



**THE BUSY BODY**

# **ULTIMATE DINING OUT**

**GUIDE**

**Your Complete Cheat Sheet on  
What to Eat When Eating Out**

**B.U.S.Y. Body Fitness**

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# DISCLAIMER

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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. B.U.S.Y. Body Fitness 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



**Mountain Dew**  
120Z



**Coca-Cola**  
120Z



**Mello Yellow**  
120Z



**Monster Energy Drink**  
16oz



**Rockstar Organic Energy Drink, 16oz**

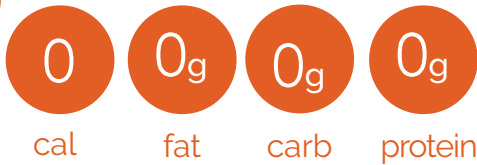


You may notice that there are no diet sodas listed above. While it's true that diet sodas have little to no calories and zero sugars, that doesn't mean diet sodas are a healthier choice. Diet sodas contain artificial sweeteners such as aspartame, sucralose, and saccharine. These artificial sweeteners 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.

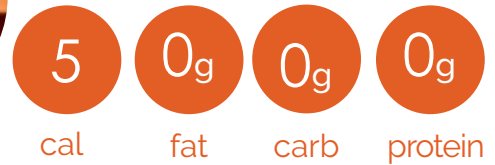
Use this resource as a guide to make conscious decisions when it comes to your health. While ordering a treat every once in awhile won't completely derail your health, making it a regular occurrence can derail your health-related goals. Your best beverage choices will always be water, coffee (black),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



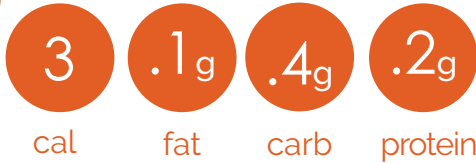
**Campfire Mocha**  
2% milk with whip, milk choc



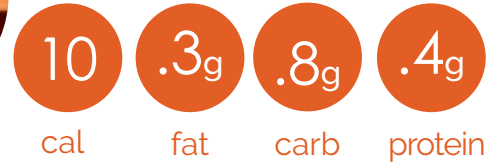
**NUTRITION FACTS REFLECT SMALL DRINK ORDERS**



**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*



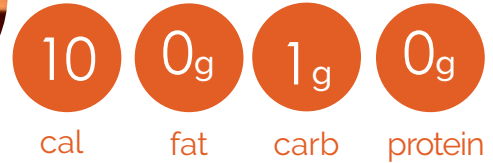
**NUTRITION FACTS REFLECT SMALL DRINK ORDERS**



**UNSWEETENED HOT TEA**



**HOT AMERICANO**



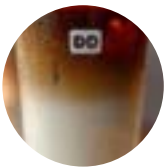
## COMPARE TO



**Sweet & Salted Cold Brew**



**Vanilla Chai**



**Mocha Swirl Macchiato**  
*made with whole milk*



**Cappuccino**  
*with sugar*



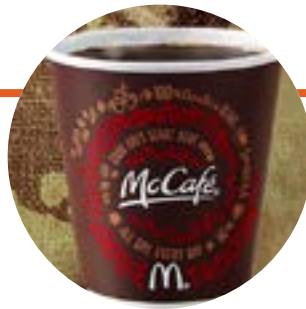
**Caramel Mocha Swirl Latte**  
*made with whole milk*



**Frozen Iced Coffee**  
*made with cream*

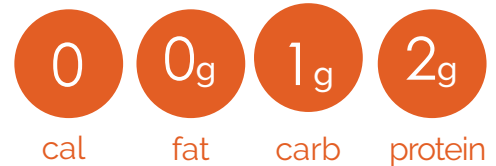


**NUTRITION FACTS REFLECT SMALL DRINK ORDERS**



### BLACK COFFEE - Any Size

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



## COMPARE TO



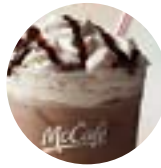
### McCafé Iced Coffee



### McCafé Caramel Mocha



### McCafé Frappe Mocha



### McCafé Iced Mocha



### McCafé Hot Chocolate

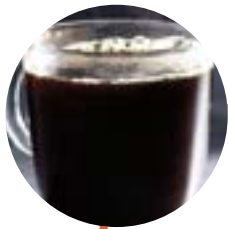


### McCafé Mango Pineapple Smoothie

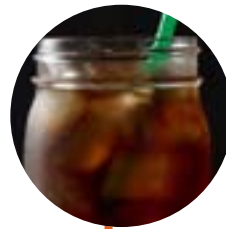
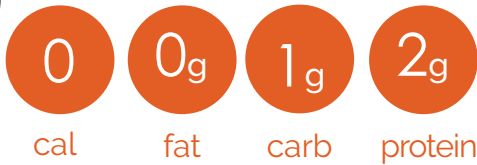


