

HEALTHY DISHES AT 20 FAVORITE FAST FOOD & RESTAURANT CHAINS



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YOUR HOST...



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Fast FOOD





TACO BELL

OPTIONS INCLUDE:

- CRUNCHY OR SOFT TACOS - 180 CALORIES
- BLACK BEANS AND RICE - 170 CALORIES
- POWER MENU BOWLS - 430-470 CALORIES, INCLUDES BLACK BEANS, GUACAMOLE, TOMATOES, LETTUCE, SOUR CREAM, AND SHREDDED CHEESE ON SEASONED RICE



▶ ASK FOR FRESCA-STYLE

THIS REPLACES THE CHEESE, SOUR CREAM, AND MAYO-BASED SAUCES WITH DICED TOMATOES

▶ ADDING GUACAMOLE CAN BE A GREAT WAY TO ADD HEALTHY FATS INTO YOUR DIET



CHICK-FIL-A



Grilled Chicken Nuggets

- 130 calories
- 3 grams of fat
- 1 gram of carbs
- 35 grams of protein



Chicken Tortilla Soup

- 340 calories
- 10 grams of fat
- 38 grams of carbs
- 23 grams of protein
- 17 grams of fiber



Greek Yogurt Parfait

- 270 calories
- 9 grams of fat
- 36 grams of carbs
- 13 grams of protein



MCDONALDS



CHICKEN MCNUGGETS

The 6-piece Chicken McNuggets contains only 250 calories per serving and packs in 14 grams of protein

Opt for lower calorie condiments including Mustard, Ketchup, Spicy Buffalo, or even Tangy Barbecue

HAMBURGER

McDonalds' hamburgers provides 250 calories per serving and contains 12 grams of protein

Pair this with apple slices as a side for extra fiber





SUBWAY

230 Calories, 44g of carbs

6" Veggie Delight Sub



This sandwich comes on 9-grain wheat bread and includes cucumbers, green peppers, lettuce, red onions, spinach, tomatoes, and optional cheese



280 Calories, 64g of carbs

6" Oven-Roasted Turkey Sub



This sandwich comes on plain white bread and includes tomatoes, cucumber, and vegetable toppings



BURGER KING



Whopper Jr.



- 330 Calories
- 18 grams of fat
- 30 grams of carbs
- 17 grams of protein

Garden Side Salad



- 320 Calories
- 32 grams of fat
- 5 grams of carbs
- 5 grams of protein

Tendergrill Chicken Sandwich



- 420 Calories
- 18 grams of fat
- 35 grams of carbs
- 32 grams of protein



CHIPOTLE



Salad Bowl



- When choosing your protein, opt for a more lean option, such as chicken or the sofritas, which are tofu-based
- You can even add beans for even more protein and fiber
- Top it off with all of the fajita vegetables
- If wanting to lower calories on your bowl, opt for a lighter amount of cheese, sour cream, and rice



DUNKIN' DONUTS

Kosher Wake-Up Wrap

- Consists of egg and cheese
- If adding meat, opt for bacon (the turkey sausage has more saturated fat)
- 170 calories



Breakfast Taco

- Made with scrambled eggs, cheese, fire-roasted corn, and tangy lime crema
- 180 calories

Egg White & Veggie Omelet Bites

- 2 bites provide 13 grams of protein, while adding additional vegetables to your diet
- 180 calories



JIMMY JOHN'S



Ham & Provolone



Turkey Tom



Vegetarian

How to order - Take bread out, easy cheese

How to order - Take bread out, no mayo, extra tomato, lettuce, and sprouts

How to order - Take bread out, no mayo, extra tomato, cucumber, lettuce, and sprouts

Reduces calories from 570 to 405

Reduces calories from 480 to 370

Reduces calories from 480 to 370

Consider opting for an unwich (lettuce wrap) - This contains 10 grams or less of carbohydrates and can reduce anywhere from 120 to 710 calories on your sandwich

Healthier side options include a jumbo kosher dill pickle (20 calories) or Thinny Chips (260 calories) that have a reduction in fat content





PANDA EXPRESS

Grilled Teriyaki Chicken

340 calories
13 grams of fat
14 grams of carbs
41 grams of protein



Broccoli Beef

150 calories
7 grams of fat
13 grams of carbs
9 grams of protein



PANERA



Mediterranean Bowl with Chicken

- Made with greens, cucumbers, quinoa, hummus, olives, feta, and topped off with a creamy dressing
- Provides 8 grams of fiber per serving

