Let's Eat!

A Sisters Saved by Strength guide to dining out and staying prepared!

Macro Friendly(ish) Options

Order like a Pro
The ultimate guide to staying prepared and on track when dining out!

Find new Faves
Explore lighter versions of your favorite meals!

MEALS OUT- Fast Food/Burgers

****Chick-fil-A:****
500. Grilled Nuggets (12-piece):
Pair the grilled nuggets with a side of Superfood Salad (110 calories, 3 grams of protein) for a well-rounded meal that meets your criteria.
315cal 34p/17c/13f

501. Grilled Chicken Cool Wrap (no cheese, no dressing):
362cal 39p/27c/12f

502. Grilled Chicken Sandwich:
380cal 28p/43c/12f

503. Grilled Market Salad (no dressing): You can add a lighter dressing on the side for flavor.
335cal 27p/36c/15f

CFA Dressing Recommendations:
1. Light Italian 25 cal 0P/3C/1F
2. Light Balsamic Vinaigrette 80cal 0P/10C/4F
3. Fat Free Honey Mustard: 90cal 0P/22C/0F

504. Egg White Grill
300cal 27p/31c/7f

****In-N-Out Burger****
505. Protein Style Burger
(with mustard, ketchup, and grilled onions, no cheese):
240cal 13p/11c/17f
Please note this meal is low protein, and should be supplemented with a lean protein source

****The Habit Burger Grill****
506. Grilled Chicken Salad (no dressing):
350cal 35p/26c/15f

Fat Free Italian Dressing: 0p/3c/0f

****Five Guys****
507. Little Hamburger (no cheese, no mayo, lots of veggies):
540cal 23p/39c/26f

****Culver's****
508. Grilled Chicken Sandwich:
390cal 41p/40c/8f

****Red Robin****
544. Ensenada Chicken Platter:
440cal 66p/14c/13f (2 breasts)
OR
545. 230cal 33p/9c/7f (one breast)

****Wendy's****
546. Large Chili & Plain Baked Potato:
600cal 38p/72c/15f

547. Grilled Chicken Wrap
420cal 27p/41c/16f

548. Grilled Chicken Sandwich
320cal 26p/37c/8f

549. Classic Chicken Sandwich
490cal 28p/49c/21f

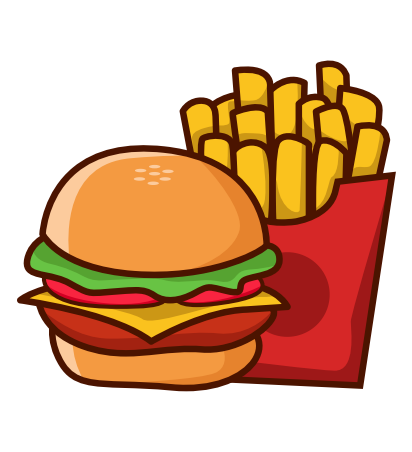
****McDonald's****
550. Egg McMuffin:
310cal 19p/28c/13f

551. 10pc McNuggies:
420cal 23p/25c/25f

552. Cheeseburger:
300cal 15p/32c/13f

553. Filet-O-Fish:
390cal 16p/39c/19f

554. Small Fry:
230cal 3p/31c/11f



NOTE: Most Fast Food options will be high fat & carbs and low protein.

MEALS OUT- Deli Style

****Jersey Mike's:****
509. Mini Number 13 The Original Italian (No condiments):
430 cal 26p/45c/15f

510. Mini Number 7 Turkey Breast & Provolone (No condiments):
340cal 24p/43c/8f

511. Mini Number 2 Jersey Shore's Favorite (No condiments):
340cal 20p/45c/9f

512. Jersey Mike's Sub In a Tub Turkey & Provolone (no dressing):
240cal 30p/8c/10f

513. Jersey Mike's Chicken Philly Sub in a Tub (no dressing)
400cal 37p/16c/21f

Dressing: Use spices and vinegar (no oil!) sparingly for flavor without adding too many calories.

