

At a Glance Restaurant Guide



Check out their Have It All and Weight Watchers approved items. These meals are packed with flavor for **550 calories or less**. Look for the menu labels below when you're making your choice.

Look out for the **"Wholesome Fixin's"** category on the menu. These meals have all the appeal that you love about the restaurant's country cookin' but for **less than 600 calories**. Options are available for breakfast lunch and dinner.



Chilies' offers a **Lighter Choices** menu so make sure you look at those choices when dining out. The calorie counts on these items stay **below 610**. Most of these items are grilled; leaving the guilt behind.

The Outback has a menu section called **600 calories or less** so make sure you check those options out.





Choose soups that aren't cream based. Ask for an apple as a side instead of bread and always choose whole grain. For high protein items check out their Power Menu.

If you skip the tortilla at Chipotle by getting the burrito bowl you'll save yourself 300 calories. And if you pass on the chips you'll save an extra 560 calories. To up your fiber, choose brown rice instead of white. Most importantly, the portions sizes at chipotle are huge, so save half for later!



Their green *Wok Smart* labels highlight menu items that are 250 calories or less per serving; just make sure you pay attention to the serving size. To save on calories, choose steamed rice over fried rice or noodles. An even better option is to pick their steamed vegetables instead. Get any added sauce on the side. Beware of sodium! If you are trying to cut back on your salt intake, Panda express might work for you.

At the waffle house; you can hold the yolks and save yourself some added fat and calories. You can also request that your hash browns be steamed stead of fried. It also has a Lighter Choices menu which offers smaller portions and less calorie dense foods.