**NUTRITION FACTS REFLECT SMALL DRINK ORDERS**





Hot or Iced Coffee - Black



Narino 70 Cold Brew



## COMPARE TO



Chai Creme Frappuccino Blended Coffee



Cinnamon Dolce Light Frappuccino Blended Coffee



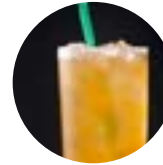
Green Tea Frappuccino Blended Creme, whole milk & whipped cream



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



Original Blend Coffee



## COMPARE TO



Iced Coffee, *cream & sugar*



Mocha Iced Capp, *cream*



Iced Coffee, *milk no sugar*



Cappuccino



Iced Latte



Latte



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 cal 6g fat 36g carb 29g protein

### Grilled Chicken Nuggets

with Fruit Cup

45 cal 0g fat 12g carb 0g protein

140 cal 3.5g fat 2g carb 25g protein



### Grilled Market Salad

with Light Italian Dressing

25 cal 1.5g fat 3g carb



485 cal 6g fat 15g carb 25g 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

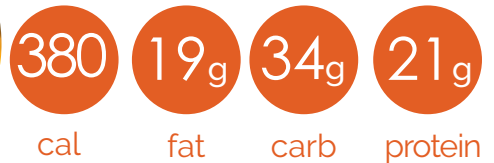
with Light Italian Dressing



### Chicken Bruschetta Sandwich



### Original Cheeseburger



## 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!*

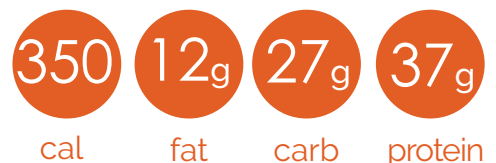


## Pico Guacamole with Artisan Grilled Chicken

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



## Southwest Grilled Chicken Salad





## 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*



### 6" Sub: Egg & Cheese

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



### 6" Sub: Veggie Delite

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





### Mini Skillet Bowl (breakfast)

order with NO cheese sauce  
optional: add steak + guacamole



180	11g	16g	5g
cal	fat	carb	protein

### Power Menu Bowl: Veggie

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



480	18g	64g	16g
cal	fat	carb	protein

### Power Menu Bowl: Chicken or Steak

Order without sour cream  
& avocado ranch sauce

\*\*Optional add items from veggie bowl



500	20g	53g	28g
cal	fat	carb	protein



# Wendy's



Power Mediterranean  
Chicken Salad

*Half-Size*



250	9g	23g	22g
cal	fat	carb	protein

Grilled Chicken Wrap

270	10g	24g	20g
cal	fat	carb	protein



Jr. Cheeseburger



280	13g	25g	16g
cal	fat	carb	protein

**SIT DOWN**

**RESTAURANTS**





**Wood-fired Cedar Salmon**



340 cal   22g fat   2g carb   35g protein

with Side-Fire Grilled Veggies

160 cal   13g fat   11g carb   3g protein

- OR -

with Garlicky Green Beans

180 cal   15g fat   11g carb   2g protein

**Shrimp & Parmesan Sirloin (8oz)**



580 cal   37g fat   6g carb   58g protein

**Thai Shrimp Salad**



380 cal   19g fat   32g carb   23g protein

**Cedar Grilled Lemon Chicken**

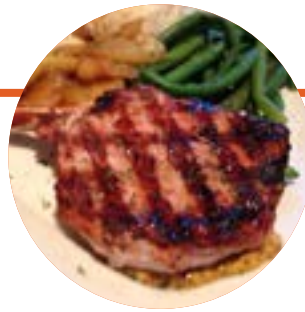


580 cal   26g fat   48g carb   42g protein

(with Rice)



### Grilled Pork Chops (1)



330 cal 0g fat 5g carb 22g protein



### Grilled Chicken Breast

with Steamed Veggies

118 cal 0g fat 10g carb 0g protein

with Green Beans

90 cal 3g fat 13g carb 3g protein

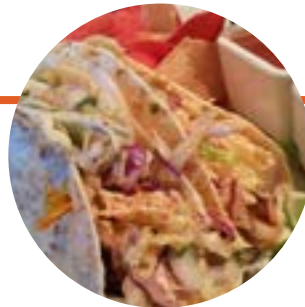
with Broccoli (steamed, no salt)

