mozzarella Salad	112 calories	7 g carb
<b><u>Subway –</u></b>		
Any of the '7 under 6 salads' w/ Fat Free Italian	190-390 calories	18-22 g carb
Turkey w/ Swiss Wrap	300 calories	20 g carb
Deli Style Sandwiches	230-360 calories	35-36g carb
<b><u>Taco Bell –</u></b>		
Taco's Fresco Style	145 - 190calories	13-21 g carb
Gordita Fresco Style	230-250 calories	19-20 g carb
Tostada Fresco Style	200 calories	30 g carb
Pinto's & Cheese	180 calories	20 g carb
<b><u>Wendy's –</u></b>		
Grilled Chicken Sandwich w/ Caesar Side Salad w/ Lite Italian	420 calories	45 g carb
Small Chili w/ 2 pkg Saltines	280 calories	33 g carb
Large Chili	330 calories	35 g carb