

THE **RESTAURANT CHEAT SHEET**

**Don't let healthy eating
trap you in your kitchen!**

Check out these healthy options
that won't derail your progress.

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Please note not all food suggestions are suitable for everyone. Check with your doctor before beginning any dietary program to avoid/reduce risk of injury. Coach Catalyst is not responsible or liable for any injury sustained as a result of consuming items presented in this document.

NOTE TO THE READERS:

All food items we have presented you are items we found via online searches. If we could not find the nutritional breakdown of a restaurant's menu we didn't breakdown the macros on this cheat sheet, simply for the fact we didn't want to have to guess on the (macros) proteins, carbs, and fats per meal. All nutritional numbers are the best estimate possible via online searches, restaurant menus, and myfitnesspal.com.

The restaurants picked were based on the top National or World Wide restaurant list. The likelihood of these restaurants being accessible to you is very high, so we hope this guide helps you make conscious decisions about what you are eating so you can enjoy your food while staying true to your nutritional goals.

COFFEE SHOPS



HOW DO YOUR FAVORITE SPECIALTY COFFEE DRINKS COMPARE TO THESE POPULAR SODAS & ENERGY DRINKS?



Pepsi
120Z

41g

SUGAR

150

CALORIES



Mountain Dew
120Z

48g

SUGAR

170

CALORIES



Coca-Cola
120Z

39g

SUGAR

140

CALORIES



Mello Yellow
120Z

47g

SUGAR

170

CALORIES



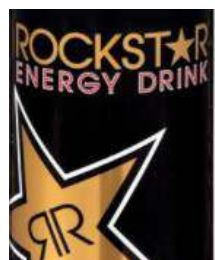
Monster Energy Drink
160Z

54g

SUGAR

200

CALORIES



Rockstar Organic Energy Drink, 16oz

62g

SUGAR

260

CALORIES

You may notice that there are no diet sodas listed above. While it's true that diet sodas have little to no calories and zero sugars, that doesn't mean diet sodas are a healthier choice. Diet sodas contain artificial sweeteners such as aspartame, sucralose, and saccharine. These artificial sweeteners have been associated with type 2 diabetes, headaches, tooth erosion, depression, osteoporosis and a number of other issues to negatively affect your overall health. Artificial sweeteners also trigger insulin, putting your body in fat storage mode that can lead to weight gain over time.

Use this resource as a guide to make conscious decisions when it comes to your health. While ordering a treat every once in awhile won't completely derail your health, making it a regular occurrence can derail your health-related goals. Your best beverage choices will always be water, coffee (black), and tea (unsweetened).



HOT CINNAMON SPICE TEA



BLACK COFFEE



COMPARE TO



Chai Tea Latte - 2% milk



Hot Crafted Press - no whip



Caramel High Rise
2% milk with whip



Berry White Mocha, iced
2% milk, no whip, white choc.



Turtle Mocha Cooler
milk chocolate with whip



Campfire Mocha
2% milk with whip, milk choc



NUTRITION FACTS REFLECT SMALL DRINK ORDERS



OLD PARADISE ESPRESSO



CLASSIC AMERICANO
No milk



COMPARE TO



Cortado - *with skimmed milk*



Flat White - *with skimmed milk*



Cafe Latte
made with skimmed milk



Mocha Latte
made with skimmed milk



Caramel Cappuccino
made with skimmed milk



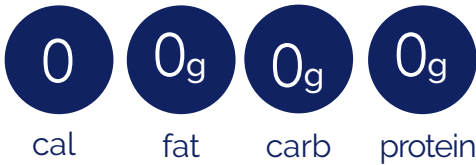
Gingerbread Latte
made with skimmed milk



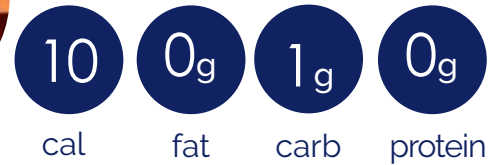
NUTRITION FACTS REFLECT SMALL DRINK ORDERS



