

# Low Carb Diem



seize the way



## Low Carb Restaurant & Fast Foods Guide

### Dining Out Low Carb?

Use this complete guide of **25 restaurants** and **354 menu items** with **14 carbohydrates** or less.

### How to Cut the Carbohydrates:

#### Hold the Bun.

Order any sandwich without the bun.

#### Skip the Ketchup.

You'll save three grams of carbohydrates per packet.

#### Avoid Sugar.

Drink diet soft drinks or water instead of regular sodas.  
Use sweetener in your coffee or tea, or drink it plain.

#### Go Green.

Order a side salad instead of fries.



## Arby's ®

### Chicken Fingers

Cal: 290 Fat: 16 g Protein: 16 g Carbs: 14 g

### Side Salad

Cal: 23 Fat: 0 g Protein: 1 g Carbs: : 4 g

### Garden Salad

Cal: 117 Fat: 2 g Protein: 9 g Carbs: 11 g

### Chef Salad

Cal: 205 Fat: 4 g Protein: 12 g Carbs: 13 g

### Chicken Salad

Cal: 204 Fat: 4 g Protein: 13 g Carbs: 11 g

### Beef Soup, 6 oz.

Cal: 96 Fat: 3 g Protein: 5 g Carbs: 14 g

### Chicken Noodle Soup, 6 oz.

Calories: 99 Fat: 2 g Protein: 6 g Carbs: 14 g

### Tomato Soup, 6 oz.

Cal: 84 Fat: 1 g Protein: 3 g Carbs: 14 g

## Blimpie's ®

Blimpie's new Carb Counter menu has many great low carb items to choose from.

**Note:** Official calorie, fat and protein information was not available at the time of publishing.

### SANDWICHES

#### Roast Beef, Cheddar

Cal: n/a Fat: n/a Protein: n/a

8 grams net carbs for 6" sandwich:

Tender roast beef and real cheddar cheese with lettuce, tomato and tangy wasabi sauce on 7-grain onion bread.

#### Turkey, Provolone

Cal: n/a Fat: n/a Protein: n/a

7 grams net carbs for 6" sandwich:

Oven roasted turkey, provolone cheese, lettuce and tomato topped with FRENCH'S Gour Mayo Southwestern Chipotle sauce on 7-grain onion bread.

### **Buffalo Chicken, Provolone Sun-Dried Tomato**

Cal: n/a Fat: n/a Protein: n/a

8 grams net carbs for 6" sandwich:

Tender sliced buffalo chicken topped with provolone, lettuce and tomato and finished with sun-dried tomato sauce on 7-grain onion bread.

### **Ham, Swiss**

Cal: n/a Fat: n/a Protein: n/a

8.5 grams net carbs for 6" sandwich:

96% fat free ham with aged Swiss and yellow mustard with tomato and lettuce on 7-grain onion bread.

## **SALADS**

### **Buffalo Chicken Salad**

Cal: n/a Fat: n/a Protein: n/a

5 grams net carbs for standard size:

4 ounces of tangy buffalo chicken on a bed of lettuce with rich bleu cheese dressing.

### **Antipasto Salad**

Cal: n/a Fat: n/a Protein: n/a

7 grams net carbs for standard size:

Meats and cheeses from the BLIMPIE Best Sub combined with fresh lettuce in this meat lover's salad.

## **SIDES**

### **Atkins Crunchers Chips**

Cal: n/a Fat: n/a Protein: n/a

Approximately 3 grams net carbs per bag:

Available in Original Flavor, Nacho, BBQ, Sour Cream.

## **DESSERT**

### **BLIMPIE Brownie**

Cal: n/a Fat: n/a Protein: n/a

Approximately 5 grams net carbs:

A new version of BLIMPIE's popular dessert - moist, chewy and absolutely delicious!

## **BEVERAGES**

### **SoBe Lean**

Cal: n/a Fat: n/a Protein: n/a

1 gram net carb/no sugar for 8 oz. Serving:

A refreshing Cranberry-Grapefruit flavored beverage with no Aspartame.

