# Applebee’s

Appetizers-

* Honey BBQ or Buffalo wings
* chips and salsa
* grilled chicken wonton Tacos

Meals-

* Any of the Under 550 Calorie meals
* Steak & grilled shrimp Combo w/ steamed veggies (skip the butter sauce)
* Chicken tortilla soup (Bowl)
* Chicken noodle soup (bowl)
* Tomato Basil soup
* Blackened Tilapia
* ½ grilled chicken Caesar salad (dressing on the side)
* ½ oriental grilled chicken salad (dressing on the side)

# Panera

Meals-

* Mediterranean Veggie sandwich
* Half roasted turkey and avocado BLT (whole grain Bread)
* Whole grain bagel w/ ½ serving of LF cream cheese
* Asian sesame chicken salad
* LF Garden Vegetable with pesto soup
* LF Vegetarian Black bean soup

# Chipotle

Meals-

* Burritos, burrito bowls, tacos and salads are all good choices
* Brown rice instead of white
* Add beans
* Extra veggies and salsa
* ½ portions of guacamole and sour cream

# Pizzeria

Meals-

* Thin crust pizzas
* Healthier topping (chicken, mushrooms, onions, green peppers, tomatoes, broccoli)
* Ask for less cheese

* Grilled chicken Salads
* Oil based dressings not creamy
* Dressing on the side
* Whole wheat pasta dishes with chicken

# Long Horn

Meals-

* Shrimp and lobster chowder bowl
* Redrock grilled shrimp w/ steamed veggies
* Grilled Salmon 7oz w/ grilled veggies
* Grilled chicken and strawberry salad
* Any of the Flavorful Under 500© meals
* Spinach feta chicken w/ veggies

# Chili’s

Meals-

* Guiltless chicken sandwich w/ steamed veggies
* Guiltless Salmon w/ steamed veggies
* Southwest chicken soup
* Any of their Lighter Choices© meals