

# **VSHRED** **RESTAURANT GUIDE**

**YOUR EATING OUT “CHEAT SHEET” TO HELP YOU STAY ON TRACK!**



**EXPLORE YOUR HEALTHY OPTIONS! ►►►**



# VSHRED RESTAURANT GUIDE

Love eating out but stressing out over what to choose on the menu?

We created this “cheat sheet” to make things easier!

A lot of our customers message us and our coaches for recommendations on what to eat at their favorite restaurants, like Chili's, Cheesecake Factory, and Olive Garden.

So we put together this guide that breaks down the top 5 healthiest options on their menus!

The good news is there ARE several healthier choices available at all of these restaurants.

From lobster rolls to loaded omelets, you can still enjoy several tasty dishes next time you go out to eat!

### Tips for Keeping It Healthy When Eating Out

### Best Picks at Popular Restaurants

**Chili's**

## Applebee's

## Cheesecake Factory

## Red Lobster

## Olive Garden

## Outback Steakhouse

## Cracker Barrel

**Denny's**

## Carrabba's Italian Grill

## Buffalo Wild Wings

P.F. Chang's

## Starbucks

## Taco Bell

**McDonald's**

**Chick-fil-A®**



# TIPS FOR KEEPING IT HEALTHY WHEN EATING OUT

Whether you're going out to eat for a special occasion or just enjoy eating out a few days a week, we know it's not always easy to make the healthiest choices.

Being prepared is one of the best things you can do to keep yourself on track – especially when you get questions from family and friends about why you're not eating certain foods and dishes.

Here are some tips and guidelines for making the most of your dining experience while you're on your fitness journey:

- ✓ **Check out the menu ahead of time!** We've included links to each restaurant's nutrition facts for all their menu items in this guide to help you with this part. We've also highlighted a few of their healthiest dishes so you have an idea of what you can order with ease. Take your time to browse the menu before you go out so you know what you're going to order (and aren't swayed by others!)
- ✓ **Let friends and family know eating healthy is important to you.** Social pressure can make it difficult to stay on track. When everyone is ordering tasty appetizers and ignoring portions, you might feel awkward being the only one eating a smaller portion or ordering something nobody else is ordering. Don't be! If anybody asks (most people won't care), you can let them know about your goals. But just remember, YOU get to decide what you want to eat on any given day. Try not to let other people influence your choices.
- ✓ **Eat mindfully.** It's easy to get caught up in a celebration or even a good conversation when you're eating out. But if you take the time to pause, savor your food, and really pay attention to how the food tastes, you'll not only end up feeling more satisfied but might also find you're truly enjoying the meal – no matter what it is!
- ✓ **Cut your meal in half.** Most restaurants serve oversized portions. Once you have an idea of what the nutrition facts are for the dish you've been eyeing, consider if you could cut that in half and meet your macros goals! Remember you can always take the rest home and turn that into another meal.
- ✓ **Eat before you go out.** This sounds a little counterintuitive but one of the best ways to prevent overeating at a restaurant is to eat something healthy before you eat that main meal. A high protein or high fat snack about 1-2 hours before meal time can help you keep hunger in check.

# BEST PICKS AT POPULAR RESTAURANTS

## CHILI'S

### HEALTHY MEALS & APPETIZERS

#### ANCHO SALMON

MACROS:  
510 CALORIES: 26G FAT,  
29G CARBS, 37G PROTEIN

#### GUILTLESS GRILL 6 OZ. SIRLOIN

MACROS:  
250 CALORIES: 9G FAT,  
3G CARBS, 38G PROTEIN

#### MARGARITA GRILLED CHICKEN

MACROS:  
350 CALORIES: 13G FAT,  
7G CARBS, 44G PROTEIN

#### FRESCO SALAD

MACROS:  
380 CALORIES: 22G FAT,  
23G CARBS, 38G PROTEIN

#### CLASSIC SIRLOIN WITH GRILLED AVOCADO

MACROS:  
540 CALORIES: 40G FAT,  
11G CARBS, 38G PROTEIN

[ALL CHILI'S  
NUTRITION INFO](#)

