



Fast Food Survival Guide with Weight Watcher Smart Points.

Arby's

Light Italian Dressing (1 SP)
Chopped Side Salad (3 SP)
Jr. Turkey and Cheese Sandwich (6 SP)
Jr. Ham and Cheddar Sandwich (6 SP)
2 Prime-cut Chicken Tenders (6 SP) or 3 tenders (9 SP)
Jr. Roast Beef Sandwich (7 SP)
Chopped Farmhouse Salad- Roast Turkey (7 SP)
Jr. bacon cheddar melt (8 SP)
Ham and Swiss Croissant (9 SP)
Jr. Chicken Sandwich (9)

Burger King

Whopper Junior w/o mayo (8 SP)
Tender Grill Chicken Sandwich w/o mayo (8 SP)
6 Piece Chicken Nuggets (8 SP)
BBQ salad- Tendergrill- no dressing (8 SP)
Side Garden Salad and avocado ranch dressing (8 SP)
Veggie Burger w/o mayo (9 SP)
Cheeseburger (9 SP)
Ranch Grilled Chicken Wrap (9 SP)
Big Fish Sandwich w/o tarter sauce (10 SP)
Chicken Caesar Garden Fresh Salad Wrap- grilled (10 SP)
Side Caesar Salad and dressing (10 SP)

Chick-Fil-A

Small or Medium Fruit Cup (0)
Light Italian Dressing (1 SP)
8 piece Grilled Nuggets (2 SP)
Side Salad (3 SP)
Medium Hearty Breast of Chicken Soup (4 SP) or large (7 SP)
Greek Yogurt Parfait, no toppings (4 SP)
Grilled Market Salad (5 SP)
8 piece Nuggets (6 SP) or 12 piece (9 SP)
Grilled Chicken Sandwich (8 SP)
Char-grilled Chicken Sandwich (8 SP)
Asian Salad (9 SP)
Grilled Chicken Cool Wrap (9 SP)

Culver's

Banana (0 SP)
Side Salad (2 SP)
Applesauce (2 SP)
Raspberry Vinaigrette Dressing (3 SP)
Chicken Noodle Soup (3 SP)
Cheesy Chicken Tortilla (5 SP)
Oven Roasted Turkey Noodle (5 SP)
Chicken and Dumpling Soup (8 SP)
Corn Dog (8 SP)
Garden Fresco Salad with Grilled Chicken (8 SP)
Boston Clam Chowder Soup (9 SP)
Grilled Chicken Sandwich (9 SP)
George's Chili (9 SP)
Cranberry Bacon Bleu Salad with Grilled Chicken (10 SP)

Fazoli's

Fat-Free Italian Dressing (1 SP)
Side Chopped Salad, no dressing (3 SP)
Kid's Ravioli (6 SP)
Kid's Spaghetti with marinara sauce (7 SP)
Kid's Spaghetti with meat sauce (8 SP)
Kid's cheese pizza (9 SP)
Chicken Penne and Peppers (10 SP)

Jimmy Johns

Low fat/low carb Option Slim 4 Turkey Breast Lettuce Wrap (1 SP)
PePe Low Carb Lettuce Wrap (2 SP)
Gourmet Smoked Ham Club Lettuce Wrap (2 SP)
Low fat/Low carb J.J.B.L.T Lettuce Wrap (5 SP)
Club LuLu Lettuce Wrap (5 SP)
Country Club Lettuce Wrap (6 SP)
Billy Club Lettuce Wrap (7 SP)
PePe Sandwich on French Bread w/o cheese (9 SP)
Beach Club Lettuce Wrap (9 SP)
Vito Low Carb Lettuce Wrap (9 SP)
Plain Slim 4 Turkey Breast w/o cheese on French Bread (10 SP)
Plain Slim 1 Ham w/o cheese on French Bread (10 SP)
J.J.B.L.T on French Bread (10 SP)

McDonald's

Side Salad (0 SP)
Apple Slices (0 SP)
Creamy Ranch Sauce (4 SP)
Premium Bacon Ranch Salad w/o chicken (5 SP) or with Grilled Chicken (6 SP)

(continue on next page....)



Premium Southwest Salad w/o chicken (5 SP) or with Grilled Chicken (8 SP)
Grilled Honey Mustard Snack Wrap (7 SP)
Grilled Ranch Snack Wrap (8 SP)
Hamburger (8 SP)
6 piece chicken nuggets (8 SP)
Grilled Chicken Classic Sandwich (9 SP)
Cheeseburger (10 SP)

Noodles and Company

Tossed Green Salad with Med (1 SP)
Sauteed Shrimp (1 SP)
Tossed Green Salad with Fat-Free Asian Dressing (2 SP)
Tossed Green Salad with Balsamic Dressing (3 SP)
Side Caesar Salad (4 SP)
Sauteed Marinated Steak (4 SP)
Parmesan Crusted Chicken Breast (5 SP)
Chicken Noodle Soup, small (5 SP)
The Med Salad with Chicken, small (7 SP)
Chinese Chicken Chop Salad, small (8 SP)
The Med Sandwich (9 SP)
Buff Tuscan Fresca (9 SP)
Japanese Pan Noodles, small (10 SP)
Bangkok Curry, small (10 SP)
Buff Japanese Pan (10 SP)



Outback Steakhouse

****AUSSIE-TIZERS/SIDES/ADD ONS****

Grilled Asparagus (2 SP)
Bacon (1 SP)
Dressed Baked Potato (7 SP)
Fresh Seasonal Mixed Veggies (4 SP)
Fresh Steamed Broccoli (4 SP)
Fresh Steamed French Green Beans (2 SP)
Blue Cheese Wedge Salad, no dressing (4 SP)

