

# Making Healthy Choices When Dining Out

## Logan's

- 6 oz. Sirloin
- 6 oz. Filet
- Fall Off The Bone Ribs
- Mesquite Grilled Salmon
- Side Caesar or House Salad
- Broccoli
- Corn
- Sweet Potato
- Cinnamon Apples



## Buffalo Wild Wings

- Traditional Bone-In Wings (snack size or small order)
- Sauces:
  - Asian Zing
  - Caribbean Jerk
  - Honey BBQ
  - Hot BBQ
  - Jammin' Jalapeno
  - Mango Habanero
  - Nashville Hot
  - Parmesan Garlic
  - Sweet BBQ
- Any Dry Seasoning
- Coleslaw
- Carrot/Celery Sticks

## Red Lobster

- Wood Grilled Sea Scallops
- Steamed Lobster
- Wood Grilled Tilapia
- Soy Ginger Salmon
- Broiled Catfish
- Broiled Whitefish
- Garden Salad
- Broccoli
- Rice



## PF Chang's

- Dynamite Shrimp
- Spicy Tuna Roll
- Pork or Shrimp Dumplings
- California Roll
- Crispy Honey Chicken
- Sweet and Sour Chicken
- White/Brown Rice
- Buddha's Feast Steamed
- Chang's Honey Chicken Bowl
- Family Favorite Chicken or Salmon



## Captain D's

- North Atlantic Lobster Roll
- Batter Dipped Fish
- Breaded Flounder
- Country Style Fish
- Southern Style Fish Tenders
- 6 or 15 pc. Shrimp
- Hushpuppy
- Breadstick
- Broccoli
- Okra



## Applebee's

- 6 oz. Top Sirloin
- Double Glazed Baby Back Ribs
- Grilled Chicken Breast
- Grilled Chicken Caesar Salad
- Oriental Chicken Salad with Crispy Chicken
- Garlic Green Beans



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## TGI Friday's

- Chicken Caesar Salad with Grilled Chicken (lunch)
- Jasmine Rice
- Traditional BBQ Wings
- Side of Ranch or Bleu Cheese
- Coleslaw



## Steak 'N Shake

- Single Steakburger
- Grilled Chicken Sandwich
- Fish Sandwich
- Garden Fresh Salad (Add Grilled Chicken)
- Over Easy or Scrambled Eggs
- Coleslaw
- Applesauce



## Olive Garden

- Calamari (sampler)
- Salad with House Dressing
- Fettuccini Alfredo
- Create Your Own Pasta with Chicken, Shrimp, or Veggies and Creamy Mushroom Sauce
- Shrimp Scampi (lunch)
- Steamed Broccoli



## Cracker Barrel

- Country Morning Breakfast
- Grilled Pork Chops (2)
- Lemon Pepper Grilled Rainbow Trout
- Grilled Sirloin Steak
- Grilled Chicken Tenders
- Whole Kernel Corn



## IHOP

- Stuffed French Toast
- Breakfast Special
- Egg White Vegetable Omelet
- Turkey and Swiss Sandwich
- 10 oz. T-bone Steak
- White Toast
- Hard or Soft Boiled Egg
- English Muffin
- Grits
- Seasonal Fruit

## Chili's

- Burger Substitutes:
  - Classic Beef Patty
  - Turkey Patty
  - Black Bean Patty
- 6 oz. Classic Sirloin
- Grilled Chicken Salad
- House Salad
- Coleslaw
- Sweet Corn on the Cob
- Steamed Broccoli



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