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



220 cal 6g fat 0g carb 39g protein

### Grilled Shrimp Tacos



586 cal 5g fat 58g carb 16g protein

### Half Flatbread

+ Half House Salad



510 cal 31g fat 44g carb 22g 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*

## Sirloin Steak (6oz)



312 cal    12g fat    4g carb    46g protein

with Seasoned Rice

212 cal    3g fat    41g carb    9g protein

## Citrus Miso Salmon



485 cal    24g fat    34g carb    35g protein

with Southern Green Beans

62 cal    4g fat    18g carb    1g protein

## 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 cal 17g fat 56g carb 38g protein

### 6oz Sirloin with Grilled Avocado



420 cal 20g fat 23g carb 39g protein



#### Steamed Broccoli

40 cal 0g fat 8g carb 3g protein



#### Citrus-Chile Rice

130 cal 15g fat 27g carb 3g protein



#### Cup Southwest Chicken Soup

110 cal 5g fat 13g carb 4g protein



#### Asparagus & Garlic Roasted Tomatoes

70 cal 1.5g fat 12g carb 4g 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 cal 33g fat 1g carb 66g protein

### Longhorn Salmon (7oz)



300 cal 16g fat 2g carb 33g protein

### Renegade Sirloin (8oz)



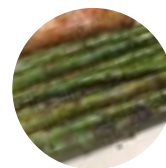
390 cal 16g fat 2g carb 51g protein

## SIDES



### Fresh Steamed Broccoli

90 cal 4g fat 7g carb 4g protein



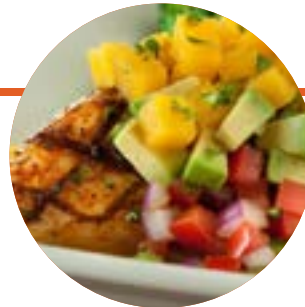
### Fresh Steamed Asparagus

90 cal 5g fat 6g carb 5g protein





Open Faced Prime Rib Sandwich



700 cal 47g fat 31g carb 36g protein

Santa Fe Tilapia with Rice Pilaf



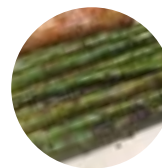
430 cal 14g fat 33g carb 46g protein

## SIDES



Broccoli

110 cal 8g fat 6g carb 3g protein



Grilled Asparagus

60 cal 5g fat 3g carb 2g protein



Mashed Sweet Potatoes

180 cal 3.5g fat 35g carb 3g protein



Seasoned Rice Pilaf

160 cal 4g fat 27g carb 3g protein



### Chicken Piccata



500 cal 24g fat 11g carb 61g protein

### Parmesan Crusted Zucchini



90 cal 7g fat 5g carb 4g protein

- OR -



### Steamed Broccoli

20 cal 0g fat 4g carb 2g protein

### Pasta e Fagioli Soup (one serving)



180 cal 6g fat 21g carb 9g protein

### House Salad with Low Fat Dressing



90 cal 4g fat 12g carb 2g protein



### 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

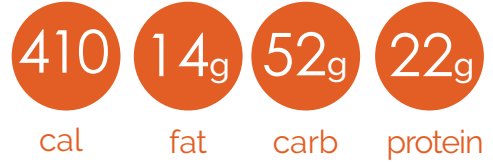
170 cal   9g fat   13g carb   9g protein



# BREAKFAST

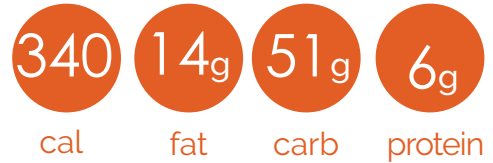
## Breakfast Power Sandwich

Avocado, Egg White, Spinach



## Steal Cut Oatmeal

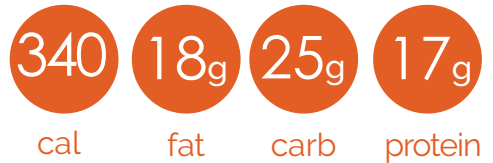
with Strawberries and Pecans



# LUNCH

## Roasted Turkey and Avocado

BLT on Sourdough (1/2 Sandwich)



- WITH -

Seasonal Greens Salad



- OR -

Cup of Garden Vegetable Soup





### Spicy Tuna Roll



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

cal

8g

fat

31g

carb

10g

protein

**Hawaiian Chicken - Thin 'N Crispy**

*Nutrition Info for 1 slice of Large Pizza*



240

cal

8g

fat

31g

carb

13g

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 cal 15g fat 26g carb 27g protein

