



APPENDIX A

Restaurant Dining Guidelines

Applebees

Weight Watchers meals
Teriyaki steak and chicken and shrimp
Tilapia
Chicken quesadilla
Baja chicken roll-up
Sizzling chicken
Low-fat veggie quesadilla

Au Bon Pain

Southwest vegetable soup
Mediterranean pepper soup
Charbroiled salmon filet salad
Fields and feta wrap
Smoked turkey wrap
Thai chicken salad
Tuna garden salad with light vinaigrette
Thai chicken sandwich
Arizona chicken salad

Limit These Items Because of Calories and Fat

Soup bread bowl
Cheese on sandwiches

Burger King

Hamburger
Grilled chicken sandwich
Side salad (Choose light dressings instead of the regular ones, which are higher in fat and calories)

Limit Because of Calories and Fat

Whopper

Cheesecake Factory

Weight management salads
Cajun jambalaya over rice
Jamaican black peppercorn shrimp
Miso salmon

Limit Because of Calories and Fat

Cheesecake (share with a friend!)

Chick-Fil-A

Grilled sandwiches
Wraps
Carrot and raisin salad
Fruit
Chicken soup
Side salads
Small Ice Dream

Limit Because of Calories and Fat

Fried chicken
Chicken strips

Chipotle

Black beans
Chicken or steak fajitas

Limit Because of Calories and Fat

Guacamole
Sour cream
Cheese
Chips

KFC

Original recipe wing and leg
Honey BBQ chicken sandwich
Baked beans
Corn
Mashed potatoes without gravy
Green beans

Limit Because of Calories and Fat

Extracrispy chicken breast
Biscuits
Gravy

McDonald's

Egg McMuffin
Scrambled egg burrito
Grilled chicken salad with light dressing
Grilled chicken sandwich with mustard or honey mustard

Grilled chicken wrap with lots of vegetables, light on the sauces
 Medium fries
 Small order of nuggets with BBQ sauce instead of ranch
 California cobb salad with low-fat balsamic vinaigrette

Limit Because of Calories and Fat

Big Mac
 Quarter Pounder
 Large fries

Outback

Grilled shrimp on the BBQ
 Filet
 Sautéed mushrooms
 Rib eye steak
 Outback special steak

Limit Because of Calories and Fat

Bloomin Onion
 Prime rib
 Porterhouse steak

Panera

Smoked turkey breast sandwich
 Smoked ham and Swiss cheese sandwich
 Turkey fresco
 Mediterranean veggie
 Sierra turkey
 Chicken salad on nine-grain bread
 Asian sesame chicken salad
 Grilled chicken Caesar salad
 Moroccan tomato lentil soup
 Gumbo
 Santa Fe roasted corn soup
 Mesa bean and vegetable soup
 Chicken noodle soup
 Savory vegetable bean soup
 Garden vegetable soup
 Vegetarian baked bean soup

Quiznos

Small turkey light
 Small honey bourbon chicken

Subway

Chicken teriyaki or barbecued chicken sandwich
 Wheat, honey oat, or deli-style roll or low-carbohydrate wraps
 Soups: minestrone, roasted chicken noodle, Spanish style chicken with rice, tomato garden vegetable with rotini, vegetable beef

Limit Because of Calories and Fat

Tuna salad
 Cheese
 Potato chips
 Regular salad dressings

Taco Bell

Soft chicken taco
 Soft beef taco
 Fresco-style ranchero chicken soft tacos
 Fresco-style grilled steak soft tacos
 Fresco-style bean burrito
 Fresco-style chicken burrito supreme
 Fiesta chicken burrito
 Steak fiesta burrito

Limit Because of Calories and Fat

Chalupas
 Chimichangas
 Double Stuft anything!

Wendy's

Grilled burger, no cheese, with side salad
 Ultimate chicken grill sandwich
 Chili and one half of a potato
 Crispy chicken sandwich without mayonnaise
 Potato with chili, broccoli, low-fat sour cream, chives
 Roasted turkey and basil pesto frescata
 Low-fat chocolate milk instead of a frosty
 Chicken Oriental or Mandarin chicken salad, use half of the dressing

Chinese

Choose more

Lemon chicken
 Hunan dishes
 Szechuan dishes
 Moo Shu dishes
 Steamed dumplings
 Egg drop soup
 Hot and sour soup
 Fortune cookies

Choose Less

General Tsao's
 Sweet and sour
 Ribs
 Egg rolls or spring rolls
 Fried rice
 Lo Mein

Italian

Choose more

Chicken cacciatore
 Pasta with marinara or meat sauce
 Lasagna
 Bread (try to limit amount eaten)

Choose less

Alfredo
 Sausage and pepperoni
 Stuffed shells
 Garlic or cheese bread

Japanese

Choose more

Edamame
Miso soup
Maki sushi
Sashimi
Teriyaki
Sukiyaki

Choose less

Tempura
Rolls with mayonnaise

Pizza

Limit to two slices and have a salad or soup with the pizza

Choose more

Hand-tossed cheese—half the cheese
Pizza Hut—thin and crispy cheese
Hand-tossed with vegetables
Papa John's original crust garden special
Thin and crispy or hand-tossed chicken supreme
Thin crust or hand-tossed with ham

Choose less

Pepperoni
Sausage
Extra cheese
Stuffed
Deep dish
Wings
Garlic bread
Cheese bread
Cheese sticks
Bread sticks

Bars

Watch

Wings—each wing is 100 to 150 calories, and no one eats just one.
Blue cheese or ranch dressing adds more calories.
Cheese poppers
Fried cheese sticks
Fried shrimp
Chips
Fries