



Guide to Dining Out- Making the Best Choices

Best Choices for Fast Food:

Arbys

Arby-Q: 380 calories, 5 grams saturated fat, 15 grams total fat, 42 grams carbohydrate, 19 grams protein

Arby's Melt with Cheddar: 380 calories, 7 grams saturated fat, 19 grams total fat, 38 grams carbohydrate, 19 grams protein

Grilled Chicken Caesar Salad: 200 calories, 6 grams total fat, 3 grams saturated fat, 7 grams carbohydrate, 29 grams protein

Light Grilled Chicken S'wich: 280 calories, 5 grams total fat, 2 grams saturated fat, 33 grams carbohydrate, 30 grams protein

Light Roasts Chicken Deluxe S'wich: 260 calories, 5 grams total fat, 2 grams saturated fat, 32 grams carbohydrate, 23 grams protein

Light Roast Turkey Deluxe S'wich: 230 calories, 5 grams total fat, 2 grams saturated fat, 33 grams carbohydrate, 19 grams protein

Light Grilled Chicken Salad: 190 calories, 4 grams total fat, <1 gram saturated fat, 16 grams carbohydrate, 25 grams protein

Light Roast Chicken Salad: 200 calories, 5 grams total fat, <1 gram saturated fat, 16 grams carbohydrate, 25 grams protein

Burger King

BK Veggie Burger: 380 calories, 16 grams total fat, 2.5 grams saturated fat, 46 grams carbohydrate, 14 grams protein

Hamburger: 310 calories, 13 grams total fat, 5 grams saturated fat, 30 grams carbohydrate, 17 grams protein

Cheeseburger: 350 calories, 17 grams total fat, 8 grams saturated fat, 31 grams carbohydrate, 19 grams protein

Chicken Tenders (4 piece): 170 calories, 9 grams total fat, 2.5 grams saturated fat, 10 grams carbohydrate, 11 grams protein

Chicken Tenders (5 piece): 210 calories, 12 grams total fat, 3.5 grams saturated fat, 13 grams carbohydrate, 14 grams protein

Chicken Tenders (6 piece): 250 calories, 14 grams total fat, 4 grams saturated fat, 15 grams carbohydrate, 16 grams protein
Side Garden Salad w/out dressing: 20 calories, 0 grams total fat, 0 grams saturated fat, 4 grams carbohydrate, 1 gram protein

Fire-Grilled Chicken Garden Salad w/out dressing: 210 calories, 7 grams total fat, 3 grams saturated fat, 12 grams carbohydrate, 26 grams protein

Fire-Grilled Shrimp Garden Salad w/out dressing: 200 calories, 10 grams total fat, 3 grams saturated fat, 13 grams carbohydrate, 21 grams protein

Sweet Onion Vinaigrette Salad Dressing: 100 calories, 8 grams total fat, 1 gram saturated fat, 8 grams carbohydrate, 0 grams protein

Tomato Balsamic Vinaigrette Salad Dressing: 110 calories, 9 grams total fat, 1 gram saturated fat, 9 grams carbohydrate, 0 grams protein

HIDDEN VALLEY fat free ranch dressing: 35 calories, 0 grams total fat, 7 grams carbohydrate, 0 grams protein

McDonalds

Hamburger: 280 calories, 10 grams total fat, 4 grams saturated fat, 36 grams carbohydrate, 12 grams protein

Grilled Chicken on Wheat: 320 calories, 7 grams total fat, 1.5 grams saturated fat, 39 grams carbohydrate, 26 grams protein

McVeggie Burger: 350 calories, 8 grams total fat, 2 grams saturated fat, 48 grams carbohydrate, 23 grams protein

Chicken Fajita Roll-Up: 190 calories, 7 grams total fat, 2.5 grams saturated fat, 21 carbohydrate, 11 grams protein

Chicken McNuggets (4 piece): 170 calories, 10 grams total fat, 2 grams saturated fat, 10 grams carbohydrate, 10 grams protein

Chicken McNuggets (6 piece): 250 calories, 15 grams total fat, 3 grams saturated fat, 15 grams carbohydrate, 15 grams protein

Grilled Chicken Caesar Salad: 200 calories, 6 grams total fat, 3 grams saturated fat, 9 grams carbohydrate, 29 grams protein

Caesar no Chicken: 90 calories, 4 grams total fat, 7 grams carbohydrate, 7 grams protein

California Cobb no Chicken: 160 calories, 11 grams total fat, 4.5 grams saturated fat, 7grams carbohydrate, 11 grams protein

Grilled Chicken California Cobb: 280 calories, 14 grams total fat, 6 grams saturated fat, 11 grams carbohydrate, 30 grams protein