### Pacific Snapper



160 cal 2.5g fat 2g carb 32g protein

### Haddock



170 cal 2.5g fat 0g carb 34g protein

#### SIDE OPTIONS:

##### Asparagus

60 cal 3.5g fat 5g carb 3g protein

- OR -

##### Broccoli

40 cal 0g fat 8g carb 3g 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

8oz Steak

250

340

cal

cal



### Texas Roadhouse Veggies

90

0g

20g

4g

cal

fat

carb

protein

### Dallas Filet



6oz Filet

8oz Filet

230

280

cal

cal



### Plain Sweet Potato - med size

100

0g

23g

2g

cal

fat

carb

protein



### Bourbon Barrel Chicken



270 cal   14g fat   5g carb   30g protein

- WITH -

#### Side Salad with Low Fat Balsamic

90 cal   3.5g fat   14g carb   2g protein

- OR -

#### Mashed Potatoes

210 cal   10g fat   21g carb   3g protein

### Mediterranean Mahi Naan 'Wich



480 cal   15g fat   55g carb   33g protein

- WITH -

#### Fresh Broccoli

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

- OR -

#### Fresh Spinach

180 cal   14g fat   8g carb   4g protein



# LOCAL

## RESTAURANTS





**Grilled Chicken Whole Wing**  
.....  
1 Wing

60	3.5g	0g	8g
cal	fat	carb	protein

**Prime-cut Chicken Tenders (3)**  
.....

360	17g	28g	23g
cal	fat	carb	protein

**Roast Beef Classic Sandwich**  
.....

360	14g	37g	23g
cal	fat	carb	protein



# Famous Dave's



Georgia Chopped Pork

530	21g	38g	47g
cal	fat	carb	protein

Dave's Famous Chili (cup)

350	22g	21g	20g
cal	fat	carb	protein

Char Grilled Chicken Sandwich

530	13g	56g	48g
cal	fat	carb	protein

### SIDE OPTIONS:

Broccoli

80	4.5g	9g	4g
cal	fat	carb	protein

Brunswick Stew (bowl)

