



## EZ Eating Out Equation

Restaurant 'Quick Hitters'

### Pizzeria Uno

If you haven't been to your local Uno's recently, you're in for a great surprise. Sure, its famous deep-dish (umm...high-fat) pizzas still rule the day, but nutrition has become the buzz with a completely transfat-free menu and plenty of grilled entrees (including antibiotic-free chicken). Adding to the healthy variety: whole-grain pasta and brown rice, organic coffee and tea, and flatbread pizzas that have half the calories of deep-dish ones. Plus, you can add a salad to your pizza for half-price because, according to the menu, "We want you to get some greens in your diet." Now that's a blue-ribbon commitment to health. Another reason Uno's is at the top of the list: You know what you're eating. In the lobbies of most of the restaurant's locations, there are Nutrition Information Centers that detail ingredients, fat and sodium contents, and calories and fiber of every item, in addition to gluten-free options.

### Ruby Tuesday

Consider this the "user friendly" version of eating out healthy! With its organic greens, hormone-free chicken, transfat-free frying oil, and better- for-you beverages including Jones organic teas and made-to-order drinks like all natural lemonades (think real fruit and juice) all prominently marked and displayed. It's easy to find the good stuff (again...it's highlighted). My favorites are the chicken wrap in a whole-wheat tortilla and the broiled tilapia. The salad bar is huge as well offering so many healthy toppings and unique ways to make a salad that will actually fill you up! Don't forget to add the protein!

### Macaroni Grill

This Italian eatery puts its entire menu's nutritional content online, so you know before you go what to steer clear of -- mainly, the massive baked pastas. But what pushed Macaroni Grill onto my best list is its "Sensible Fare" menu, with entrees like Simple Salmon, a grilled fillet sided by grilled asparagus and broccoli. Grazie for whole-wheat penne available as a substitute in any dish. And don't think I didn't notice the grilled skinless chicken breast with steamed broccoli and pasta on the kid's menu! Hey sometimes you have to look just in case!

### Olive Garden

Like Macaroni Grill, this Italian chain has great-for-you options, as long as you keep your head straight (again, avoid the baked pastas!). Use the olive- branch icon on the menu to find low-fat "Garden Fare" items such as Venetian Apricot Chicken. You can grab some whole-grain goodness, too, by choosing the whole-wheat linguine at dinner as a substitute for any pasta.

### P.F. Chang's

Take the best aspects of Asian cuisine -- a combination of fresh vegetables and protein -- surround them with healthy influences such as whole-grain brown rice, wild-caught, sustainable Alaskan salmon, and all-natural chicken, and you have a recipe for delicious, healthy dining. Wok-based cooking (which requires less oil) using soybean oil keeps fat contents low, and less sodium in the sauces rounds out P.F. Chang's healthy take on Chinese food. The lettuce wraps are king here though (and the lemon chicken is surprisingly not that bad for you and definitely suitable for one dinner out every now and then!)

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Step 2: How Its Prepared ( HIP )

Step 3: Swap Out Sides ( SOS )

Step 4: Divide Your Portions ( /2 )

Step 5: Putting It All Together ( SUCCESS )

Sample Menu:  
Applebee's Neighborhood Grill and Bar

Applebee's Menu Wrap-Up

Restaurant 'Quick Hitters'

AthLEAN 'To-Go' Please

## Denny's

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Yes, the home of the Lumberjack Slam and Moons Over My Hammy offers lots of skinny options to counter its fatty mainstays. "Fit-Fare" dishes such as the grilled-chicken-breast salad, and tilapia with rice and veggies, each have less than 15 grams of fat. Denny's also posts full nutritional information on its Web site.

## Morton's Steakhouse

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Even though you may associate steakhouse eating with gorging...it doesn't have to be the case. At Morton's there are enough varieties in steak sizes that you can always find the one to fit your appetite (and your meal plan!). There are also plenty of healthy seafood options to choose from as well as steamed and roasted veggie sides that will fill you up without fattening you up. As always, the staff at Morton's aims to please so if you have any requests to make your meal exactly as you would like it...don't feel bashful to do so!

## Cheesecake Factory

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Cheesecake Factory chefs have designed four different menu items for their "Weight Management" group of meals, and true to promise, these are some of the lowest-calorie foods on the menu. These include the "Weight Management Grilled Chicken" sandwich, "Weight Management Asian Chicken Salad," "Weight Management Pear and Endive Salad," and "Weight Management Spicy Chicken Salad," each of which has under 600 calories. Interestingly enough, the lowest calorie salad of all ("Seared Tuna Tataki Salad," with 440 calories) is not part of the Weight Management labeling system.

Other relatively healthy choices among entrees come in under 1000 calories, so they're still good alternatives to the 2000+ calorie options mentioned above. Some of these are fairly predictable, such as grilled fish (which range 470-830 calories, with grilled mahi being the lowest), "Shrimp with Angel Hair," (at 850 calories), and "White Chicken Chili" (with 880 calories). And surprisingly, two hamburgers come in under 100 calories: "The Factory Burger" (740) and the "Old Fashioned Hamburger" (960). My personal favorite...Grilled Chicken Medallions with Mexican Rice substituted in for Mashed Potatoes! Throw in an unsweetened Passion Tea and you're good to go!

## Outback Steakhouse

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Stick to the "Griller" or "On the Barbie" options at this popular chain and pretty much ensure yourself that you'll be eating AthLEAN friendly! If you opt for a salad to start, try their tangy tomato dressing (it's FAT FREE!) and look at their new appetizers for potential meal options. Want an incredibly healthy and tasty meal secret? Order a double order of the Seared Tuna Appetizer and have it as your main meal. Even though I'm a tuna aficionado I can tell you, I'd be hard pressed to find better tasting tuna anywhere. Crazy...but true!

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