640 calories
32 grams of fat
68 grams of carbs
26 grams of protein



Turkey Chili

- Made with chickpeas, a variety of vegetables, and kidney beans
- Provides 14 grams of fiber per serving

300 calories
10 grams of fat
31 grams of carbs
21 grams of protein



tips and tricks for eating

FAST FOOD

- Plan ahead – Decide what you want to order ahead of time to stay consistent
- Prioritize your protein intake
- Ask for sauces on the side – plus aim for lower calorie condiments
- Be intentional with what you are ordering to drink





RESTAURANT OPTIONS



CHEESECAKE FACTORY



Skinnylicious Asian Chicken Salad

**Includes Grilled Chicken,
Romaine, Carrots, Bean
Sprouts, Green Onions, Cilantro,
Rice Noodles, Wontons,
Almonds, Sesame Seeds, and
Sesame-Soy Dressing**

**This salad has less
than 600 calories. It
includes almost half
of your daily fiber
requirement and has
43 grams of protein!**

Grilled Steak Medallions

**Includes Grilled Steak,
Asparagus, Shiitake
Mushrooms, Sauteed Cherry
Tomatoes, Croutons, Mashed
Potatoes, and a Madeira Wine
Sauce**

**This meal has 440
calories. It has less
than 20 grams of fat
and contains 45
grams of protein!**



OLIVE GARDEN



Herb Grilled Salmon

610 calories
45 grams of fat
1,360mg of sodium

This dish contains salmon topped with garlic herb butter and parmesan garlic broccoli. Salmon is great source of protein and Omega-3!



Minestrone Soup

Includes vegetables, beans, and pasta in a light tomato broth
-Vegetarian

110 calories
5 grams of fat
810mg of sodium



Shrimp Scampi

There is a lighter version on the menu available. Shrimp sautéed in a garlic sauce, asparagus, tomatoes, and angel hair

490 calories
18 grams of fat
1,120mg of sodium

Watch your sodium intake!



CHILI'S



SPLIT

DIVIDE IN 1/2

**Ancho
Salmon with
Broccoli and
Rice**

**Chicken
Enchilada
Soup**

**6-ounce
Sirloin with
Grilled
Avocado**

- 640 calories
- 32 grams of fat
- 42 grams of carbs
- 5 grams of fiber
- 48 grams of protein

- 200 calories
- 13 grams of fat
- 12 grams of carbs
- 1 gram of fiber
- 10 grams of protein

- 360 calories
- 18 grams of fat
- 12 grams of carbs
- 6 grams of fiber
- 39 grams of protein





APPLEBEE'S

SPLIT
DIVIDE IN 1/2



Tex Mex Shrimp Bowl



Consists of mixed greens, rice, guacamole, wonton strips and pico de gallo with shrimp

Per serving - 710 calories, 28 grams of fat, 90 grams of carbs, 9 grams of fiber, and 30 grams of protein

SPLIT
DIVIDE IN 1/2



Tuscan Chicken Salad

Consists of mixed greens, cucumber, tomatoes, onions, grilled chicken, and light lemon oil vinaigrette

Per serving - 580 calories, 37 grams of fat, 22 grams of carbs, 7 grams of fiber, and 45 grams of protein





RED LOBSTER



Lobster- Topped Stuffed Flounder

Out of the entire crustacean family, lobsters have the highest protein and highest amount of omega-3 fatty acids - EPA and DHA. This dish also includes a lean fish, flounder, with broccoli and rice.

- Calories - 510
- 32 grams of fat
- 15 grams of carbs
- 40 grams of protein

Lobster- Topped Baked Potato

Potatoes are a nutrient powerhouse! They provide you antioxidants, vitamin C, vitamin B6, potassium. plus more!

- Calories - 350
- 11 grams of fat
- 51 grams of carbs
- 13 grams of protein



Start with a cup of egg drop soup (61 calories) or hot and sour soup (85 calories) for less than 100 calories!

Substitute brown rice over white, as it is higher in fiber and nutrients

P.F. CHANG'S



Choose your main dish off of "The Grill" menu - lower in fat and calories

Buddha's Feast

-Vegetarian dish made with tofu, broccoli, carrots, mushroom, cabbage, brown rice, and all stir-fried in a light sauce

260
calories

Vegetarian Lettuce Wraps

-Vegetarian dish made with minced vegetables, garlic, scallion, mint, sesame oil, lettuce, crispy rice sticks, and lime

260
calories





OUTBACK STEAKHOUSE

Victoria's Filet Mignon

This dish provides 380 calories for 6 ounces of lean beef and is a great choice of protein (47 grams), iron, and zinc!

