

THE

RESTAURANT CHEAT SHEET

Don't let healthy eating
trap you in your kitchen!

Check out these healthy options
that won't derail your progress.

Get You In Shape

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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. Brad Linder and Get You In Shape are 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
12oz



Mountain Dew
12oz



Coca-Cola
12oz



Mello Yellow
12oz



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).



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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



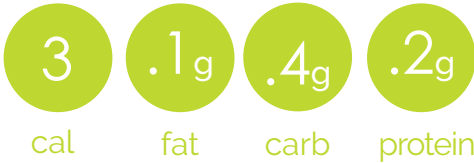
NUTRITION FACTS REFLECT SMALL DRINK ORDERS



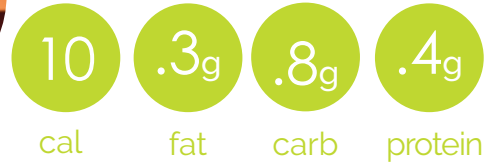
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OLD PARADISE ESPRESSO



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



GET YOU IN SHAPE 

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



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Hot or Iced Coffee - Black



Narino 70 Cold Brew



COMPARE TO



Chai Creme Frappuccino Blended Coffee



Cinnamon Dolce Light Frappuccino Blended Coffee



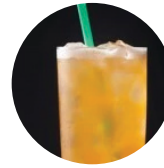
Green Tea Frappuccino Blended Creme, whole milk & whipped cream



KIDS Steamed Apple Juice, 8oz



Cafe Misto 2% milk



Fizzio Orange Cream Soda



NUTRITION FACTS REFLECT TALL DRINK ORDERS



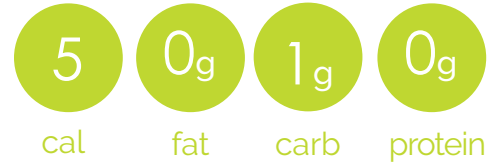
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Steeped Tea made with Whole Leaf



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

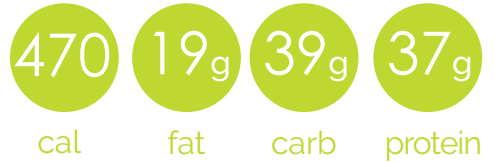
RESTAURANTS





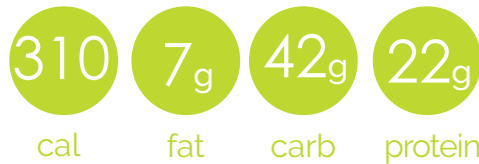
Grilled Chicken Sandwich

on bun with tomatoes,
mayonnaise & lettuce



Morning Star Veggie Burger

on bun with onions,
tomatoes, lettuce & ketchup
*no mayonnaise



Double Cheeseburger

on bun with cheese, pickles,
mustard & ketchup





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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!

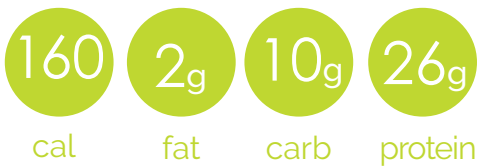
Flour Tortilla: 300 extra calories
Sour Cream: 120 extra calories
Chips & Guacamole: 800 extra calories
Chips & Salsa: 590-650 extra calories
Chipotle Vinaigrette: 270 extra calories



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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



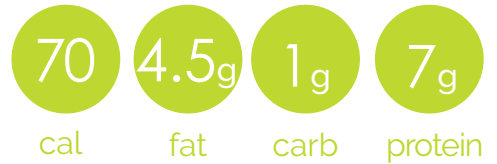
580	45g	10g	34g
cal	fat	carb	protein



McDONALD'S

Whole Egg - Round or Scrambled

Ask for salt & pepper packets, as well as hot sauce!

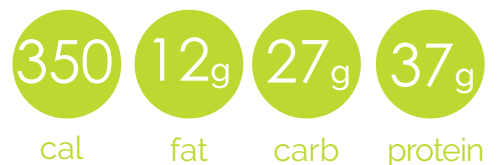


Pico Guacamole with Artisan Grilled Chicken

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



Southwest Grilled Chicken Salad





BUILD YOUR OWN BOWL OR SALAD

Lettuce: 0 calories
Cilantro Lime Rice: 190
Brown Rice: 170 calories
Black or Pinto Beans: 130-140 calories

Chicken, Tequila-Lime: 100 calories
Pork, Pulled: 160 calories
Steak: 180 calories
Beef, Ground / Shredded: 190 calories

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

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

Pick Your Base

Did you know you can ask for half scoops of rice and beans?

Recommended Protein Choices

Did you know Chorizo has 300 calories compared to these?

Recommended Toppings

Pick your favorites - beware some salsas are very spicy!

Things to Avoid

If you choose to make a salad, use salsa as your dressing!



