
Eating out doesn't have to mean that you have to sacrifice your diet. Keep this handy guide with you so that you have a meal option for unexpected dining out occasions.

Arby's®

- Broccoli & Cheddar Baked Potato
- Deluxe Baked Potato
- Roast Chicken Club Sandwich
- Roast Turkey & Swiss Wrap

Boston Pizza®

- Chicken Cannelloni
- Chicken Santa Fe Stromboli
- Chicken Stromboli
- Chipotle Chicken Caesar Wrap
- Lemon Baked Salmon Filet + Seasonal Vegetables + Rice
- Medium Size BBQ Chicken Pizza (3 slices)
- Medium Size Hawaiian Pizza (3 slices)
- Medium Size Szechuan (3 slices)
- Medium Size Vegetarian Pizza (3 slices)
- Pollo Pomodoro Linguini + Garden Green Salad
- Spaghetti w/ Bolognese + Starter Caesar Salad

Burger King®

- Whopper Jr. Sandwich with Cheese + Side Salad w/ Croutons & Rancher's Choice Lite Dressing
- Whopper Jr. Sandwich + Side Salad w/ Croutons & Rancher's Choice Lite Dressing

Casey's Bar and Grill®

- 1/4 Chicken Breast + 1/2 Baked Potato w/ Sour Cream + Coleslaw
- Grilled Vegetable Burger + Coleslaw
- Health Check 8 oz. Sirloin Steak + Steamed Vegetables + Plain Baked Potato
- Health Check Mango Mahi Mahi + Steamed Vegetables + Plain Baked Potato + Coleslaw
- Health Check 8 oz Filet Mignon w/steamed vegetables & plain baked potato
- 1/2 Portion Short Rib Rigatoni w/ 1 slice garlic bread

Country Style®

- 6" Grilled Chicken Sandwich
- 6" Meatball Deluxe Sandwich
- 6" Original Steak & cheese
- 6" Traditional Egg Sandwich + Garden Salad
- 6" Traditional Tuna Sandwich + Garden Salad
- Clubhouse Griller

Country Style® Cont'd

- Spicy Buffalo Chicken Griller
- Tuscan Bacon Turkey Griller

Dairy Queen®

- 1/4 lb. GrillBurger w/ Cheese
- Iron Grilled Turkey Sandwich

Denny's®

- Baja Salad with Chicken + Fat Free Ranch Dressing + 2 Butter Rolls
- Baja Salad with Shrimp + Fat Free Ranch Dressing + Corn + Garlic Bread
- Fit Fare Grilled Chicken + Vegetables + Tomatoes + Plain Mashed Potatoes
- Top Sirloin Steak & Shrimp Skewers + Green Beans + Corn + Cinnamon Apples
- Top Sirloin Steak + Green Beans + Corn + 2 Butter Rolls

East Side Mario's®

- 1/2 New York Striploin + Spaghetini with Herbed Olive Oil + Roasted Vegetables
- 1/2 Portion Grilled Salmon + Spaghetini with Herbed Olive Oil + Roasted Vegetables
- 2 Slices Hawaiian Pizza + 1/2 Spaghetini with Herbed Olive Oil
- 3 Slices Goat Cheese & Grilled Chicken Pizza
- Chicken Garden Salad + 1/2 Garlic Homeloaf (No margarine)
- Chicken Parmigiana Sandwich + Roasted Vegetables
- Mario's Chicken Parmigianino + Italian Wedding Soup
- Mario's Lasagna + Roasted Vegetables
- Spaghetti Bolognese + Roasted Vegetables

Harvey's®

- Great Canadian Burger TM

Jack Astor's Bar and Grill®

- 1/2 Chicken Stir Fry
- 1/2 Vegetable Fajitas
- Grilled Chicken Breasts (Plain) + Jack's Vegetables (No butter) + Jasmine Rice
- Grilled Salmon (Plain) + Jack's Vegetables (No Butter) + 1/2 Jasmine Rice
- Top Sirloin Steak (no butter) + Jack's Vegetables (no honey butter) + 1/2 portion Jasmine Rice

Kelsey's®

- Top Sirloin Steak (220g)+ Plain Baked Potato
- Grilled Salmon w/Rice & Steamed vegetables
- Kelsey's Vegetable Burger (no sides)