Small Seared Peppered Ahi

This dish provides 440 calories with healthy omega-3 fats and high protein of 29 grams!





CALIFORNIA PIZZA KITCHEN

ROASTED VEGGIE HALF SALAD

This salad is served with Dijon balsamic vinaigrette dressing and includes artichoke hearts, asparagus, eggplant, bell peppers, corn, tomatoes, lettuce, and avocado

360 calories
27 grams of fat
29 grams of carbs
7 grams of protein

WILD MUSHROOM PIZZA

This original hand-tossed has cremini mushrooms, shiitake mushrooms, and portobello mushrooms. If you are not a fan of mushrooms, try the California veggie pizza!

170 calories per slice
6 grams of fat
22 grams of carbs
7 grams of protein



CRACKER

BARREL

Breakfast Options

Country Morning Breakfast

This includes two eggs and grits for 240 calories and 12 grams of fat.

If you have a sweet tooth - Try the Apple n' Cinnamon Oatmeal

This meal has 360 calories and 7 grams of fat.

Country Dinner Plates

Grilled Chicken Tenderloins

This has 150 calories and 4 grams of fat.

Lemon Pepper Grilled Rainbow Trout

This has 160 calories and 7 grams of fat.



BUFFALO WILD WINGS



Plain Boneless Wings

Street Tacos

Carrots and Celery



Opt for the seasonings, as they are lower calorie in comparison to sauces.

These street tacos are loaded with pulled chicken, garlic, ranch, and pico de gallo.

Opt for carrots and celery as a side to add extra vegetables to your diet without any added fat.

6 Wings

3 Tacos

1 serving

-360 calories
-29 grams of protein

-630 calories
-28 grams of protein

-130 calories
-4 grams of protein



tips and tricks for eating

AT A RESTAURANT

- Don't be afraid to ask for substitutes – Opt for fresh or steamed vegetables or a side salad in place of rice, pasta, french fries
- To avoid overeating, you can split an entrée with someone else or save and place half of your entrée in a to-go container
- Request a child's portion (Some bariatric programs offer "restaurant cards" identifying that you've had weight loss surgery)
- Caution at the salad bar – be aware of extra hidden calories and toppings high in fat

TRY OUR OMEGA-3 FISH OIL

♥ **3,000mg per serving**

♥ **915mg EPA / 630mg DHA**

♥ **Can help reduce inflammation, lower cholesterol levels, improve heart health, reduce joint stiffness and pain, support brain health and cognitive function, improve eye health, and EVEN boost our moods!**



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Resources

- <https://www.eatthis.com/healthy-meals-chain-restaurants/>
- https://www.goodhousekeeping.com/health/diet-nutrition/g4622/healthiest-fast-food/?utm_source=google&utm_medium=cpc&utm_campaign=arb_ga_ghk_md_pmx_us_urlx_19597983321&gclid=CjwKCAjw5MOIBhBTEiwAAJ8e1qN0t0t8H3lz6NuRpLaxY75QDzfogDFGp_q3XZQN7EsN9UvCKfivMRoCtVEQAvD_BwE
- <https://www.healthline.com/nutrition/mcdonalds-healthy-options#low-calorie>
- <https://www.eatthis.com/best-healthy-chick-fil-a-items/>
- <https://www.eatthis.com/healthiest-subway-sandwiches/>
- <https://fitnessunicorn.com/subway-low-calorie-subs/#:~:text=Further%2C%20these%20are%20some%20of%20the%20healthy%20subway,peppers%207%20banana%20peppers%208%20jalapenos%20More%20items>
- <https://www.eatthis.com/healthy-burger-king-orders/>
- <https://www.dunkindonuts.com/content/dam/dd/pdf/nutrition.pdf>
- <https://www.popsugar.com/fitness/healthiest-orders-jimmy-john-43048433>
- <https://www.eatthis.com/healthy-panda-express-menu-items/>
- <https://www.mashed.com/764655/the-absolute-healthiest-dishes-you-can-eat-the-cheesecake-factory>
- <https://www.eatthis.com/healthy-chilis-menu-items/>
- <https://www.eatthis.com/healthy-red-lobster-menu-items/>
- <https://www.sparkpeople.com/resource/sparkdining-healthyfind.asp?id=267>
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