

Restaurant and Fast Food Survival Guide with Weight Watchers FreeStyle SmartPoints.

restaurants and fast food.

Applebee's

- Grilled Chicken Breast with no sides (0 SP)
- Fat-Free Italian Dressing (1 SP)
- Grilled Onions Steak Toppers (1 SP)
- Mango, Raspberry, or Kiwi Iced Tea (2 SP)
- Appetizers & Bar Snacks Southwest Steak and Black Bean Soup (2 SP)
- Thai Shrimp Salad w/ Dressing, lunch combo w/o Sides (2 SP)
- Add-On Steamed Broccoli (3 SP)
- Chicken Tortilla Soup, lunch combo w/o sides (4 SP)
- Wood-Fired Grill 8 ounce USDA Top Sirloin (5 SP)
- Add-On Fired Grilled Veggies (6 SP)
- Wood-Fired Grill Butcher's Reserve 12 ounce USDA Top Sirloin w/o sides (6 SP)
- House Salad w/ Fat-Free Italian Dressing (6 SP)
- Add-On Garlicky Green Beans (6 SP)
- Grilled Chicken Caesar Salad w/ Dressing, lunch combo w/o sides (7 SP)
- Tomato Basil Soup (8 SP)
- Thai Shrimp Salad w/ Dressing (8 SP)

Arby's

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

Burger King

- Apple Slices (0 SP)
- 2 Pickles (0 SP)
- Side Garden Salad (2 SP)
- Garden Chicken Salad w/ grilled chicken - no dressing (5 SP)
- Avocado ranch dressing (6 SP)
- Whopper Junior w/o mayo (7 SP)
- Tender Grill Chicken Sandwich w/o mayo (6 SP)
- 6 Piece Chicken Nuggets (7 SP)
- Veggie Burger w/o mayo (8 SP)
- Cheeseburger (9 SP)
- Big Fish Sandwich w/o tarter sauce (10 SP)



Chick-fil-A

- Small or Medium Fruit Cup (0)
- Light Italian Dressing (1 SP)
- Grilled Market Salad w/ grilled fillet and no toppings or dressing (1 SP)
- 8 piece Grilled Nuggets (1 SP)
- Side Salad w/o dressing (2 SP)
- Chicken Noodle Soup small (3 SP) or large (5 SP)
- 8 piece Nuggets (6 SP) or 12 piece (9 SP)
- Grilled Chicken Sandwich (6 SP)
- Char-grilled Chicken Sandwich (6 SP)
- Grilled Chicken Cool Wrap (7 SP)
- Greek Yogurt Parfait, no toppings (7 SP)

Chili's

- Steamed Broccoli side (0 SP)
- Salsa (0 SP)
- Grilled Chicken (as part of the mix and match fajitas) (0 SP)
- Fried Egg (1 SP)
- Seared Shrimp, full order (1 SP)
- House Salad w/o Dressing, lunch (1 SP)
- Asparagus and Garlic Roasted Tomatoes (1 SP)
- House Salad w/o Dressing (2 SP)
- Fresco Salad lunch combo (2 SP)
- Southwest Chicken Soup, cup (3 SP)
- Rice and Black Beans, Cadi (4 SP)
- Fresco Salad (4 SP)
- Corn on the Cob (4 SP)
- Citrus Chile Rice (4 SP)
- Lighter Choice/Guiltless Grill Grilled Chicken Salad (7 SP)
- Chicken Enchilada Soup, cup (7 SP)
- Southwest Chicken Soup, bowl (7 SP)
- Ancho Salmon (7 SP)
- Grilled Steak (8 SP)
- Terlingua Chili, cup (8 SP)
- Lighter Choice/Guiltless Margarita Grilled Chicken (8 SP)

Chipotle

- Lettuce (0)
- Fajita veggies (0)
- Tomato salsa (0)
- Chicken (3)
- Steak (3)
- Pinto beans (0)
- Black beans (0)
- Corn salsa (0)
- Cheese (4)
- Sour cream (5)
- Brown rice (6)
- Cilantro-Lime rice (6)
- Carnitas (6)
- 3 soft corn tortillas (6)
- 3 soft flour tortillas (7)
- Guacamole (8)
- Burrito Flour tortilla (9)