## APPLEBEE'S

### HEALTHY MEALS & APPETIZERS

#### CEDAR GRILLED LEMON CHICKEN

MACROS:  
580 CALORIES: 23G FAT,  
35G CARBS, 53G PROTEIN

#### THAI SHRIMP SALAD

MACROS:  
440 CALORIES: 24G FAT,  
28G CARBS, 29G PROTEIN

#### GRILLED CHICKEN BREAST

MACROS:  
460 CALORIES: 23G FAT,  
6G CARBS, 53G PROTEIN

#### SHRIMP WONTON STIR-FRY

MACROS:  
480 CALORIES: 23G FAT,  
45G CARBS, 23G PROTEIN

#### HAND-BATTERED FISH AND CHIPS

MACROS:  
610 CALORIES: 29G FAT,  
63G CARBS, 27G PROTEIN

[ALL APPLEBEE'S  
NUTRITION INFO](#)

# CHEESECAKE FACTORY

## HEALTHY MEALS & APPETIZERS

### SKINNYLICIOUS GRILLED SALMON

MACROS:  
570 CALORIES: 37G FAT,  
12G CARBS, 53G PROTEIN

### SKINNYLICIOUS TUSCAN CHICKEN

MACROS:  
490 CALORIES: 19G FAT,  
26G CARBS, 48G PROTEIN

### SKINNYLICIOUS TURKEY & AVOCADO SANDWICH

MACROS:  
620 CALORIES: 36G FAT,  
37G CARBS, 35G PROTEIN

### GRILLED CHICKEN TACOS

MACROS:  
450 CALORIES: 16G FAT,  
46G CARBS, 28G PROTEIN

### SKINNYLICIOUS SOFT TACOS

MACROS:  
420 CALORIES: 18G FAT,  
43G CARBS, 25G PROTEIN

### [ALL CHEESECAKE FACTORY NUTRITION INFO](#)

# RED LOBSTER

## HEALTHY MEALS & APPETIZERS

### WOOD-GRILLED SHRIMP SKEWERS

MACROS:  
160 CALORIES: 5G FAT,  
2G CARBS, 27G PROTEIN

### BAR HARBOR SALAD

MACROS:  
180 CALORIES: 12G FAT,  
13G CARBS, 9G PROTEIN

### PETITE MAINE LOBSTER ROLL

MACROS:  
340 CALORIES: 15G FAT,  
33G CARBS, 19G PROTEIN

### SNOW CRAB LEGS

MACROS:  
320 CALORIES: 19G FAT,  
1G CARBS, 37G PROTEIN

### WOOD-GRILLED FRESH TILAPIA

MACROS:  
220 CALORIES: 5G FAT,  
5G CARBS, 39G PROTEIN

### [ALL RED LOBSTER NUTRITION INFO](#)

# OLIVE GARDEN

## HEALTHY MEALS & APPETIZERS

### HERB-GRILLED SALMON

MACROS:  
460 CALORIES: 29G FAT,  
8G CARBS, 44G PROTEIN

### CHICKEN MARGHERITA

MACROS:  
590 CALORIES: 31G FAT,  
22G CARBS, 57G PROTEIN

### SHRIMP SCAMPI

MACROS:  
510 CALORIES: 43G FAT,  
6G CARBS, 24G PROTEIN

### MINESTRONE SOUP

MACROS:  
110 CALORIES: 1G FAT,  
20G CARBS, 6G PROTEIN

### GRILLED CHICKEN CAESAR SALAD

MACROS:  
470 CALORIES: 23G FAT,  
22G CARBS, 44G PROTEIN

[ALL OLIVE GARDEN  
NUTRITION INFO](#)

# OUTBACK STEAKHOUSE

## HEALTHY MEALS & APPETIZERS

### VICTORIA'S FILET MIGNON

MACROS:  
400 CALORIES: 26G FAT,  
6G CARBS, 36G PROTEIN

### GRILLED CHICKEN ON THE BARBIE

MACROS:  
380 CALORIES: 14G FAT,  
7G CARBS, 52G PROTEIN

### LOBSTER, SHRIMP AND SALMON

MACROS:  
540 CALORIES: 32G FAT,  
15G CARBS, 45G PROTEIN

### SEARED PEPPERED AHI TUNA

MACROS:  
420 CALORIES: 18G FAT,  
16G CARBS, 46G PROTEIN

### GRILLED SHRIMP ON THE BARBIE

MACROS:  
180 CALORIES: 6G FAT,  
4G CARBS, 26G PROTEIN

[ALL OUTBACK STEAKHOUSE  
NUTRITION INFO](#)

