

RESTAURANT GUIDE

- these suggestions are based on the general dietary guidelines to eat a diet rich in fruits, vegetables, and whole grains, low in saturated/trans-fats, added sugars, and sodium.
- all foods fit in a well-balanced, healthy diet. This guide is to help you choose foods that will support your fast-paced, busy lifestyle and provide you with the energy you need to rock your day. Listen to your body and your cravings and be kind and respectful to yourself.
- when ordering salads, order the dressing on the side. Before each bite, dip your fork in the dressing. This way, you get a taste of dressing with each bite without dowsing your greens in calorie-laden sauce.
- be vocal when ordering entrees or sandwiches with sauce/condiments. Ask for a light spread on sandwiches or for condiments and sauces on the side.
- there is nothing wrong with eating bread; however, processed carbohydrates will cause a spike in your blood sugar and a consequences, a sugar crash. Consider reducing carbohydrates moderately to help stabilize blood sugar levels. Most restaurants tend to provide large portions of carbohydrates since they are inexpensive

CHILI'S RESTAURANT

RESTAURANT GUIDE

FOR THE TABLE

I recommend skipping any of the traditional options and just ordering a salad as an appetizer for the table to share. If this is not an option, then your next bet would be to order onion rings. While they are high in saturated fat due to fat added during the frying process, they are lower in fat and processed carbohydrates than other options.

SOUPS, CHILI, AND SALAD

CHILI

HOUSE SALAD

CHICKEN SALAD
hold the sauces

CRAFT BURGERS

OLD TIMER

sub with black bean patty to further reduce saturated fat content

HANDHELDS

CAJUN CHICKEN

out of the two options, I would choose this one and order the mayo on the side

FRESH MEX

FAJITAS*

Fajitas are usually made with lard or butter, but if this is something you absolutely desire, go with the grilled chicken and hold the sour cream, cheese, and tortillas (they'll slow you down later in the day). Enjoy the pico de gallo and guacamole

MARGARITA CHICKEN FRESH MEX

CHIPOTLE CHICKEN FRESH MEX

Cut saturated fat by holding cumin-lime sour cream, and cheddar cheese

SPICY SHRIMP TACOS

2 should be plenty but if you are feeling more hungry and want to order three, cut out the tortillas, they'll slow you down)

**all items on the lighter fare menu are fair game*