****McAlister's Deli****
514. Grilled Chicken Sandwich (no side):
560cal 41p/47c/23f

515. Grilled Chicken Caesar Salad (no dressing):
520cal 52p/22c/26f (this could be eaten as two meals for 26p/11c/13f each)
Note: 1oz Caesar Dressing 170cal 1p/1c/**18f**

516. Bowl of Chili (no add ons)
420cal 28p/43c/18f

****Subway:****
517. 6-inch Oven-Roasted Chicken Sub (no cheese, no mayo, lots of veggies):
336cal 23p/39c/10f

518. Oven Roasted Turkey & Ham Wrap (no cheese, no mayo, lots of veggies):
440cal 30p/56c/11f

519. Oven Roasted Chicken Breast Spinach Wrap (no cheese or sauces)
460cal 38p/54c/11f

520. 6-inch Roast Beef sub (no cheese, no mayo, lots of veggies):
342cal 24p/39c/10f

****Jimmy John's****
521. Unwich- Double Turkey (light mayo, no cheese, lots of veggies):
224cal 27p/2c/12f

522. Turkey Tom, Regular (no mayo, no cheese, lots of veggies):
404cal 25p/58c/8f

****Penn Station East Coast Subs****
523. Regular Chicken Sub (no cheese, no mayo, lots of veggies):
472cal 39p/63c/8f

524. Small Turkey Sub (double meat, no cheese, no mayo, lots of veggies):
334cal 30p/44c/6f

****Firehouse Subs****
525. Firehouse Salad with Grilled Chicken (no dressing)
380cal 57p/14c/10f
Light Italian Dressing: 90cals 0p/2c/9f

526. Small Smoked Turkey Breast Sub w/ double meat
390cals 28p/32c/17f

****Panera Bread:****
Note: Panera has a recipe builder with nutrition info on the website.
527. Asian Sesame Salad with Chicken (Whole salad, light almonds, dressing on the side and only use one of the cups)
330cal 26p/26c/14f

528. Spicy Thai Salad with Chicken
510cal 42p/41c/22f

529. Mediterranean Bowl with Chicken (light olives, light feta, light tahini, light hummus, double chicken)
500cal 33p/49c/20f

530. Teriyaki Chicken & Broccoli Bowl
610cal 46p/69c/17f *(half for 305cal 23p/34c/8.5f)*

MEALS OUT

****Salad and Go****
531. Thai Chicken Salad with 1oz Thai peanut dressing
295cal 32p/23c/11f

532. Buffalo Chicken Salad with 1/2 serving ranch dressing
345cal 28p/30c/14f

Green District (Salads):*
533. Kickin' Chile Chicken (without dressing)
360cal 24p/23c/13f

534. Tequila Mockingbird Salad (without dressing)
340cal 32p/32c/10f

535. Thai One On Salad (without dressing)
280cal 34p/26c/7f

Dressing:
Lemon Tahini (2oz) 120cal 5p/10c/7f
Cilantro Lime (2oz) 190cal 2p/7c/18f

****Crisp & Green****
536. Thai & Stop Me (1/2 dressing)
265cal 23p/18c/13.5f

537. Wild Wild Southwest (1/2 dressing)
570cal 41p/51c/23f

****Aladdin's Eatery (Mediterranean cuisine)****
538. Side of Chicken Shawarma with side salad
202cal 22p/6c/10f

Small (8oz) Hummus 418cal 16p/43c/23f (4oz half 209cal 8p/21c/12f)

****Cava:****
539. BYOB- Grilled Chicken, Romaine Lettuce, Hummus and Roast Veg
415cal 38p/24c/18f

MEALS OUT- Mexican inspired

****Chipotle:****
Note: Chipotle has a recipe builder with nutrition info on the website.
540. Burrito Bowl Chicken, 1/2 serving rice, lettuce, fajita veg and salsa
337cal 36p/29c/8f

541. Steak Salad with black beans and salsa
300cal 31p/29c/8f

****Qdoba Mexican Eats****
542. Chicken Burrito Bowl with 1/2 rice, Fajita Veg, Salsa and Lettuce
306cal 27p/25c/12f

****Taco Bell****
Note: Taco Bell has a recipe builder with nutrition info on the website.
543. Power Bowl with Grilled Chicken
(extra chicken, no sour cream or cheese, add extra veggies):
390 cal 30p/39c/13f