Kelsey's® Cont'd

- Sizzling chicken Fajita's + 2 Tortillas + 1/2 portion rice
- Smokey Portobello chicken w/vegetables & mash
- 1/2 Pulled Pork Sandwich + Steamed Veggies
- 1/2 Grilled Steak Sandwich + 1/2 portion Yukon Gold Mash Potatoes + steamed Vegetables
- 1/2 portion Spicy Chicken Rigatoni + 1 pasta bread stick + steamed veggies
- 1/2 portion Eight Veggie Pesto Fettuccine + 1 pasta bread stick + steamed veggies
- 1/2 portion Chicken Parmesan w/ Tomato Sauce + 1 pasta bread stick + steamed veggies

KFC®

- 1 Piece Original Recipe Keel + corn (individual size) + medium mashed potato (no gravy)
- 1 piece OR rib + corn (individual size) + Mashed potato (individual size, no gravy) + potato salad (individual size)
- '3 pieces Original Recipe drumsticks + corn (individual size) + medium mashed potato (no gravy)
- '2 pieces OR wings + medium corn + Mashed potato (individual size, no gravy)
- 1 piece OR thigh + medium corn + mashed potato (individual size, no gravy)
- '3 pieces ISP Boneless fillet + Mashed potatoes (individual size, no gravy) OR corn (individual size)
- 1 piece Hot & Spicy Keel + medium mashed potatoes w/individual size gravy + corn (individual size)
- 1 piece Hot & Spicy rib + corn (individual size) + Mashed potato (individual size, no gravy) + potato salad (individual size)
- 2 piece Hot & Spicy drumstick + medium mashed potatoes w/individual size gravy + corn (individual size)
- Classic Sandwich + corn (individual size) + mashed potatoes (individual size, no gravy)
- Original Recipe Sandwich + corn (individual size) + mashed potatoes (individual size, no gravy)
- Crispy Chicken Original Twister + Individual sized corn or mashed potatoes
- 16oz Chicken Bowl (only)
- Vegetarian Burger + Mashed Potatoes (Individual) + Gravy

McDonald's®

- Cheeseburger + Side Garden Salad w/ Balsamic Vinaigrette Dressing + Fruit 'n Yogurt Parfait
- Filet-O-Fish® Sandwich + Fruit 'n Yogurt Parfait
- Grilled Chicken Classic Sandwich + Fruit 'n Yogurt Parfait

McDonald's® Cont'd

- Hamburger + Side Garden Salad w/ Balsamic Vinaigrette Dressing + Fruit 'n Yogurt Parfait
- Pesto Grilled Chicken McMini® Sandwich + Fruit 'n Yogurt Parfait
- Spicy Thai Chicken Salad w/ Grilled Chicken + Asian Sesame Dressing + Fruit 'n Yogurt Parfait
- Southwest Grilled Chicken Sandwich w/dressing + Apple Slices w/Caramel Dip

Olive Garden®

- 1/2 Chicken Marsala + 1-1/2 Breadsticks
- 1/2 Mixed Grill (All Chicken) w/ Sides + Pasta e Fagioli Soup + 1 Breadstick
- 1/2 Mixed Grill with Sides + 1-1/2 Breadsticks
- 1/2 Parmesan Crusted Bistecca w/ Sides + Pasta e Fagioli Soup + 1 Breadstick
- 1/2 Spaghetti with Meatsauce + 1-1/2 Breadsticks
- Capellini di Mare
- Steak Toscano
- Seafood Brodetto + 1 Breadstick
- Grilled Chicken Caprese Panini
- 1/2 portion Seafood Portofino + 1 Breadstick

Pizza Hut®

- 6" Canadian Personal Pan Pizza
- 6" Chicken Caesar Personal Pan Pizza
- 6" Chicken Florentine Personal Pan Pizza
- 6" Chicken Lover's Personal Pan Pizza
- 6" Triple Crown® Personal Pan Pizza
- 6" Veggie Lover's Personal Pan Pizza
- 6" Venetian Personal Pan Pizza
- 1/2 Portion Tuscani Chicken Alfredo Pasta (Regular Size)
- Tuscani Mediterranean Vegetable Pasta (individual size) + 1 breadstick
- Half Order Tuscani Meaty Marinara Pasta - (regular size)
- 6-inch Hawaiian Personal Multigrain Pizza + side Italian House Salad w/ Low Fat Raspberry Dressing
- 6-inch BBQ Chicken Personal Pan Pizza
- 9-inch Grilled Chicken Arrabiatta Small Pan Pizza (3 slices)
- 9-inch Grilled Chicken Rustica Small Pan Pizza (3 slices)