250	15g	16g	17g
cal	fat	carb	protein

Firecracker Beans

50	2.5g	7g	2g
cal	fat	carb	protein



**Small Hook & Ladder**  
.....  
*w/ no mayo*

260 7g 31g 18g  
cal fat carb protein

**Chopped Salad  
w/ Grilled Chicken**  
.....  
*w/ no dressing*

260 8g 15g 34g  
cal fat carb protein

**Small Club on a Sub**  
.....  
*w/ no mayo*

290 9g 31g 20g  
cal fat carb protein

**Small Turkey Bacon Ranch**  
.....  
*w/ no mayo*

310 13g 29g 20g  
cal fat carb protein

**Chopped Salad w/ Turkey  
and Grilled Chicken**  
.....  
*w/ no dressing*

350 9g 20g 52g  
cal fat carb protein



**Egg White Omelette**  
*with Spinach, Tomato & Ham*

193 cal 5g fat 7g carb 30g protein

**Simple & Fit Veggie Omelette**

310 cal 12g fat 12g carb 27g protein

**Big 2-Egg Breakfast**  
*w/ Poached Eggs & Bacon*

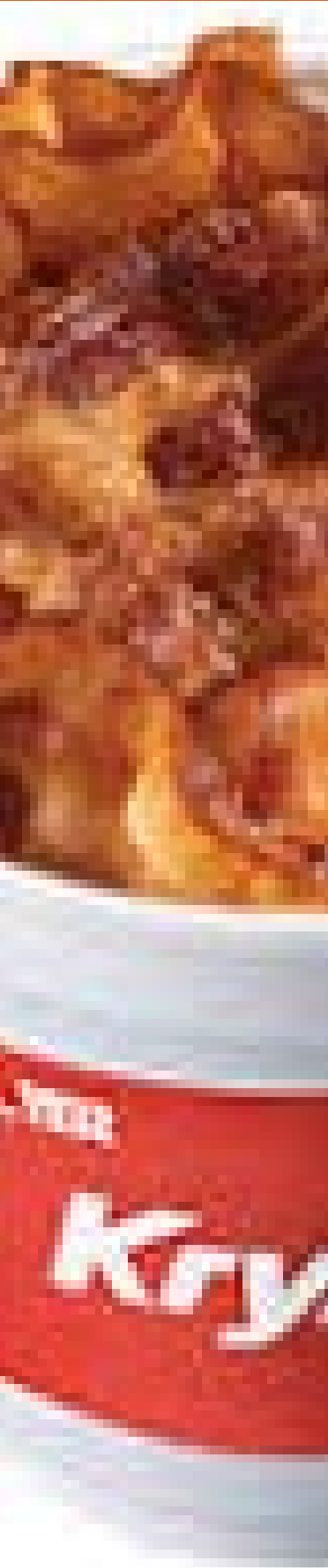
284 cal 20g fat 1g carb 25g protein

**Simple & Fit Spinach, Mushroom & Tomato Omelette**

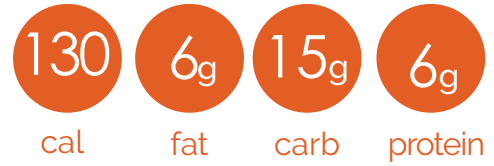
310 cal 12g fat 31g carb 29g protein

**Simple & Fit 2 Egg Breakfast**

350 cal 9g fat 44g carb 25g protein



Original Krystal

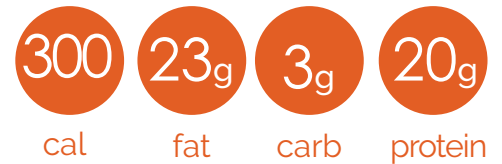


Krystal Chik



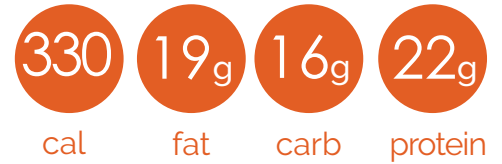
Low Carb Scrambler

w/ Bacon



3 Egg Breakfast

w/ Bacon & Toast







Deli Ham Sandwich

380 cal 8g fat 41g carb 28g protein

Savannah Chopped Salad

440 cal 16g fat 43g carb 33g protein

Grilled Chicken Sandwich

460 cal 23g fat 21g carb 41g protein

SIDE OPTIONS:

Chicken Noodle Soup (bowl)

140 cal 2g fat 20g carb 10g protein

Pickle Spear

0 cal 0g fat 0g carb 0g protein

Steamed Veggies

110 cal 8g fat 9g carb 0g protein



Broccoli Beef

150 cal 7g fat 13g carb 9g protein

Kung Pao Chicken

290 cal 19g fat 14g carb 16g protein

Grilled Teriyaki Chicken

300 cal 13g fat 8g carb 36g protein

**SIDE OPTIONS:**

Grilled Asian Chicken

300 cal 13g fat 8g carb 36g protein

Hot Szechuan Tofu

140 cal 8g fat 10g carb 6g protein

Mixed Vegetables

80 cal 5g fat 16g carb 4g protein



# Ruby Tuesday

Smart Eating Plain Grilled Top Sirloin

270	10g	2g	43g
cal	fat	carb	protein

Fit & Trim Petite Blackened Tilapia

286	12g	23g	22g
cal	fat	carb	protein

Fit & Trim Hickory Bourbon Chicken

355	10g	25g	41g
cal	fat	carb	protein

*Stick with Smart Eating and Fit & Trim items and you can't go wrong!*

**SIDE OPTIONS:**

<b>Grilled Zucchini</b>				<b>Roasted Spaghetti Squash</b>			
41	2g	4g	1g	54	3g	6g	1g
cal	fat	carb	protein	cal	fat	carb	protein
<b>Steamed Broccoli</b>							
52	2g	7g	3g				
cal	fat	carb	protein				



Spinach, Feta & Cage Free  
Egg White Breakfast Wrap

290 cal 10g fat 33g carb 19g protein

Reduced-Fat Turkey Bacon  
& Cage Free Egg White  
Breakfast Sandwich

230 cal 6g fat 29g carb 16g protein

Certified Gluten Free  
Breakfast Sandwich

280 cal 13g fat 18g carb 18g protein

Sous Vide Egg Bites:  
Egg White & Red Pepper

170 cal 7g fat 13g carb 13g protein



**Chicken Salad Zalad**  
*w/o toast*

260	17g	10g	17g
cal	fat	carb	protein

**Grilled Chicken House Salad**  
*w/o toast, fried onions, dressing*

308	12.5g	9g	40g
cal	fat	carb	protein

**The Blue Blackened**  
*w/o toast, fried onions, dressing*

336	12.5g	14g	42g
cal	fat	carb	protein



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