****SOUPS****

Chicken Tortilla Soup, cup (6 SP)
Chicken Tortilla Soup, bowl (10 SP)

****STEAK PLATES****

6 oz. sirloin with no sides (5 SP)
Sirloin with Wild Mushroom Sauce (7 SP)
9 oz. sirloin with no sides (8 SP)
The bloomin' sirloin (9 SP)

****UNDER 600 CALORIES MENU****

Grilled Chicken on the Barbie with Fresh Seasonal Mixed veggies (10 SP)
Simply grilled Mahi with Mixed Veggies (9 SP)
Grilled Shrimp on the Barbie (5 SP)

Panera Bread

Apple (0 SP)
Low fat chicken tortilla soup (3 SP)
Low fat garden veggie w/ pesto soup, cup (3 SP)
Smoked turkey breast on country bread (5 SP)
Low fat veggie black bean soup, cup (5 SP)
Organic Tomato Bisque (5 SP)
Roasted turkey and avocado BLT on sourdough, half sandwich (6 SP)
Asian sesame chicken, half salad (6 SP)
Chicken Caesar, half salad (6 SP)
Greek, half salad (6 SP) or w/ chicken (7 SP)
Thai chicken, half salad (7 SP)
Classic Full Salad (7 SP) or w/ chicken (8 SP)
Smoked ham and Swiss on rye, half sandwich (8 SP)
Cup of broccoli cheddar soup (8 SP)
Cream of chicken & wild rice soup, cup (8 SP)
Fuji apple with chicken, half salad (9 SP)
Chicken club w/ avocado, half salad (9 SP)
Mediterranean veggie on XL Tomato Basil, half sandwich (9 SP)
Thai chicken flatbread sandwich (10 SP)

Red Lobster

****SEASIDE STARTERS****

Chilled Jumbo Shrimp Cocktail (1 SP)
****CREATE YOUR OWN COMBO****
Garlic Shrimp Scampi (3 SP)
Peppercorn Grilled Sirloin (5 SP)
Seafood Stuffed Flounder, sides not included (7 SP)
Steamed Snow Crab Legs (1 SP)

****SHRIMP YOUR WAY****

Fried Shrimp (5 SP)
Shrimp Scampi (2 SP)

****DINNERS****

Broiled Flounder dinner (7 SP)

****LUNCH CLASSICS****

Blackened Farm Raised Catfish (4 SP)
Broiled Flounder (2 SP)
Fried Farm Raised Catfish (5 SP)
Sailor's Platter (6 SP)
Seafood Stuffed Flounder (7 SP)

****CREATE YOUR OWN LUNCH****

Broiled Bay Scallops (2 SP)
Garlic Grilled Shrimp Skewer (6 SP)
Hand Breaded Shrimp (4 SP)

****SIDES AND ADDITIONS****

Add petite shrimp to your salad (1 SP)
Baked Potato (6 SP)
Fresh Asparagus (2 SP)
Fresh Broccoli (1 SP)
Garden Salad (2 SP)
Maine Lobster Tail (2 SP)
Petite Green Beans (4 SP)
Snow Crab Legs (1 SP)
Wild Rice Pilaf (5 SP)

****SOUPS****

Manhattan Clam Chowder, bowl (6 SP)
Manhattan Clam Chowder, cup (2 SP)
Seafood Gumbo, cup (5 SP)

****DRESSINGS AND SAUCES****

Add sour cream to baked potato (1 SP)
Blueberry Balsamic Vinaigrette (4 SP)
Cocktail Sauce (2 SP)
Marinara Sauce (1 SP)
Pico de Gallo (0 SP)
Pineapple Salsa Topping (2 SP)
Red Wine Vinaigrette (3 SP)

Red Robin

1 piece Chicken Ensenada platter (6 SP)
2 piece Chicken Ensenada platter (8 SP)
Vegan Boca Burger (11 SP)
Simply Grilled Chicken Burger, no margarine (9 SP)
Chicken Tortilla Soup - Bowl (10 SP)
Avo-Cobb-O Salad, with no hard-boiled egg (10 SP)
Chili - Cup (6 SP)
Caesar Side Salad (10 SP)

Sonic

Apple slices (0 SP)
Hot chili (2 SP)
Slaw (2 SP)
Apple slices with fat-free caramel dip (5 SP)
2 piece chicken strips (5 SP) or 3 piece (8 SP)
Grilled chicken Salad (7 SP)

Taco Bell

Black Beans (2 SP)
Mexican rice (3 SP)
Cilantro Rice (3 SP)
Fresco Chicken Soft taco (4 SP)

Fresco Grilled Steak Soft Taco (4 SP)
Fresco Soft Taco w/ shredded chicken (4 SP)
Black Beans and Rice (5 SP)
Shredded Chicken Mini Quesadilla (5 SP)
Pintos and Cheese (6 SP)
Chipotle Ranch Chicken Loaded Griller (8 SP)

Wendy's

Cod Fillet, no bun (5 SP)
Rich and Meaty Chili, small (5 SP) or large (7 SP)
Strawberry Fields Chicken Salad, half size (5 SP) or full size (10 SP)
Jr. Hamburger (7 SP)
1/4 lb. Hamburger Patty (7 SP)
Grilled Chicken Go Warp (7 SP)
Asian Cashew Chicken Salad, half size (7 SP)
Plain Baked Potato, 10 oz. (8 SP)
Caesar Side Salad with Lemon Garlic Caesar Dressing (8 SP)
Jr. Cheeseburger (9 SP)
Artisan sandwich with Egg and Cheese (9 SP)
Grilled Chicken Sandwich (9 SP)

www.mealplanningmommies.com