

Restaurant Low Calorie options (omit cheese, sour cream & mayo on all recommendations)

Name	calories	Fiber (g)	Cholesterol (mg)	Notes
Chinese				
Panda Express				
White Rice	380			
NOT Fried Rice	530			
PF Chang's				
Vegetable Lo Main	490	6	0	1 ½ servings is still less than 1 serving of pork
NOT Pork Lo Main	760	6	unkwn	
Buddha's Feast — Steamed	260	10	0	
NOT Pad Thai Chicken	1160	11		
Mexican				
Chipotle sofritas filling	145	unkwn	0	3 Chipotle Sofritas Tacos w/ Soft Corn Tortilla=355 cal
NOT caritas filling	200	0	unkwn	3 Chipotle Caritas Tacos w/ Soft Flour Tortilla=460
Moe's SW Grill Burrito-whole wheat with tofu & Pinto beans	510	16	0	Whole wheat tortilla 290 vs white has 310 calories so save as a "bowl"
NOT white tortilla w/pork & Pinto beans	590	9	64	
Taco Bell Fresco Bean Burrito	350	9	0	Refried beans but no rice
Black bean burrito	340			Black beans and rice
Taco Bell 7 layer burrito "without"	320	7	0	
NOT 7 layer burrito "with"	430	7	15	
NOT Stuffed Beef burrito	860	12	65	
"Double" (Bean)Tostada	220	7	0	Toppings can be lettuce, tomato, onions, Pico de Gallo, jalapenos
NOT Beef Tostada	420	11	50	
Fresco Catilna Power <i>Burrito</i> Veggie NO sauce	350	9	0	More than twice the fiber of alternatives
NOT Fresco Catilna Power Burrito Steak with sauce	470	4	70	
Fresco Catilna Power <i>Bowl</i> Veggie NO sauce	280	12	0	
NOT Fresco Catilna Power Bowl Steak with sauce	500	8	70	Note the salad is NOT always the least calories over the bread-FAT in dressing
NOT Fiesta Taco Salad-beef	770	11	55	
Side of black beans	80	5	0	
NOT side of pinto beans & cheese	190	6	10	
Italian				
Olive Garden- Tri Colored Penne w/ basil garlic bowl-omit cheese	310	3	0	
NOT Italian Mac & Cheese Bowl	520	2	95	
NOT Spaghetti & meatballs	1120	6	185	
Mellow Mushroom				
Mega Veggie small slice pizza vegan cheese	260	5	0	Red sauce only
NOT Mega Veggie small slice pizza dairy cheese & butter/garlic sauce	360	5	30	

Sandwiches				
Panera Bread- Mediterranean Veggie Sandwich – whole sand.	470	3	0	With cheese add 100 calories
NOT Italian Combo sandwich-whole	980	5	155	
Oatmeal w/strawberries & pecans	340	9	0	
NOT Bacon, egg & cheese on cheese bagel	610	2	245	
Sprouted grain bagel	230	3	0	
NOT Asiago cheese bagel	330	2	10	
NOT Pumpkin Muffin	590	2	30	A chocolate chip cookie has 440 calories
Subway's 6" Veggie Delite on 9 Grain	230	5	0	No cheese
NOT 6" Tuna Salad on 9 grain	480	5	35	
Mellow Mushroom			0	
Tempeh half hoggie on french	430	unkwn	0	
NOT Italian ½ hoggie on french	700	unkwn	100	
Denny's Veggie Burger on wheat bun	360			Add a tomato for 10 calories, pickles or lettuce=no calories
NOT Denny Hamburger on Cheddar Bun	635			Cheese, bourbon sauce or mayo add 100 calories each, mushrooms OR onions sautéed in butter adds 60 calories each
Starbucks				
Multigrain bagel	290	6	0	
NOT Banana nut bread	420	2	Not avail	

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