UNSWEETENED HOT TEA



HOT AMERICANO



COMPARE TO



Sweet & Salted Cold Brew



Vanilla Chai



Mocha Swirl Macchiato
made with whole milk



Cappuccino
with sugar



Caramel Mocha Swirl Latte
made with whole milk



Frozen Iced Coffee
made with cream



NUTRITION FACTS REFLECT SMALL DRINK ORDERS



BLACK COFFEE - Any Size

Adding cream & sugar adds an extra 35 calories, 1.5 grams of fat & 5 carbs



COMPARE TO



McCafé Iced Coffee



McCafé Caramel Mocha



McCafé Frappe Mocha



McCafé Iced Mocha



McCafé Hot Chocolate



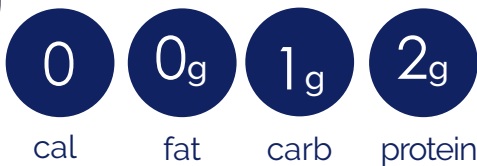
McCafé Mango Pineapple Smoothie



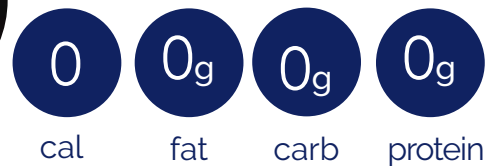
NUTRITION FACTS REFLECT SMALL DRINK ORDERS



Hot or Iced Coffee - Black



Narino 70 Cold Brew



COMPARE TO



Chai Creme Frappuccino
Blended Coffee



Cinnamon Dolce Light
Frappuccino Blended Coffee



Green Tea Frappuccino Blended
Creme, whole milk & whipped cream



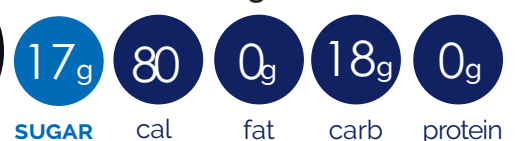
KIDS Steamed Apple Juice, 8oz



Cafe Misto
2% milk



Fizzio Orange Cream Soda



NUTRITION FACTS REFLECT TALL DRINK ORDERS



Steeped Tea made with Whole Leaf

0	0g	0g	0g
cal	fat	carb	protein



Original Blend Coffee

5	0g	1g	0g
cal	fat	carb	protein

COMPARE TO



Iced Coffee, cream & sugar

7g	70	4g	8g	1g
SUGAR	cal	fat	carb	protein



Mocha Iced Capp, cream

47g	410	21g	54g	3g
SUGAR	cal	fat	carb	protein



Iced Coffee, milk no sugar

9g	52	1g	10g	1g
SUGAR	cal	fat	carb	protein



Cappuccino

10g	70	0g	11g	7g
SUGAR	cal	fat	carb	protein



Iced Latte

28g	210	6g	28g	10g
SUGAR	cal	fat	carb	protein



Latte

12g	80	0g	12g	8g
SUGAR	cal	fat	carb	protein

NUTRITION FACTS REFLECT SMALL DRINK ORDERS

FAST FOOD

RESTAURANTS





Grilled Chicken Sandwich

on bun with tomatoes,
mayonnaise & lettuce



470	19g	39g	37g
cal	fat	carb	protein

Morning Star Veggie Burger

on bun with onions,
tomatoes, lettuce & ketchup
*no mayonnaise



310	7g	42g	22g
cal	fat	carb	protein

Double Cheeseburger

on bun with cheese, pickles,
mustard & ketchup



350	18g	27g	20g
cal	fat	carb	protein



Grilled Chicken Sandwich



310	6g	36g	29g
cal	fat	carb	protein

Grilled Chicken Nuggets

with Fruit Cup

45	0g	12g	0g
cal	fat	carb	protein

140	3.5g	2g	25g
cal	fat	carb	protein



Grilled Market Salad

with Light Italian Dressing

25	1.5g	3g
cal	fat	carb



485	6g	15g	25g
cal	fat	carb	protein



BUILD YOUR OWN BOWL OR SALAD

Pick Your Base

Did you know you can ask for half scoops of rice and beans?

Romaine Lettuce: 10 calories
Lettuce: 5 calories
White or Brown Rice: 210 calories
Black or Pinto Beans: 120 calories

Recommended Protein Choices

Did you know Chorizo has 300 calories compared to these?

Steak: 150 calories
Sofritas: 150 calories
Barbacoa: 170 calories
Chicken: 180 calories

Recommended Toppings

Pick your favorites - beware some salsas are very spicy!