****Mexican cuisine (Generalized Guidance)****
Grilled Chicken Fajita Bowl:
- Grilled Chicken: Choose grilled chicken as your protein source. Fajitas are a good choice as they typically include grilled chicken strips.
    - 4oz of grilled chicken (about the size of a deck of cards/palm of your hand) is approximately 169cal 34p/0c/4f
- Veggies: Load up on grilled or sautéed vegetables like bell peppers, onions, and zucchini. These add fiber and nutrients without many calories.
    - 4oz (size of a fist/tennis ball) of fajita veg is approximately 31cals 1p/7c/0f but can vary based on prep style.
- Skip the Rice and Tortillas: To reduce calories, skip the rice and tortillas that often accompany fajitas. You can ask for extra veggies or a small portion of rice if you prefer.
    - One 6in corn tortilla is approximately 52cal 1p/10c/1f each
- Salsa and Guacamole: Use salsa for flavor and ask for guacamole on the side. Guacamole provides healthy fats, but it's calorie-dense, so portion control is key. Guacamole can vary based on prep style.
    - 1oz is approximately 32cal 0p/2c/3f and looks like two stacked dice in size.
- Avoid High-Calorie Extras: Be cautious with high-calorie extras like sour cream and cheese. Opt for a small amount if desired.
    - 1oz (two stacked dice or size of thumb) of cheddar cheese is approximately 114cal 6p/1c/9.5f

MEALS OUT

****Chili's****
555. Grilled Chicken Fajitas (without toppings or sides):
470cal 58p/22c/18f

556. Shrimp Fajitas (without toppings or sides):
310 cal 25p/21c/15f

557. 6oz Sirloin with Mexican Rice & Steamed Broccoli:
450cal 40p/35c/16.5f

****Noodles & Company****
Note: Noodles & Co has a Nutrition builder where you plug in macros and it provides you with options on the menu that fit!
558. Zucchini Rosa with Grilled Chicken:
300cal 32p/12c/14f

559. Chicken Noodle Soup
360cal 30p/41c/10f

****Buffalo Wild Wings:****
560. Saucy Chicken Sandwich
500cal 30p/53c/19f

561. 3 Naked Chicken Tenders w/ Garden side salad and 1oz Vidalia Onion Vinaigrette
360cal 42p/17c/14.5f

****Rings (Wings and Rings)****
562. Buffalo Chicken Salad (without dressing):
409cal 45p/29c/12f

563. Grilled Boneless Wings (5 Piece, no sauce) with Garden Salad (no dressing):
300cal 44p/14c/6f

****Skyline Chili****
564. Three-Way Chili (small portion, lite cheese):
340cal 19p/25c/17f

565. Garden Salad with Chicken and Light Italian:
260cal 21p/21c/11f

MEALS OUT- Asian

****Teriyaki (Japanese cuisine):****
566. Grilled Chicken Teriyaki (no rice, no noodles, extra veggies):
About 300cal 26p/6c/12f

****BIBIBOP Asian Grill****
567. Build Your Own Bowl with Chicken, Supergreen Salad, 1/2 serving White Rice, Roasted Sesame Broccoli and 1/2 serving of Sesame Ginger or Teriyaki sauce
308cal 25p/30c/11f

****Panda Express****
Note: Panda Express has a nutrition calculator on their website
568. Grilled Teriyaki Chicken with Super Greens (Regular Portion):
380cal 40p/24c/18f

569. Bowl w/Super Greens, Black Pepper Steak and 3pc chicken potstickers
460cal 31p/43c/19f

570. Plate w/ Super Greens, Black Pepper Steak & Sizzling Shrimp
430cal 37p/34c/17f

571. Plate w/ half Super Greens & half White Rice, Grilled Chicken Teriyaki & Sizzling Shrimp
495cal 51p/35c/17f

****Sushi****
Note: these are estimates and not based on a specific location. Macros can vary based on preparation.
Sashimi Combo: This dish typically consists of slices of raw fish (like tuna, salmon, or yellowtail) and is often served with a side of pickled ginger and wasabi. 1 piece is usually 1oz
572. 1oz Salmon Sashimi: 45cal 6p/0c/2f
573. 1oz Tuna Sashimi: 30cal 7p/0c/0f

574. Salmon and Avocado Roll:
320cal 18p/44c/8f

575. Tuna Tataki Salad(no dressing):
250cal 43p/10c/2.5f

MEALS OUT

****Chinese****
Note: these are estimates and not based on a specific location. Macros can vary based on preparation.
576. Steamed Chicken and Broccoli:
220cal 37p/11c/4.5f