Red Lobster®

- Lighthouse SM Grilled Rainbow Trout + Broccoli + Garden Salad w/ Balsamic Vinaigrette Dressing + Signature Biscuit
- Lighthouse SM Grilled Salmon + Broccoli + Garden Salad w/ Balsamic Vinaigrette Dressing + Signature Biscuit
- Lighthouse Broiled Sole w/ Broccoli + Garden Salad w/Balsamic Vinaigrette Dressing

Starbucks®

- Protein Bistro Box + Deluxe Fruit Salad + Grande nonfat Latte
- Protein Bistro Box + Peach & Raspberry Yogurt Parfait
- Sunflower Turkey Cheddar Wrap + Grande nonfat Latte
- Thai Tuna Wrap + Tall nonfat Latte

Subway®

- 6" Chicken Pizziola Sandwich w/Cheese & Vegetables (no mayo) + Yogurt Parfait
- 6" Cold Cut Combo Sandwich w/Cheese & Vegetables (no mayo) + Yogurt Parfait
- 6" Italian B.M.T. Sandwich w/Cheese & Vegetables (no mayo) + Yogurt Parfait
- 6" Meatball Marinara Sandwich w/Cheese & Vegetables (no mayo)
- 6" Pizza Sub w/Cheese & Vegetables (no mayo) + Yogurt Parfait
- 6" Steak & Cheese w/Cheese & Vegetables (no mayo) + Yogurt Parfait

Swiss Chalet®

- Chicken on a Kaiser + Garden Salad w/ Fat-Free Raspberry Vinaigrette + Sweet Kernel Corn
- Classic Hot Chicken Sandwich + Fresh Vegetable Medley
- Fish (1 piece) + Mashed Potatoes & Gravy + Fresh Vegetable Medley+ Multigrain Roll
- Grilled Chicken Caesar Salad w/ Lemon Garlic Dressing + Multigrain Roll
- Spinach Chicken Salad w/ Lemon Garlic Dressing + Multigrain Roll
- Quarter Chicken (Dark Meat, Skinless) w/ Mashed Potatoes & Gravy + Side Greek Salad w/ Light Italian Dressing + Multigrain Roll
- Quarter Chicken (White Meat, Skinless) + Mashed Potatoes & Gravy + Fresh Vegetable Medley + Multigrain Roll
- Veggie Burger with Side Greek Salad with Light Italian Dressing
- Health Check™ West Coast Salad w/Chicken & Tuscan Italian Fat Free Dressing (no feta) + 2 Multigrain Rolls
- Health Check™ Sweet Heat Salad w/Chicken & Lime Kiwi Dressing + Fresh Vegetable Medley + 1 Multigrain Roll

Taco Bell®

- 2 Fresco Bean Burritos
- 3 Fresco Chicken Soft Tacos
- 2 Fresco Steak Supreme Burritos
- 3 Fresco Beef Soft Tacos

The Keg®

- 1/2 Grilled Thai Chicken
- 1/2 Lobster Tail Dinner
- 8 oz. Sirloin + 1/2 Plain Baked Potato
- Teriyaki Sirloin (8oz) + 1/2 plain baked potato

Tim Horton's®

- Ham & Swiss Sandwich + Vanilla Yogurt & Berries
- Toasted Chicken Club + Vanilla Yogurt & Berries
- 'Tim's Own® BLT + Vanilla yogurt & berries

Wendy's®

Jr. Cheeseburger + Garden Side Salad + Lite Classic Ranch Dressing + Strawberry Yogurt

Lg. Chili + Garden Side Salad + Lite Classic Ranch Dressing + Strawberry Yogurt

Ultimate Chicken Grill Sandwich + Garden Side Salad + Lite Classic Ranch Dressing