Fajita Veggies: 20 calories
Lettuce (if chose rice above): 5-10 calories
Tomatillo Red-Chili Salsa: 30 calories
Fresh Tomato Salsa: 25 calories
Tomatillo Green-Chili Salsa: 15 calories

Things to Avoid

If you choose to make a salad, use salsa as your dressing!

Flour Tortilla: 300 extra calories
Sour Cream: 120 extra calories
Chips & Guacamole: 800 extra calories
Chips & Salsa: 590-650 extra calories
Chipotle Vinaigrette: 270 extra calories



Grilled Chicken Garden
Greens Salad
.....
with Light Italian Dressing

20 1g 2g
cal fat carb



160 2g 10g 26g
cal fat carb protein

Chicken Bruschetta Sandwich
.....

470 13g 54g 33g
cal fat carb protein



Original Cheeseburger
.....



380 19g 34g 21g
cal fat carb protein

ICE CREAM TIPS

SIZE: Order a reasonable size - Mini or Small will hit the spot!

TOPPINGS: Limit toppings to 1-2

*** Eat Slowly -- Enjoy Each Bite ***



Low Carb It - 1/3lb Thickburger

on lettuce wrap



470	36g	9g	22g
cal	fat	carb	protein

Low Carb It - Charbroiled Chicken Club Sandwich

on lettuce wrap
*no bacon



250	16g	12g	16g
cal	fat	carb	protein

Low Carb It - Breakfast Bowl

Folded eggs topped with a sausage patty and Swiss cheese, piled with a loaded omelet, and topped with shredded cheddar
*no bacon



580	45g	10g	34g
cal	fat	carb	protein



McDONALD'S

Whole Egg - Round or Scrambled

Ask for salt & pepper packets, as well as hot sauce!



70	4.5g	1g	7g
cal	fat	carb	protein

Pico Guacamole with Artisan Grilled Chicken

*Order on sesame seed bun
**skip the buttermilk ranch sauce*



420	12g	39g	38g
cal	fat	carb	protein

Southwest Grilled Chicken Salad



350	12g	27g	37g
cal	fat	carb	protein



BUILD YOUR OWN BOWL OR SALAD

Pick Your Base

Did you know you can ask for half scoops of rice and beans?

Lettuce: 0 calories
Cilantro Lime Rice: 190
Brown Rice: 170 calories
Black or Pinto Beans: 130-140 calories

Recommended Protein Choices

Did you know Chorizo has 300 calories compared to these?

Chicken, Tequila-Lime: 100 calories
Pork, Pulled: 160 calories
Steak: 180 calories
Beef, Ground / Shredded: 190 calories

Recommended Toppings

Pick your favorites - beware some salsas are very spicy!

Cilantro: 0 calories
Fajita Vegetables: 35 calories
Pico de Gallo: 10 calories
Fiery Habanero: 20 calories
Salsa Roja/Verda: 20/15 calories
Mango Salsa: 60 calories

Things to Avoid

If you choose to make a salad, use salsa as your dressing!

Crunchy Tortilla Bowl: 390 calories
Flour Tortilla: 300 calories
Whole Wheat Flour Tortilla: 270 calories
Sour Cream, lite: 50 calories
Corn Tortilla Chips: 560 calories
Three Cheese Queso: 90 calories
Green Tobasco Flavored Queso: 150 cal



Rotisserie Style Chicken Salad

*Calculated with banana peppers, black olives, cucumbers, green peppers, jalapenos, lettuce, spinach, red onions & tomatoes
Dressing: vinegar & oil*



300	18 _g	12 _g	24 _g
cal	fat	carb	protein

6" Sub: Egg & Cheese

*Calculated on Parmesan Oregano bread with banana peppers, black olives, green peppers, jalapenos, spinach, red onions & tomatoes
No Dressing*



340	10 _g	46 _g	17 _g
cal	fat	carb	protein

6" Sub: Veggie Delite

*Calculated on Sourdough bread with cucumbers, green peppers, lettuce, red onions & tomatoes
No Dressing*