Bacon Ranch no Chicken: 140 calories, 10 grams total fat, 4.5 grams saturated fat, 7 grams carbohydrate, 9 grams protein

Side Ranch Medley/Side Salad: 15 calories, 0 grams total fat, 0 grams saturated fat, 3 grams carbohydrate, 1 gram protein

Fruit 'N Yogurt Parfait (Regular): 380 calories, 5 grams total fat, 2 grams saturated fat, 76 grams carbohydrate, 10 grams protein

Fruit 'N Yogurt Parfait (Regular no granola): 280 calories, 4 grams total fat, 2 grams saturated fat, 53 grams carbohydrate, 8 grams protein

Fruit 'N Yogurt Parfait (snack size): 160 calories, 2 grams total fat, 1 gram saturated fat, 30 grams carbohydrate, 4 grams protein

Fruit 'N Yogurt Parfait (snack size no granola): 130 calories, 2 grams total fat, 1 gram saturated fat, 25 grams carbohydrate, 4 grams protein

Carl's Jr.

Hamburger: 280 calories, 9 grams total fat, 4 grams saturated fat, 36 grams carbohydrate, 14 grams protein

Charbroiled BBQ Chicken Sandwich: 370 calories, 4 grams total fat, 1 gram saturated fat, 47 grams carbohydrate, 35 grams protein

Charbroiled Chicken Salad To Go (without dressing): 330 calories, 7 grams total fat, 4 grams saturated fat, 17grams carbohydrate, 34 grams protein

Garden Salad To Go (without dressing): 120 calories, 3 grams total fat, 2 grams saturated fat, 5 grams carbohydrate, 3 grams protein

Subway

Veggie Delite (6-inch): 230 calories, 3 grams total fat, 1 gram saturated fat, 44 grams carbohydrate, 9 grams protein

Savory Turkey Breast (6-inch): 280 calories, 4.5 grams total fat, 1.5 grams saturated fat, 46 grams carbohydrate, 18 grams protein

Savory Turkey Breast and Ham (6-inch): 290 calories, 5 grams total fat, 1.5 grams saturated fat, 46 grams carbohydrate, 20 grams protein

Ham (6-inch): 290 calories, 5 grams total fat, 1.5 grams saturated fat, 46 grams carbohydrate, 18 grams protein

Roast Beef (6-inch): 290 calories, 5 grams total fat, 2 grams saturated fat, 45 grams carbohydrate, 19 grams protein

Oven Roasted Chicken Breast (6-inch): 330 calories, 5 grams total fat, 1.5 grams saturated fat, 47 grams carbohydrate, 24 grams protein

Honey Mustard Ham (6-inch): 310 calories, 5 grams total fat, 1.5 grams saturated fat, 54 grams carbohydrate, 19 grams protein

Garden Fresh Salad: 60 calories, 1 gram total fat, 0 gram saturated fat, 11 grams carbohydrate, 3 grams protein

Mediterranean Chicken Salad: 170 calories, 4.5 grams total fat, 2 grams saturated fat, 11 grams carbohydrate, 22 grams protein

Roasted Chicken Noodle Soup: 60 calories, 1.5 grams total fat, .5 grams saturated fat, 7 grams carbohydrate, 6 grams protein

Vegetable Beef Soup: 60 calories, 1 gram total fat, .5 gram saturated fat, 15 grams carbohydrate, 5 grams protein

Minestrone Soup: 90 calories, 4 grams total fat, 1 gram saturated fat, 7 grams carbohydrate, 7 grams protein

Spanish Style Chicken and Rice Soup: 90 calories, 2 grams total fat, .5 grams saturated fat, 13 grams carbohydrate, 5 gram protein

Tomato Garden Vegetable with Rotini: 100 calories, .5 grams total fat, 0 gram saturated fat, 10 grams carbohydrate, 3 grams protein

New England Style Clam Chowder: 110 calories, 3.5 grams protein, .5 grams saturated fat, 16 grams carbohydrate, 5 grams protein

Taco Bell

Taco (Fresco Style): 150 calories, 7 grams total fat, 2.5 grams saturated fat, 14 grams carbohydrate, 7 grams protein

Beef Soft Taco (Fresco Style): 190 calories, 8 grams total fat, 3 grams saturated fat, 22 grams carbohydrate, 9 grams protein

Chicken Soft Taco (Fresco Style): 170 calories, 4 grams total fat, 1 gram saturated fat, 20 grams carbohydrate, 12 gram protein

Grilled Steak Soft Taco (Fresco Style): 170 calories, 5 grams total fat, 1.5 grams saturated fat, 21 grams carbohydrate, 11 grams protein