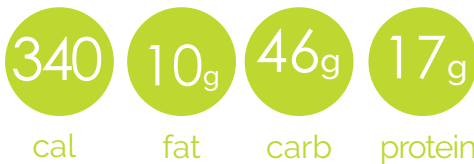
Rotisserie Style Chicken Salad

*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 cal 11g fat 16g carb 5g protein

Power Menu Bowl: Veggie

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



480 cal 18g fat 64g carb 16g protein

Power Menu Bowl:
Chicken or Steak

Order without sour cream
& avocado ranch sauce

**Optional add items from veggie bowl



500 cal 20g fat 53g carb 28g protein



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Power Mediterranean
Chicken Salad



250 cal 9g fat 23g carb 22g protein

Half-Size

Grilled Chicken Wrap

270 cal 10g fat 24g carb 20g protein



Jr. Cheeseburger



280 cal 13g fat 25g carb 16g protein

SIT DOWN

RESTAURANTS





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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

with Garlicky Green Beans

180 cal 15g fat 11g carb 2g protein

- OR -

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



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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

Cheddar's

SCRATCH  KITCHEN™

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Sirloin Steak (6oz)

with Seasoned Rice

212 cal 3g fat 41g carb 9g protein



312 cal 12g fat 4g carb 46g protein

Citrus Miso Salmon

with Southern Green Beans

62 cal 4g fat 18g carb 1g protein



485 cal 24g fat 34g carb 35g 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



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Mango-Chile Chicken



510 cal 17g fat 56g carb 38g protein

6oz Sirloin with Grilled Avocado



420 cal 20g fat 23g carb 39g protein

SIDES



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 cal 14g fat <1g carb 43g protein

HEALTHY SIDE CHOICES:
Brussels Sprouts N' Kale Salad
Fresh Steamed Broccoli
Mixed Green Side Salad
Apple Slices

Half-pound Hamburger Steak



440 cal 33g fat 0g carb 33g protein

SIDES



Fresh Steamed Broccoli

40 cal 0g fat 6g carb 4g protein



Mixed Green Side Salad

10 cal 0g fat 2g carb <1g protein



Turnip Greens

100 cal 4g fat 6g carb 10g protein



Apple Slices

70 cal 0g fat 19g carb <1g protein

Fire Grilled Pork Porterhouse



570 33g 1g 66g
cal fat carb protein

Longhorn Salmon (7oz)



300 16g 2g 33g
cal fat carb protein

Renegade Sirloin (8oz)



390 16g 2g 51g
cal fat carb protein

SIDES



Fresh Steamed Broccoli

90 4g 7g 4g
cal fat carb protein



Fresh Steamed Asparagus

90 5g 6g 5g
cal fat carb 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



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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



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BREAKFAST

Breakfast Power Sandwich

.....
Avocado, Egg White, Spinach



410 14g 52g 22g
cal fat carb protein

Steal Cut Oatmeal

.....
with Strawberries and Pecans



340 14g 51g 6g
cal fat carb protein

LUNCH

Roasted Turkey and Avocado

.....
BLT on Sourdough (1/2 Sandwich)



340 18g 25g 17g
cal fat carb protein

- WITH -

Seasonal Greens Salad

90 6g 10g 2g
cal fat carb protein

- OR -

Cup of Garden Vegetable Soup

80 2.5g 11g 3g
cal fat carb protein

Spicy Tuna Roll

Avocado, Egg White, Spinach



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

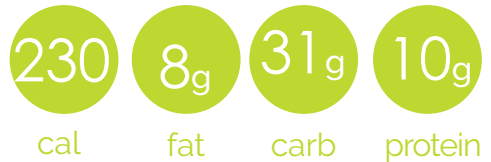
210 cal 2g fat 22g carb 5g protein



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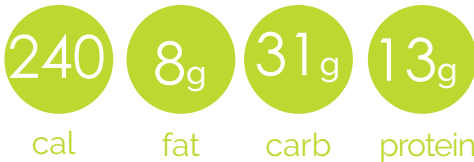
Veggie Lover's - Thin 'N Crispy

Nutrition Info for 1 slice of Large Pizza



Hawaiian Chicken - Thin 'N Crispy

Nutrition Info for 1 slice of Large Pizza



Gluten Free Pizzas



110 - 160
calories per Gluten Free Slice

TIPS FOR ORDERING PIZZA

- CRUST: Thin is best
- TOPPING: Load up on veggies
- CHEESE: Keep it light

Eat Slowly -- Put Slice Down Between Bites -- Chew Completely



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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



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The Wedgie Burger



470 cal 28g fat 22g carb 35g protein

Sear-ious Salmon



480 cal 35g fat 12g carb 37g protein

Ensenada Chicken Platter



510 cal 18g fat 27g carb 61g protein

SIDE OPTIONS:

Steamed Broccoli

30 cal 0g fat 6g carb 3g protein

Coleslaw

80 cal 5g fat 7g carb 1g protein

- OR -



Sirloin Steak



6oz Steak

250

cal

8oz Steak

340

cal



Texas Roadhouse Veggies

90

cal

0g

fat

20g

carb

4g

protein

Dallas Filet



6oz Filet

230

cal

8oz Filet

280

cal



Plain Sweet Potato - med size

100

cal

0g

fat

23g

carb

2g

protein



Bourbon Barrel Chicken



270	14g	5g	30g
cal	fat	carb	protein

- WITH -

Side Salad with Low Fat Balsamic

90	3.5g	14g	2g
cal	fat	carb	protein

- OR -

Mashed Potatoes

210	10g	21g	3g
cal	fat	carb	protein

Mediterranean Mahi Naan 'Wich



480	15g	55g	33g
cal	fat	carb	protein

- WITH -

Fresh Broccoli

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

- OR -

Fresh Spinach

180	14g	8g	4g
cal	fat	carb	protein