210	1.5 _g	40 _g	10 _g
cal	fat	carb	protein



Mini Skillet Bowl (breakfast)

order with NO cheese sauce
optional: add steak + guacamole



180

cal

11g

fat

16g

carb

5g

protein

Power Menu Bowl: Veggie

feel free to add onions, jalapeno
pepers, tomatoes, and fire roasted
salsa



480

cal

18g

fat

64g

carb

16g

protein

Power Menu Bowl: Chicken or Steak

Order without sour cream
& avocado ranch sauce

**Optional add items from veggie bowl



500

cal

20g

fat

53g

carb

28g

protein



Power Mediterranean
Chicken Salad

Half-Size



250	9 _g	23 _g	22 _g
cal	fat	carb	protein

Grilled Chicken Wrap

270	10 _g	24 _g	20 _g
cal	fat	carb	protein



Jr. Cheeseburger



280	13 _g	25 _g	16 _g
cal	fat	carb	protein

SIT DOWN

RESTAURANTS





Wood-fired Cedar Salmon



340 22g 2g 35g
cal fat carb protein

with Side-Fire Grilled Veggies

160 13g 11g 3g
cal fat carb protein

- OR -

with Garlicky Green Beans

180 15g 11g 2g
cal fat carb protein

Shrimp & Parmesan Sirloin (8oz)

580 37g 6g 58g
cal fat carb protein



Thai Shrimp Salad



380 19g 32g 23g
cal fat carb protein

Cedar Grilled Lemon Chicken

(with Rice)

580 26g 48g 42g
cal fat carb protein





Grilled Pork Chops (1)



330	0g	5g	22g
cal	fat	carb	protein

Grilled Chicken Breast

with Steamed Veggies

118	0g	10g	0g
cal	fat	carb	protein

with Green Beans

90	3g	13g	3g
cal	fat	carb	protein

with Broccoli (steamed, no salt)

29	.4g	5.5g	3g
cal	fat	carb	protein

Grilled Shrimp Tacos



586	5g	58g	16g
cal	fat	carb	protein

Half Flatbread

+ Half House Salad



510	31g	44g	22g
cal	fat	carb	protein



Chilean Sea Bass (regular)



477

cal

36g

fat

2g

carb

38g

protein

Atlantic Salmon (regular)



490

cal

31g

fat

2g

carb

51g

protein

Sea Scallops + Shrimp



191

cal

5g

fat

4g

carb

34g

protein

SIDE OPTIONS:

STEAMED ASPARAGUS
(44 cal)

STEAMED BROCCOLI
(79 cal)

FRENCH GREEN BEANS
(70 cal)



Classic Chicken Wrap

For Lower Calorie Meal:
 No Sauce
 No wrap - eat as salad



Grilled Chicken
 Dry Seasoning of Choice

550 Cal

Grilled Chicken Buffalitos

For Lower Calorie Meal:
 Skip Sour Cream
 No Sauce
 No wrap - eat as salad

Grilled Chicken
 Dry Seasoning of Choice
 Skip Sour Cream for Lower
 Calorie Meal

470-750 Cal



SIDE OPTIONS:

GARDEN SIDE SALAD
 (360 cal)

VEGGIE BOAT
 (130 cal)

VEGGIE SLAW
 (240 cal)

Garden Salad with Chicken

For Lower Calorie Meal:
 Skip Croutons
 No Sauce on Chicken
 Dressing on the side - ask
 for oil & vinegar



Grilled Chicken.
 Served on bed of greens with
 cucumbers, carrots, tomatoes
 & onions

440 Cal



Tuscan Grilled Sirloin, Pork Chop or Veal Chop

Under 600 calorie menu



*Sirloin: 6oz or 9oz
Pork Chop: One Chop
Veal Chop: 14oz*

Chianti Chicken

Under 600 calorie menu
Served with a cup of soup or a side salad



Wood-grilled and served with our chianti demi sauce and an arugula salad tossed with apples, grapes, toasted hazelnuts and lemon vinaigrette.

Wood-Grilled Tilapia

Under 600 calorie menu



With olive oil and our signature grill seasoning, topped with roasted tomatoes, basil and balsamic glaze

Cheddar's

SCRATCH  KITCHEN™

Sirloin Steak (6oz)

.....

with Seasoned Rice

212	3g	41g	9g
cal	fat	carb	protein



312	12g	4g	46g
cal	fat	carb	protein

Citrus Miso Salmon

.....

with Southern Green Beans

62	4g	18g	1g
cal	fat	carb	protein



485	24g	34g	35g
cal	fat	carb	protein

The Cheesecake Factory

White Chicken Chili

.....
SkinnyLicious Menu Item



A Generous Bowl of Chicken, White Beans, Roasted Green Chiles, Onions and Garlic with a Touch of Cream. Garnished with Steamed Rice and Fresh Salsa

Super Antioxidant Salad

.....