Beef Gordita Baja (Fresco Style): 250 calories, 9 grams total fat, 3 grams saturated fat, 30 grams carbohydrate, 12 grams protein

Chicken Gordita Baja (Fresco Style): 230 calories, 6 grams total fat, 1 gram saturated fat, 29 grams carbohydrate, 15 grams protein

Steak Gordita Baja (Fresco Style): 230 calories, 7 grams total fat, 1.5 grams saturated fat, 29 grams carbohydrate, 13 grams protein

Bean Burrito (Fresco Style): 350 calories, 8 grams total fat, 2 grams saturated fat, 56 grams carbohydrate, 13 grams protein

Burrito Supreme – Chicken (Fresco Style): 350 calories, 8 grams total fat, 2 grams saturated fat, 50 grams carbohydrate, 19 grams protein

Burrito Supreme – Steak (Fresco Style): 350 calories, 9 grams total fat, 2.5 grams saturated fat, 50 grams carbohydrate, 17 grams protein

Fiesta Burrito – Chicken (Fresco Style): 350 calories, 9 grams total fat, 2 grams saturated fat, 49 grams carbohydrate, 16 grams protein

Tostada (Fresco Style): 200 calories, 6 grams total fat, 1 gram saturated fat, 30 grams carbohydrate, 8 grams protein

Enchirito – Beef (Fresco Style): 270 calories, 9 grams total fat, 3 grams saturated fat, 35 grams carbohydrate, 13 grams protein

Enchirito – Chicken (Fresco Style): 250 calories, 5 grams total fat, 1.5

grams saturated fat, 34 grams carbohydrate, 16 grams protein

Enchirito – Steak (Fresco Style): 250 calories, 7 grams total fat, 2 grams saturated fat, 34 grams carbohydrate, 14 grams protein

Wendys

Jr. Hamburger: 270 calories, 9 grams total fat, 3.5 grams saturated fat, 34 grams carbohydrate, 15 grams protein

Ultimate Chicken Grill Sandwich: 360 calories, 7 grams total fat, 1.5 grams saturated fat, 44 grams carbohydrate, 31 grams protein

Side Salad: 35 calories, 0 grams fat, 7 grams carbohydrate, 2 grams protein

Small Chili: 200 calories, 5 grams total fat, 2 grams saturated fat, 21 grams carbohydrate, 17 grams protein

Large Chili: 300 calories, 7 grams total fat, 3 grams saturated fat, 31 grams carbohydrate, 25 grams protein

Chicken Nuggets (5 piece): 220 calories, 14 grams total fat, 3 grams saturated fat, 13 grams total carbohydrate, 10 grams protein

Mandarin Chicken Salad (plain without dressing, noodles, or almonds): 190 calories, 3 grams total fat, 1 gram saturated fat, 17 grams carbohydrate, 22 grams protein

Spring Mix Salad (plain without pecans and dressing): 180 calories, 11 grams total fat, 6 grams saturated fat, 12 grams carbohydrate, 11 grams protein

Fat Free French Style Dressing: 80 calories, 0 grams fat, 19 grams carbohydrate, 0 grams protein

Reduced Fat Creamy Ranch: 100 calories, 8 grams total fat, 1.5 grams saturated fat, 6 grams carbohydrate, 1 gram protein

Low Fat Honey Mustard: 110 calories, 3 grams total fat, 0 grams saturated fat, 21 grams carbohydrate, 0 grams protein

Best Choices for Specialty Restaurants

Japanese

Vegetable or Noodle Soup
Sashimi (raw fish)
Sushi (raw fish and rice)
Chicken Teriyaki
Tofu dishes (not fried)
Kaibashira (steamed scallops)
Maguro (broiled tuna)
Saba Yakisakana (broiled mackerel)
Tako (raw octopus)
Grilled or Broiled clams
Steamed or grilled fish or skinless poultry with vegetables
Yakitori (skewered chicken or scallops)
Yosenabe (seafood and vegetables in broth)
Shabu-shabu (sliced beef and noodles with dipping sauce)

Chinese

Wonton soup
Egg drop soup
Tofu with vegetables
Curry Tofu
Dim sum (chicken or fish with vegetables)
Barbecued pork with mustard and sesame seeds
White rice, plain, steamed
Chicken or scallops with vegetables
Stir-Fried Meals
Moo goo gai pan
Almond gai ding
Sesame Chicken
Shanghai Pork Lo Mein
Shrimp and snow peas
Vegetable stir fry

Thai

Steamed rice
Thai chicken with vegetables and chili sauce
Seafood kebab
Tom yam goons (hot and sour shrimp soup)
Pad Thai (stir fried noodles with vegetables, tofu, shrimp and peanuts)
Stir Fried chicken or beef with vegetables