577. Moo Goo Gai Pan
405cal 44p/27c/15f

578. Shrimp and Vegetable Stir-Fry: This dish features shrimp, broccoli, bell peppers, and other vegetables stir-fried in a flavorful sauce.
190cal 23p/11c/6.5f

****Hibachi****
Pick a lean protein, and load up on veggies!
579. Grilled Chicken Hibachi (7oz)
280cal 44p/1c/11f

580. Grilled Shrimp Hibachi (14 shrimps)
200cal 38p/0c/5f

****Korean BBQ****
Pick a lean protein, and load up on veggies!
581. Grilled Chicken
220cal 23p/15c/6f

582. Beef Bulgogi
334cal 25p/12c/21f

****Poke****
Note: these are estimates and not based on a specific location. Macros can vary based on preparation.
583. Salmon Poke Bowl: Start with a base of greens, add fresh salmon as your protein source, and top it with a variety of vegetables like cucumbers, edamame, seaweed salad, and avocado.
390cal 30p/13c/20f

584. Ahi Tuna Poke Bowl: Salad base, Ahi Tuna (two servings), cucumber, edamame, seaweed salad, pickled ginger, masago, classic poke sauce
340cal/34p/19c/15f

****Cheesecake Factory****
585. SkinnyLicious Chicken Lettuce Wrap Tacos
450cal 29p/49c/15f

586. SkinnyLicious Grilled Salmon *(high fat)*
570cal 44p/21c/34f

587. SkinnyLicious, Small plate, Mexican Chicken lettuce taco
220cal 24p/14c/9f

****Texas Roadhouse****
588. 6 oz. Sirloin Steak with Green Beans
350cal 52p/16c/9f

Because I know you're looking at dem rolls…
Honey Cinnamon Butter 1oz = 100cal 0p/2c/10f
1 Roll= 200cal 5p/28c/8f

****Bonefish Grill****
589. Ahi Tuna Poke Bowl
490cal 35p/66c/10f

590. Small Grilled Salmon with steamed asparagus
345cal 37p/4c/21f

591. Shrimp and Scallop Skewer with steamed asparagus
335cal 51p/9c/12f

592. Side Jasmine Rice
200cal 3p/37c/.5f

****First Watch****
593. Egg White Omelette with Turkey, Spinach, and Tomatoes (no sid
263cal 39p/6c/7f

594. Side of Fruit:
160cal 2p/41c/1f

595. Side Seasoned Potatoes:
320cal 3p/42c/14f

****Maggiano's Little Italy****
596. Bowl Minestrone Soup +side of grilled chicken
280cal 28p/19c/11f

****Olive Garden****
Soup, Salad and Breadsticks
Breadsticks (each): 140cal 5p/26c/2f
Minestrone Soup : 110cal 5p/17c/1f
Salad with low-fat Italian Dressing: 100cal 2p/13c/4f
Side of grilled chicken: 130cal 26/0c/2.5f

Combined **597. 1 breadstick, 1 serving of soup, 1 serving of salad w/grilled chicken (girl dinner)
480cal 38p/56c/9.5f

598. Shrimp Scampi:
490cal 29p/52c/18f

599. Build your own pasta meal with Rigatoni, Marinara and Double Grilled Chicken:
850cal 70p/100c/19.5f
SPLIT IN HALF and take lunch to go!

****Pizza****
Pizza can be challenging because traditional pizza is typically high in calories and lower in protein. However, you can make some customizations to achieve a more balanced option.
- **Select a Thin Crust:** Opt for a thin crust pizza as it generally contains fewer calories compared to other crust options.
- **Choose Grilled Chicken:** Ask for grilled chicken breast as a topping. You can usually find this option on the menu.
- **Load Up on Veggies:** Add a variety of vegetables like bell peppers, onions, spinach, and mushrooms for extra nutrients and flavor.
- **Use Tomato Sauce Sparingly:** Go easy on the tomato sauce to keep calories in check.
- **Select Light Cheese:** Choose a pizza with reduced-fat or part-skim mozzarella cheese or request a lighter cheese application.