A Delicious Blend of Salad Greens, Spinach, Kale, Avocado, Broccoli, Grapes, Roasted Pear, Blueberries, Onion, Sunflower Seeds and Almonds with Lemon-Blueberry Vinaigrette.



Tuscan Chicken

.....

SkinnyLicious Specialty Menu Item



Grilled Chicken Breast with Tomatoes, Artichokes, Capers, Fresh Basil and Balsamic Vinaigrette. Served Over Fresh Vegetables and Farro



Mango-Chile Chicken



510 17g 56g 38g
cal fat carb protein

6oz Sirloin with Grilled Avocado



420 20g 23g 39g
cal fat carb protein

SIDES



Steamed Broccoli

40 0g 8g 3g
cal fat carb protein



Citrus-Chile Rice

130 15g 27g 3g
cal fat carb protein



Cup Southwest Chicken Soup

110 5g 13g 4g
cal fat carb protein



Asparagus & Garlic Roasted Tomatoes

70 1.5g 12g 4g
cal fat carb protein



OLD COUNTRY STORE

**Lemon Pepper Grilled
Rainbow Trout**



330 **14g** **<1g** **43g**
cal fat carb protein

HEALTHY SIDE CHOICES:

Brussels Sprouts N' Kale Salad
Fresh Steamed Broccoli
Mixed Green Side Salad
Apple Slices

Half-pound Hamburger Steak



440 **33g** **0g** **33g**
cal fat carb protein

SIDES



Fresh Steamed Broccoli

40 **0g** **6g** **4g**
cal fat carb protein



Mixed Green Side Salad

10 **0g** **2g** **<1g**
cal fat carb protein



Turnip Greens

100 **4g** **6g** **10g**
cal fat carb protein



Apple Slices

70 **0g** **19g** **<1g**
cal fat carb protein



Fire Grilled Pork Porterhouse



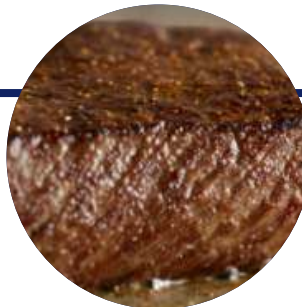
570	33g	1g	66g
cal	fat	carb	protein

Longhorn Salmon (7oz)



300	16g	2g	33g
cal	fat	carb	protein

Renegade Sirloin (8oz)



390	16g	2g	51g
cal	fat	carb	protein

SIDES



Fresh Steamed Broccoli

90	4g	7g	4g
cal	fat	carb	protein



Fresh Steamed Asparagus

90	5g	6g	5g
cal	fat	carb	protein



Open Faced Prime Rib
Sandwich



700	47g	31g	36g
cal	fat	carb	protein

Santa Fe Tilapia with Rice Pilaf



430	14g	33g	46g
cal	fat	carb	protein

SIDES



Broccoli

110	8g	6g	3g
cal	fat	carb	protein



Grilled Asparagus

60	5g	3g	2g
cal	fat	carb	protein



Mashed Sweet Potatoes

180	3.5g	35g	3g
cal	fat	carb	protein



Seasoned Rice Pilaf

160	4g	27g	3g
cal	fat	carb	protein



Chicken Piccata



500	24g	11g	61g
cal	fat	carb	protein

Parmesan Crusted Zucchini



90	7g	5g	4g
cal	fat	carb	protein

- OR -

Steamed Broccoli



20	0g	4g	2g
cal	fat	carb	protein

Pasta e Fagioli Soup (one serving)



