

Restaurants	Specifications	Fat	Sodium	Carbs	Fiber	Sugar	Protein	Notes		
Applebees										
Grilled Chicken Breast	w/mashed potatoes & steamed broccoli	22	1230	43	6	5	48			
8 oz Top Sirloin	w/mashed potatoes & steamed broccoli	26	1980	45	6	5	53			
Texas Roadhouse										
Grilled Bqg Chicken	w/ green beans & mashed potatoes	18	2000	37	6	21	55			
6 oz Sirloin	w/ green beans & corn	18	2180	45	7	12	56			
Chili's										
Ancho Salmon		32	1770	42	5	4	48			
Margarita Grilled Chicken		12		61	7	9	53			
IHop										
2 Pancakes +Poached Eggs & Ham	no butter	17		41			29			
Denny's										
Fitslam		10		54			24			
Tilapia Ranchero	w/ bread	25		27			55			
Buffalo Wild Wings										
Grilled Chicken Buffalitos		22		44			34			
Hand Breaded Tenders		24		34			35			
Red Robbin										
Simply Grilled Chicken Sandwich/Wrap	*no fries	6	1580	46	5	10	35			
Red Lobster										
Garlic-Grilled Shrimp Skewers		11	1810	42	2	1	26			
Steak 7oz Sirloin		11	950	1	0	0	41			
Wild-Caught Broiled Flounder		8	550	0	0	0	18			
side of orzo rice		5	640	41	1	0	4			
side of mashed potatoes		9	600	24	3	2	4			