# CRACKER BARREL

## HEALTHY MEALS & APPETIZERS

### LEMON PEPPER GRILLED RAINBOW TROUT

MACROS:  
300 CALORIES: 14G FAT,  
3G CARBS, 40G PROTEIN

### GOOD MORNING BREAKFAST

MACROS:  
320 CALORIES: 14G FAT,  
29G CARBS, 21G PROTEIN

### GRILLED CHICKEN TENDERLOINS

MACROS:  
180 CALORIES: 2G FAT,  
0G CARBS, 40G PROTEIN

### FRESH APPLE SLICES WITH YOGURT

MACROS:  
190 CALORIES: 3G FAT,  
39G CARBS, 3G PROTEIN

### PECAN CRUSTED CATFISH

MACROS:  
450 CALORIES: 22G FAT,  
25G CARBS, 41G PROTEIN

### [ALL CRACKER BARREL NUTRITION INFO](#)

# DENNY'S

## HEALTHY MEALS & APPETIZERS

### FIT FARE VEGGIE SIZZLIN' SKILLET

MACROS:  
470 CALORIES: 26G FAT,  
6G CARBS, 36G PROTEIN

### FIT SLAM®

MACROS:  
390 CALORIES: 14G FAT,  
7G CARBS, 52G PROTEIN

### FIT FARE® LOADED VEGGIE OMELETTE

MACROS:  
490 CALORIES: 32G FAT,  
15G CARBS, 45G PROTEIN

### FIT FARE® SIRLOIN STEAK

MACROS:  
440 CALORIES: 18G FAT,  
16G CARBS, 46G PROTEIN

### SEASONAL FRUIT

MACROS:  
60 CALORIES: 6G FAT,  
4G CARBS, 26G PROTEIN

### [ALL DENNY'S NUTRITION INFO](#)



# CARRABBA'S ITALIAN GRILL

## HEALTHY MEALS & APPETIZERS

### INSALATA CARRABBA (SALAD)

MACROS:  
310 CALORIES: 24G FAT,  
12G CARBS, 13G PROTEIN

### SIMPLY GRILLED SALMON

MACROS:  
495 CALORIES: 36G FAT,  
2G CARBS, 42G PROTEIN

### TUSCAN GRILLED SIRLOIN

MACROS:  
582 CALORIES: 30G FAT,  
6G CARBS, 69G PROTEIN

### WOOD-GRILLED CHICKEN MARSALA

MACROS:  
400 CALORIES: 19G FAT,  
14G CARBS, 40G PROTEIN

### ZUCCHINI FRITTE (APPETIZER)

MACROS:  
400 CALORIES: 27G FAT,  
38G CARBS, 6G PROTEIN

[ALL CARRABBA'S ITALIAN  
GRILL  
NUTRITION INFO](#)

# BUFFALO WILD WINGS

## HEALTHY MEALS & APPETIZERS

### NAKED TENDERS

MACROS:  
470 CALORIES: 24G FAT,  
7G CARBS, 54G PROTEIN

### GRILLED CHICKEN BUFFALITOS

MACROS:  
380 CALORIES: 9G FAT,  
50G CARBS, 27G PROTEIN

### GARDEN SALAD WITH GRILLED CHICKEN

MACROS:  
340 CALORIES: 14G FAT,  
16G CARBS, 36G PROTEIN

### CHICKEN CAESAR SALAD WITH GRILLED CHICKEN

MACROS:  
450 CALORIES: 28G FAT,  
11G CARBS, 41G PROTEIN

### TRADITIONAL WINGS (SNACK, SMALL, OR MEDIUM) - NAKED OR SAUCE

MACROS:  
280-720 CALORIES: 18-50G FAT,  
0-33G CARBS, 29-66G PROTEIN

[ALL BUFFALO WILD WINGS  
NUTRITION INFO](#)



# P.F.CHANG'S

## HEALTHY MEALS & APPETIZERS

### CHANG'S SPICY CHICKEN

MACROS:  
630 CALORIES: 35G FAT,  
42G CARBS, 37G PROTEIN

### GINGER CHICKEN WITH BROCCOLI

MACROS:  
510 CALORIES: 31G FAT,  
18G CARBS, 40G PROTEIN

### KOREAN BIBIMBAP

MACROS:  
490 CALORIES: 14G FAT,  
72G CARBS, 19G PROTEIN

### BUDDHA'S FEAST

MACROS:  
270 CALORIES: 12G FAT,  
32G CARBS, 9G PROTEIN

### STEAMED SHRIMP DUMPLINGS (APPETIZER)

MACROS:  
260 CALORIES: 6G FAT,  
35G CARBS, 14G PROTEIN

[ALL P.F. CHANG'S  
NUTRITION INFO](#)