General guidance for enjoying a pizza night:
Have 1 perfect slice and on the side enjoy some lean protein and a veg

****Generic Pizza****
600. Average slice of cheese pizza
285cal 12.2p/35.7c/10.4f

MEALS OUT- Pizza

****Costco****
601. Cheese Pizza slice:
700cal 44p/70c/28f

602. Pepperoni Pizza slice:
650cal 34p/68c/24f

****Domino's****
603. Large Cheese slice:
330cal 14p/35c/15f

604. Large Ultimate Pepperoni slice:
360cal 15p/34c/18f

605. Large Veggie on thin crust: slice
230cal 9p/18c/13f

****Pizza Hut****
606. Large Cheese slice:
320cal 15p/38c/12f

607. Large Pepperoni slice:
330cal 15p/38c/14f

608. Large Stuffed Crust Cheese slice:
340cal 16p/40c/14f

****Papa John's****
609. Large Cheese slice:
290cal 11p/38c/10f

610. Large Pepperoni slice:
320cal 12p/38c/13f

611. Large BBQ Chicken slice:
340cal 16p/45c/11f

DRINKS OUT- Starbucks

****Starbucks****
Fall Faves:
- **612**. The WAP (White Chocolate and Pumpkin): Grande cold brew, 1 pump pumpkin sauce, 0.5 pump white mocha, 1 stevia, splash of cream
    - 95cal 1p/16c/2.5f
- **613**. Pumpkin Pie Coffee: Grande Iced Blonde Americano, 1 pump pumpkin sauce, 1 scoop vanilla bean powder, splash of cream
    - 90cal 1p/14c/4f
- **614**. Pumpkin cream cold brew: Grande pumpkin cream cold brew, sub sugar free vanilla and 1 pump pumpkin in the cold foam instead of 2.
    - 75cal 2p/13c/1.5f
- **615**. Hot Chocolate Cold Brew: Grande cold brew, 1 pump mocha, 3 pumps sugar free vanilla, splash of cream
    - 60cal 0p/7c/3f

Black Coffee (Hot or Iced): A grande (16 oz) 5 calories.

Espresso Shots (Hot or Iced): A solo shot of espresso (1 oz) 5 calories.
Americano: A grande (16 oz) Americano typically has 15 calories.

Hot or Iced Tea: Unsweetened about 0-2 calories per 16 oz serving.

Cold Brew (Unsweetened): A grande (16 oz) has 5 calories.

Skinny Latte: A grande (16 oz) made with nonfat milk and sugar-free syrup has around 90 calories.

ADD INS:
Coconut Milk and Almond Milk: These dairy-free milk alternatives are lower in calories than whole milk. A grande (16 oz) almond milk or coconut milk latte will vary based on customizations but is generally around 60-100 calories.

Stevia packets 0 calorie

Pro tip: pack along your own flavored stevia or monkfruit drops for more flavorful and macro friendly drinks! Link: https://amzn.to/3rxVxeH

DRINKS OUT- Alcohol

Vodka Soda:
Ingredients: Vodka and club soda (carbonated water).
Calories: Approximately 96 calories per 1.5 oz of vodka, plus negligible calories from club soda.

Gin and Tonic (Light Version):
Ingredients: Gin and diet tonic water.
Calories: Approximately 97 calories per 1.5 oz of gin, plus negligible calories from diet tonic water.

Whiskey on the Rocks:
Ingredients: Whiskey served over ice.
Calories: Approximately 96 calories per 1.5 oz of whiskey.

Rum and Diet Coke:
Ingredients: Rum and diet cola.
Calories: Approximately 96 calories per 1.5 oz of rum, plus negligible calories from diet cola.

Tequila and Soda:
Ingredients: Tequila and club soda (carbonated water).
Calories: Approximately 96 calories per 1.5 oz of tequila, plus negligible calories from club soda.

Skinny Margarita:
Ingredients: Tequila, fresh lime juice, and a splash of orange liqueur (like triple sec or Cointreau). You can request it without added sugars or syrups.
Calories: Approximately 100-120 calories per 1.5 oz of tequila, plus calories from lime juice and liqueur (varies based on customization).

Dry Martini:
Ingredients: Gin or vodka and a splash of dry vermouth.
Calories: Approximately 110-120 calories per 2 oz of liquor, plus calories from vermouth.

Light Beer:
Ingredients: Light beer (such as a domestic light lager).
Calories: Approximately 90-110 calories per 12 oz serving, depending on the brand.

Wine:
Ingredients: Red or white wine.
Calories: Approximately 120-130 calories per 5 oz glass for dry wines, slightly higher for sweet wines.

Search Cronometer for "as carbs" or "as fats" for the correct alcohol entries