Mexican

Chicken Enchilada
Chicken or Beef Fajitas
Chicken, Bean or Cheese Tostada
Soft chicken or vegetarian taco
Ceviche
Picado pollo (chicken and vegetables)
Grilled fish or chicken breast
Frijoles (boiled beans)
Beef tamale

Italian

Chicken Cacciatore
Frittata with vegetables
Manicotti with cheese and tomato sauce
Minestrone Soup
Spaghetti with Clam Sauce
Spaghetti with marinara (tomato) or marsala sauce
Cioppino (seafood soup)
Pasta Primavera with Tomato Sauce
Ratatouille
Pollo a la Romana (chicken in wine sauce)
Muscolidella Riviera (steamed mussels in red sauce)
Zuppa de Vongole (clams with white wine and shallots)
Italian Fruit Ices

Middle Eastern/Greek

Chicken Souvlaki (shish kebob)
Chilled fruit soup
Chilled yogurt and cucumber soup
Couscous with lamb
Couscous with vegetables
Cucumber and yogurt salad
Dolma (rice stuffed grape leaves)
Iman Bayildi (baked eggplant stuffed with vegetables)
Lamb Tagine
Lentil salad
Moroccan lamb pilaf with bulgar wheat
Spinach with lemon dressing
Tabbouleh
Vegetable and lentil soup



About Us

Weight Loss and Wellness Makeover

If you have tried to lose weight in the past and are now left frustrated and confused- you are not alone. One big problem is that one size does not fit all when it comes to weight loss and health.

How can it be when you have your own unique genetic makeup?

Whether you have 10 pounds or 50 plus to lose you can find the right path for your unique needs so you can:

- hit your goal weight in a healthy and natural way
- optimize your metabolic rate so you lose and maintain your weight easily
- find natural ways to control food cravings and emotional/stress eating
- decrease your risk of chronic diseases

Scientifically accurate and easy to use- the Balance Program offers long term answers and shows you simple strategies to take the weight off for life.

Start with the **Mini Diet Makeover Assessment** or join us for our **entire 8-step process**. Go at your own pace and get online office visits with your dietitian. Visit www.reallivingnutrition.com to learn more about our process.

Hear what people are saying...

Before starting the Balance Program I was unmotivated. I lacked the energy to take care of my body. Lisa (Nelson) helped me regain my focus by giving me the tools necessary to make life changes with my diet and exercise program. Healthy living is now second nature. Lisa Nelson was extremely helpful and knowledgeable.

Meg G. - Teacher, Livingston, MT

I wanted to take a minute to thank you for the wonderful program. This program has transformed my life for the better. Adriana has helped me so much - she has been so receptive to my needs. She took the time each week to explain and make sure I understood the idea behind the lesson - and beyond. Can't thank you both enough,

N.R. - Puerto Rico

I am very pleased with the balance program. My dietitian Sandra was extremely supportive and encouraging. I have learned a brand new way of healthy eating for my family and myself. I am looking forward to the Healthy Program, so I can reach my goals. Thanks for all your help and for providing me with something I can actually be successful with to be healthy.

Eileen D.

Ditched the Diet and Took on Healthy Living

As a trainer and self-described gym rat I have heard of countless diet programs. At 46 years old I have tried a few diets myself. To make a long story short, all of them helped me lose weight but none of them helped me to keep it off. The Balance Program and Ursula's coaching has helped me to realize that my nutrition is beyond the number on the scale. By learning how to balance my meals and meal times, I have been able to better fuel my exercise routine, burn more calories, and maintain a healthy weight.

I always tease people that I've lost 200 pounds but it's always the same 10 pounds! I lose it, it comes back, I lose it, and so forth. I have dropped and kept 15 pounds off for over 2 months...through the holiday season and the Super Bowl. This is no small feat for me.

I have to give credit to Ursula for educating and helping me to realize that by making the right healthy food choices, most of the time, and maintaining an active lifestyle I will lose the pounds and fat, I will gain the muscle and fitness, and my body will find its balance.

Sam C. - Bonita, CA

Wow- I've learned a lot. Great program. I loved the sessions with the dietitian, looked forward to her feedback. I think it's great that you can use the tools and read your feedback later on as a refresher. Good value for the money.

C.K.

This program is incredibly valuable because it does what no book or weight watchers did for me - actually showing me, based on my real current diet, what I am missing/having too much of - how I need to balance. I love having this personal attention!

Stefanie Zizzo- Apex, NC

Learn more about our 8-step process and how to get your own virtual nutritionist at: www.reallivingnutrition.com