# STARBUCKS

## HEALTHY MEALS & APPETIZERS

### EGG WHITE & ROASTED RED PEPPER SOUS VIDE EGG BITES

MACROS:  
170 CALORIES: 7G FAT,  
13G CARBS, 13G PROTEIN

### SPINACH, FETA & EGG WHITE BREAKFAST WRAP

MACROS:  
290 CALORIES: 10G FAT,  
33G CARBS, 19G PROTEIN

### CLASSIC WHOLE GRAIN OATMEAL

MACROS:  
160 CALORIES: 2G FAT,  
28G CARBS, 5G PROTEIN

### GRILLED CHICKEN & HUMMUS PROTEIN BOX

MACROS:  
270 CALORIES: 12G FAT,  
23G CARBS, 23G PROTEIN

### HEARTY VEGGIE & BROWN RICE SALAD BOWL

MACROS:  
430 CALORIES: 11G FAT,  
71G CARBS, 12G PROTEIN

[ALL STARBUCKS  
NUTRITION INFO](#)

# TACO BELL

## HEALTHY MEALS & APPETIZERS

### POWER MENU BOWL WITH GRILLED CHICKEN

MACROS:  
470 CALORIES: 26G FAT,  
33G CARBS, 28G PROTEIN

### VEGGIE POWER MENU BOWL

MACROS:  
430 CALORIES: 14G FAT,  
54G CARBS, 18G PROTEIN

### BLACK BEAN CRUNCHWRAP SUPREME

MACROS:  
510 CALORIES: 23G FAT,  
62G CARBS, 12G PROTEIN

### CHICKEN SOFT TACO FRESCO STYLE

MACROS:  
140 CALORIES: 3.5G FAT,  
17G CARBS, 10G PROTEIN

### BLACK BEAN QUESARITO

MACROS:  
570 CALORIES: 20G FAT,  
78G CARBS, 19G PROTEIN

[ALL TACO BELL  
NUTRITION INFO](#)

# MCDONALD'S

## HEALTHY MEALS & APPETIZERS

### ARTISAN GRILLED CHICKEN SANDWICH

MACROS:  
380 CALORIES: 7G FAT,  
44G CARBS, 37G PROTEIN

### SOUTHWEST GRILLED CHICKEN SALAD

MACROS:  
350 CALORIES: 10G FAT,  
27G CARBS, 37G PROTEIN

### EGG WHITE DELIGHT MCMUFFIN

MACROS:  
250 CALORIES: 6G FAT,  
30G CARBS, 18G PROTEIN

### GRILLED CHICKEN COOL WRAP

MACROS:  
350 CALORIES: 9G FAT,  
36G CARBS, 32G PROTEIN

### FRUIT & MAPLE OATMEAL

MACROS:  
7 CALORIES: 7G FAT,  
58G CARBS, 6G PROTEIN

[ALL MCDONALD'S  
NUTRITION INFO](#)

# CHICK-FIL-A®

## HEALTHY MEALS & APPETIZERS

### GRILLED CHICKEN SANDWICH

MACROS:  
320 CALORIES: 6G FAT,  
41G CARBS, 29G PROTEIN

### GRILLED CHICKEN COOL WRAP

MACROS:  
350 CALORIES: 10G FAT,  
37G CARBS, 34G PROTEIN

### MARKET SALAD WITH GRILLED CHICKEN

MACROS:  
200 CALORIES: 7G FAT,  
9G CARBS, 28G PROTEIN

### SPICY SOUTHWEST SALAD WITH GRILLED CHICKEN

MACROS:  
430 CALORIES: 20G FAT,  
27G CARBS, 35G PROTEIN

### GRILLED CHICKEN NUGGETS (8-PIECE) WITH SIDE SALAD AND LIGHT ITALIAN DRESSING

MACROS:  
285 CALORIES: 12G FAT,  
20G CARBS, 25G PROTEIN

[\*\*ALL ALL CHICK-FIL-A®  
NUTRITION INFO\*\*](#)

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