Culver's

- Banana (0 SP)
- Side Salad (1 SP)
- Applesauce (2 SP)
- Stuffed Green Pepper Soup (3)
- Raspberry Vinaigrette Dressing (3 SP)
- Chicken Noodle Soup (2 SP)
- Cheesy Chicken Tortilla Soup (5 SP)
- Oven Roasted Turkey Noodle (4 SP)
- Corn Dog (8 SP)
- Garden Fresco Salad with Grilled Chicken (5 SP)
- Boston Clam Chowder Soup (9 SP)
- Grilled Chicken Sandwich (7 SP)
- George's Chili (6 SP)
- Cranberry Bacon Bleu Salad with Grilled Chicken (6 SP)



Fazoli's

- Fat-Free Italian Dressing (1 SP)
- Roasted Chicken topping (1 SP)
- Broccoli and fire-roasted tomatoes topping (1 SP)
- Side Chopped Salad, no dressing (3 SP)
- Sauteed Broccoli Topping (3 SP)
- Cherry Vinaigrette dressing (4 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)

Jimmy John's

- Low fat/low carb Option Slim 4 Turkey Breast Lettuce Wrap (0 SP)
- PePe Low Carb Lettuce Wrap w/o provolone or mayo (2 SP)
- Gourmet Smoked Ham Club Lettuce Wrap w/o provolone or mayo (3 SP)
- Low fat/Low carb J.J.B.L.T Lettuce Wrap w/o provolone or mayo (6 SP)
- Club LuLu Lettuce Wrap w/o mayo (5 SP)
- Country Club Lettuce Wrap w/o mayo (5 SP)
- Billy Club Lettuce Wrap w/o mayo (7 SP)
- PePe Sandwich on French Bread w/o provolone or mayo (9 SP)
- Beach Club Lettuce Wrap w/o mayo (8 SP)
- Vito Low Carb Lettuce Wrap w/o mayo (9 SP)
- Plain Slim 4 Turkey Breast on French Bread w/o mayo (10 SP)
- Plain Slim 1 Ham on French Bread w/o mayo (10 SP)

McDonald's

- Side Salad (0 SP)
- Apple Slices (0 SP)
- Creamy Ranch Sauce (4 SP)
- Premium Bacon Ranch Salad w/ Grilled Chicken (5 SP)
- Premium Southwest Salad w/ Grilled Chicken (4 SP)
- Southwest Salad w/ Grilled Chicken & Cilantro dressing (6 SP)
- Fruit 'n Yogurt Parfait (7 SP)
- Hamburger (8 SP)
- Chicken nuggets, 4 piece (5 SP) or 6 piece (7 SP)
- Artisan Grilled Chicken Classic Sandwich (8 SP)
- Cheeseburger (10 SP)

Noodles & 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 (1 SP)
- Bacon (2 SP)
- Fresh Seasonal Mixed Veggies (5 SP)
- Fresh Steamed Broccoli (3 SP)
- Fresh Steamed French Green Beans (2 SP)

SOUPS

- Chicken Tortilla Soup, cup (5 SP)
- Chicken Tortilla Soup, bowl (8 SP)

Panera Bread

- Apple (0 SP)
- Low fat chicken tortilla soup (2 SP)
- Organic Tomato Bisque (4 SP)
- Asian sesame chicken, half salad (4 SP)
- Chicken Caesar, half salad (5 SP)
- Greek, half salad w/ chicken and dressing (6 SP)
- Cream of chicken & wild rice soup, cup (6 SP)
- Thai chicken, half salad w/ chicken and dressing (6 SP)
- Turkey Breast Sandwich on Whole Grain Bread, half sandwich (8 SP)
- Smoked ham and Swiss on rye, half sandwich (9 SP)
- Cup of broccoli cheddar soup (9 SP)
- Roasted turkey and avocado BLT on sourdough, half sandwich (8 SP)
- Fuji apple with chicken, half salad (7 SP)
- Mediterranean veggie on Tomato Basil, half sandwich (6 SP)

