

EVOLVED APPROVED EATERIES

Chick-fil-A, Wendy's, McDonalds, etc...: Char-grilled Chicken in salads- no cheese, croutons or fatty dressings

Chipotle, Qdoba, Moes, Mexican: Naked Burrito bowls-brown rice, grilled veggies, chicken, pico, lettuce, salsa, no cheese or sour cream. Lite guacamole. Fajitas without oil

Long John Silvers/Captain D's: Baked/Grilled Fish w/ cocktail sauce

Subway, Jimmy Johns, Quiznos etc: Grilled chicken, turkey, or egg with approved veggies and mustard, vinegar, or fat free dressings. No cheese or mayo

Panera Bread: Any chicken or turkey sandwich on lettuce wrap instead of bread. Any salad with chicken, turkey, shrimp, salmon with veggies, olives and lite dressings (Fat-free poppy seed dressing). No cheese or heavy dressings. Black bean soup, garden veggie soup.

Bob Evans, Dennys, IHOP, Perkins, Shoney's, Wild Eggs, First Watch: Poached eggs, fruit salads, oatmeal w/ skim milk, grilled chicken with salads, egg white omelets w/ veggies, no cheese

Applebees, O'Charley's Ruby Tuesday, TGI Friday's, etc: Grilled Chicken, Grilled salmon, Grilled Shrimp, Baked sweet potato, steamed veggies, vegetable soup, Salads with no cheese, croutons, fatty dressings

Italian Places like Olive Garden, Carrabba's or Fazoli's: Minestrone Soup, Chicken Marsala, Salads with grilled chicken or seafood

Chinese Places like P.F. Chang's: Egg drop soup, vegetarian spring roll, ask for vegetable dishes to be steamed with sauce on side and use very little sauce. Chicken and seafood can be steamed also.

Sushi Bar places: Tuna roll on brown rice, grilled salmon roll on brown rice, miso soup, no cream cheese or crispy things on top

Good Foods Co-op/ Whole Foods: Salad bar, steamed or grilled veggies, chicken, turkey, lamb, or seafood, brown rice. Artichoke salad on cold bar at Co-op good too

Coffee shops: Cappuccino with fat free milk and stevia

Cheesecake Factory: Skinnylicious Menu ie. salads, shrimp rolls, chicken lettuce wrap tacos

Tazikis Mediterranean: Salads, seafood, chicken, lamb, grilled vegetables