180	6g	21g	9g
cal	fat	carb	protein

House Salad with Low Fat Dressing



90	4g	12g	2g
cal	fat	carb	protein

OUTBACK

STEAKHOUSE®

Victoria's Filet Mignon, 6oz



240 cal 9g fat 0g carb 40g protein

Grilled Chicken on the Barbie

8oz with Seasonal Mixed Vegetables



490 cal 16g fat 28g carb 59g protein

Lobster Tail Entree

5oz, steamed, 2 Lobster Tails



480 cal 27g fat 1g carb 53g protein

- SIDES -

Grilled Asparagus

70 cal 40g fat 5g carb 3g protein

- OR -

Cup of Chicken Tortilla Soup

170 cal 9g fat 13g carb 9g protein



BREAKFAST

Breakfast Power Sandwich

.....
Avocado, Egg White, Spinach



410	14g	52g	22g
cal	fat	carb	protein

Steal Cut Oatmeal

.....
with Strawberries and Pecans



340	14g	51g	6g
cal	fat	carb	protein

LUNCH

Roasted Turkey and Avocado

.....
BLT on Sourdough (1/2 Sandwich)



340	18g	25g	17g
cal	fat	carb	protein

- WITH -

Seasonal Greens Salad

90	6g	10g	2g
cal	fat	carb	protein

- OR -

Cup of Garden Vegetable Soup

80	2.5g	11g	3g
cal	fat	carb	protein



Spicy Tuna Roll

Avocado, Egg White, Spinach



280
cal

3g
fat

43g
carb

17g
protein

Buddha's Feast Steamed

(Vegetarian)

250
cal

4g
fat

32g
carb

26g
protein



SIDES



Chili Garlic Green Beans, small

160
cal

1g
fat

5g
carb

5g
protein



Sichuan Style Asparagus, small

70
cal

.5g
fat

8g
carb

2g
protein



Wok-Seared Spinach with Garlic, small

120
cal

1g
fat

8g
carb

6g
protein



Wok-Charred Brussels Sprouts

210
cal

2g
fat

22g
carb

5g
protein



Veggie Lover's - Thin 'N Crispy

*Nutrition Info for 1 slice of
Large Pizza*



230	8g	31g	10g
cal	fat	carb	protein

Hawaiian Chicken - Thin 'N Crispy

*Nutrition Info for 1 slice of
Large Pizza*



240	8g	31g	13g
cal	fat	carb	protein

Gluten Free Pizzas



110 - 160

calories per Gluten Free Slice

TIPS FOR ORDERING PIZZA

CRUST: Thin is best
TOPPINGS: Load up on veggies
CHEESE: Keep it light

Eat Slowly -- Put Slice Down Between Bites -- Chew Completely



Garlic-Grilled Shrimp



350	15g	26g	27g
cal	fat	carb	protein

Pacific Snapper



160	2.5g	2g	32g
cal	fat	carb	protein

Haddock



170	2.5g	0g	34g
cal	fat	carb	protein

SIDE OPTIONS:

Asparagus

60	3.5g	5g	3g
cal	fat	carb	protein

- OR -

Broccoli

40	0g	8g	3g
cal	fat	carb	protein



The Wedgie Burger



470	28g	22g	35g
cal	fat	carb	protein

Sear-ious Salmon



480	35g	12g	37g
cal	fat	carb	protein

Ensenada Chicken Platter



510	18g	27g	61g
cal	fat	carb	protein

SIDE OPTIONS:

Steamed Broccoli

30	0g	6g	3g
cal	fat	carb	protein

- OR -

Coleslaw

80	5g	7g	1g
cal	fat	carb	protein



Sirloin Steak

.....



6oz Steak

250

cal

8oz Steak

340

cal



Texas Roadhouse Veggies

90

cal

0g

fat

20g

carb

4g

protein

Dallas Filet

.....



6oz Filet

230

cal

8oz Filet

280

cal



Plain Sweet Potato - med size

100

cal

0g

fat

23g

carb

2g

protein



Bourbon Barrel Chicken



270	14g	5g	30g
cal	fat	carb	protein

- WITH -

Side Salad with Low Fat Balsamic

90	3.5g	14g	2g
cal	fat	carb	protein

- OR -

Mashed Potatoes

210	10g	21g	3g
cal	fat	carb	protein

Mediterranean Mahi Naan 'Wich



480	15g	55g	33g
cal	fat	carb	protein

- WITH -

Fresh Broccoli

50	.5g	10g	0g
cal	fat	carb	protein

- OR -

Fresh Spinach

180	14g	8g	4g
cal	fat	carb	protein