Red Lobster

SEASIDE STARTER

- Chilled Jumbo Shrimp Cocktail (1 SP)

CREATE YOUR COMBO (ANY TWO OR THREE)

- Garlic Shrimp Scampi (5 SP)
- Peppercorn Grilled Sirloin, 7 oz. (6 SP)
- Seafood Stuffed Flounder (6 SP)

SHRIMP YOUR WAY (ANY TWO OR THREE)

- Fried Shrimp (8 SP)
- Shrimp Scampi (6 SP)

DINNERS

- Broiled Flounder dinner (2 SP)

LUNCH CLASSICS

Blackened Farm Raised Catfish (4 SP)

Broiled Flounder (1 SP)

Sailor's Platter (9 SP)

Seafood Stuffed Flounder (7 SP)

CREATE YOUR OWN LUNCH

- Broiled Bay Scallops (1 SP)
- Garlic Grilled Shrimp Skewer (5 SP)
- Hand Breaded Shrimp (9 SP)

STEAK PLATES

- 6 oz. sirloin w/ grilled shrimp and no sides (7 SP)
- 9 oz. sirloin with no sides (5 SP)

UNDER 600 CALORIES MENU

- Grilled Chicken on the Barbie w/ no sides (3 SP)
- Grilled Chicken on the Barbie with Fresh Seasonal Mixed veggies (8 SP)
- Simply grilled Mahi with Mixed Veggies (9 SP)
- Grilled Shrimp on the Barbie (5 SP)



Red Robin

- Side salad w/o dressing (0 SP)
- Steamed broccoli (0 SP)
- Black Beans side (2 SP)
- Coleslaw side (3 SP)
- House salad (4 SP)
- Lite Ranch dressing (5 SP)
- Light Chicken Ensenada platter (8 SP)
- Simply Grilled Chicken Burger, no margarine (9 SP)
- Simply Grilled Chicken Salad (8 SP)
- Chicken Tortilla Soup, cup (7 SP)
- Chili, cup (7 SP)
- Caesar Side Salad (7 SP)
- Clamdigger's Clam Chowder, cup (9 SP)

Sonic

- Apple slices (0 SP)
- Hot chili (2 SP)
- Slaw (5 SP)
- Apple slices with fat-free caramel dip (5 SP)
- 2 piece chicken strips (6 SP) or 3 piece (8 SP)
- Grilled chicken Salad (7 SP)

Taco Bell

- Black Beans (2 SP)
- Fat Free refried beans (3 SP)
- Seasoned rice (3 SP)
- Fresco Soft Taco w/ shredded chicken (3 SP)
- Fresco Grilled Steak Soft Taco (4 SP)
- Black Beans and Rice (4 SP)
- Shredded Chicken Mini Quesadilla (6 SP)
- Crunchy Taco Supreme (6 SP)
- Pintos and Cheese (6 SP)

Wendy's

- Garden Side Salad, w/o croutons or dressing (0 SP)
- Packet Light Ranch dressing, 1 packet (2)
- Cod Fillet, no bun (5 SP)
- Rich and Meaty Chili, small (3 SP) or large (4 SP)
- Strawberry Fields Chicken Salad, half size (0 SP) or full size (1 SP)
- Jr. Hamburger (7 SP)
- Power Mediterranean Chicken Salad, half size (4 SP) or full size (6 SP)
- Grilled Chicken Go Warp (6 SP)
- Plain Baked Potato, 10 oz. (8 SP)
- Jr. Cheeseburger (9 SP)
- Artisan sandwich with Egg and Cheese (7 SP)
- Apple Pecan Chicken Salad, half size (9 SP)
- BBQ Ranch Chicken Salad, half size (8 SP)
- Grilled Chicken Sandwich (7 SP)