# **Boston Market ®**

## **Skinless Rotisserie Turkey Breast**

Cal: 170 Fat: 1 g Protein: 36 g Carbs: 1g

## **1/4 White Chicken, no skin or wing**

Cal: 170 Fat: 4 g Protein: 33 g Carbs: 2g

## **1/4 White Meat Chicken, with skin and wing**

Cal: 280 Fat: 12 g Protein: 40 g Carbs: 2g

## **1/4 Dark Meat Chicken, no skin**

Cal: 190 Fat: 10g Protein: 22 g Carbs: 1g

## **1/4 Dark Meat Chicken, with skin**

Cal: 320 Fat: 21g Protein: 30 g Carbs: 2g

## **Honey Glazed Ham, (lean) 5 oz.**

Cal: 210 Fat: 9 g Protein: 25 g Carbs: 9g

## **Meatloaf and Brown Gravy, 7 oz.**

Cal: 390 Fat: 22 g Protein: 30 g Carbs: 14 g

## **Chunky Chicken Salad, 3/4 cup**

Cal: 370 Fat: 27 g Protein: 28 g Carbs: 3g

## **Tabasco BBQ Drumstick**

Cal: 130 Fat: 6 g Protein: 14 g Carbs: 4g

## **Tabasco BBQ Wing**

Cal: 110 Fat: 7 g Protein: 2 g Carbs: 0g

## **Chicken Gravy**

Cal: 231 Fat: 1 g Protein: 15 g Carbs: 4g

## **Creamed Spinach**

Cal: 181 Fat: 20 g Protein: 11 g Carbs: 9g

## **Green Beans**

Cal: 85 Fat: 6 g Protein: 1g Carbs: 5g

## **Caesar Side Salad**

Cal: 113 Fat: 17 g Protein: 2g Carbs: 7g

## **Cucumber Salad**

Cal: 136 Fat: 8 g Protein: 1g Carbs: 5g

## **Chicken Caesar Salad**

Cal: 414 Fat: 12 g Protein: 24g Carbs: 3g

## **Fruit Salad, 3/4 cup**

Cal: 70 Fat: 0.5 g Protein: 1 g Carbs: 14 g

## **Steamed Vegetables, 2/3 cup**

Cal: 35 Fat: 0.5 g Protein: 2 g Carbs: 7 g

## **Burger King ®**

### **Fire-Grilled Low Carb bun-less Burgers,**

All are 5 Carbs or less:

#### **Original WHOPPER® Sandwich**

**Original WHOPPER® Sandwich w/ cheese**

#### **DOUBLE WHOPPER® Sandwich**

**DOUBLE WHOPPER® Sandwich w/ cheese**

#### **WHOPPER JR.® Sandwich**

**WHOPPER JR.® Sandwich w/ cheese**

#### **BACON WHOPPER® Sandwich**

**BACON WHOPPER® Sandwich w/ cheese**

#### **Chicken WHOPPER® Sandwich**

Served on a plate w/ a fork and knife  
excludes ketchup and mayo

**NOTE:** Many Burger King's no longer carry salads.

#### **Chicken Salad**

Cal: 142 Fat: 4 g Protein: 25 g Carbs: 10 g

#### **Chef Salad**

Cal: 178 Fat: 5 g Protein: 27 g Carbs: 12 g

#### **Garden Salad**

Cal: 95 Fat: 2 g Protein: 8 g Carbs: 10 g

#### **Side Salad**

Cal: 25 Fat: 0 g Protein: 1 g Carbs: 5 g

#### **BK Broiler, meat only**

Cal: 140 Fat: 4 g Protein: 21 g Carbs: 4g

## **Carl's Jr ®**

### **Western Bacon Cheeseburger, bun-less, no toppings**

Cal: 310 Fat: 24 g Protein: 23 g Carbs: 1 g

### **Onion Rings, on Western Bacon Cheeseburger**

Cal: 77 Fat: 4 g Protein: 1 g Carbs: 10 g

### **Famous Star Hamburger, bun-less, no special sauce**

Cal: 410 Fat: 35 g Protein: 20 g Carbs: 4 g

#### **Special Sauce**

Cal: 19 Fat: 0 g Protein: 0 g Carbs: 4 g

### **Spicy Chicken Sandwich, bun-less, no tomato**

Cal: 313 Fat: 24 g Protein: 8 g Carbs: 14 g

#### **Hamburger, bun-less**

Cal: 120 Fat: 7 g Protein: 9 g Carbs: 4 g

### **Double Chili Cheese Burger, bun-less**

Cal: 732 Fat: 53 g Protein: 52 g Carbs: 14 g

**Double Chili Cheese Burger, bun-less, no tomatoes**

Cal: 720 Fat: 53 g Protein: 52 g Carbs: 12 g

**Chicken Tenders, 5**

Cal: 230 Fat: 14 g Carbs: 11 g Protein: 14 g

**Ranch Dipping Sauce**

Cal: 170 Fat: 17 g Protein: 0 g Carbs: 2 g

**BBQ Dipping Sauce**

Cal: 9 Fat: 0 g Protein: 0 g Carbs: 9 g

**Sweet n Sour Dipping Sauce**

Cal: 45 Fat: 0 g Protein: 0 g Carbs: 11 g

**Chicken Stars, 6 pieces**

Cal: 256 Fat: 16 g Protein: 13 g Carbs: 14 g

**Garden Salad to-Go**

Cal: 50 Fat: 2.5 g Protein: 3 g Carbs: 1 g

**Scrambled Eggs**

Cal: 160 Fat: 11 g Protein: 13 g Carbs: 1 g

**Blue Cheese Dressing**

Cal: 324 Fat: 35 g Protein: 2 g Carbs: 1 g

**Ranch Dressing**

Cal: 315 Fat: 35 g Protein: 2 g Carbs: 1 g

**Fat Free Italian Dressing**

Cal: 15 Fat: 0 g Protein: 0 g Carbs: 4g

## **Chick-Fil-A ®**

**Hearty Breast of Chicken Soup, 1 cup**

Cal: 110 Fat: 2 g Protein: 16 g Carbs: 10 g

**Chik-n Strips, 4**

230 Fat: 8 g Protein: 29 g Carbs: 10 g

**Chik-n Nuggets, 8**

Cal: 290 Fat: 14 g Protein: 29 g Carbs: 12 g

**Chik-n Strips Salad**

Cal: 240 Fat: 10 g Protein: 30 g Carbs: 7 g

**Chicken Caesar Salad**

Cal: 170 Fat: 10 g Protein: 34 g Carbs: 1 g

**Side Salad**

Cal: 80 Fat: 4.5 g Protein: 26 g Carbs: 6 g

**Cole Slaw, 1 cup**

Cal: 79 Fat: 6 g Protein: 5 g Carbs: 11g

**BBQ Sauce**

Cal: 45 Fat: 0 g Protein: 0 g Carbs: 11 g

**Honey Mustard Sauce**

Cal: 45 Fat: 0 g Protein: 0 g Carbs: 11 g

**Dijon**

Cal: 60 Fat: 5 g Protein: 0 g Carbs: 2 g

**Polynesian Sauce**

Cal: 110 Fat: 6 g Protein: 0 g Carbs: 13 g

**Light Italian**

Cal: 20 Fat: 0.5 g Protein: 0 g Carbs: 3 g

**Fat Free Dijon Mustard**

Cal: 60 Fat: 0 g Protein: 0 g Carbs: 14 g

**House Dressing**

Cal: 210 Fat: 17 g Protein: 0 g Carbs: 9 g

**Spicy Dressing**

Cal: 210 Fat: 22 g Protein: 0 g Carbs: 2 g

**Blue Cheese Dressing**

Cal: 190 Fat: 20 g Protein: 0 g Carbs: 2 g

**Buttermilk Ranch Dressing**

Cal: 190 Fat: 20 g Protein: 1 g Carbs: 2 g

**Basil Vinaigrette**

Cal: 210 Fat: 21 g Protein: 0 g Carbs: 4 g

**Ice Dream Cone, small**

Cal: 140 Fat: 4 g Protein: 11 g Carbs: 14 g

**Chili's ®**

Chili's is now offering a low carb menu:

**GRILL****Ribeye Steak**

Carbs: 8 g Fiber: 4 g Net Carbs: 4 g

**Grilled Salmon**

Carbs: 11 g Fiber: 4 g Net Carbs: 7 g

**Chicken or Steak Fajitas**

Carbs: 17 g Fiber: 10 g Net Carbs: 7 g

**Mushroom Jack Fajitas**

Carbs: 24 g Fiber: 11 g Net Carbs: 13 g

**APPETIZERS****Buffalo Wings**

Carbs: 2 g Fiber: 3 g Net Carbs: 0 g

**SALADS****Fajita Caesar**

Carbs: 11 g Fiber: 4 g Net Carbs: 7 g

**Dinner Salad**

Carbs: 8 g Fiber: 3 g Net Carbs: 5 g

## **Dinner Caesar Salad**

Carbs: 5 g Fiber: 2 g Net Carbs: 0 g

## **SOUPS**

### **Beef Chili**

Carbs: 22 g Fiber: 8 g Net Carbs: 14 g

### **Broccoli Cheese**

Carbs: 17 g Fiber: 3 g Net Carbs: 14 g

## **BUN-LESS BURGERS**

### **Old Timer Burger**

Carbs: 11 g Fiber: 6 g Net Carbs: 5 g

### **Bacon Burger**

Carbs: 9 g Fiber: 6 g Net Carbs: 3 g

### **Mushroom Burger**

Carbs: 14 g Fiber: 6 g Net Carbs: 8 g

## **Denny's ®**

### **Garden Salad Deluxe with Chicken**

Cal: 264 Fat: 11 g Protein: 32 g Carbs: 10 g

### **Garden Salad Deluxe with Salmon**

Cal: 389 Fat: 9 g Protein: 67 g Carbs: 10 g

### **Garden Salad Deluxe with Turkey & Ham**

Cal: 322 Fat: 11 g Protein: 43 g Carbs: 10 g

### **Vegetable Beef Soup, 8 oz.**

Cal: 79 Fat: 1 g Protein: 6 g Carbs: 11 g

### **Chicken Noodle Soup, 8 oz.**

Cal: 60 Fat: 2 g Protein: 2 g Carbs: 8 g

### **Pot Roast with Gravy**

Cal: 292 Fat: 11 g Protein: 42 g Carbs: 5 g

### **Grilled Chicken Dinner, no sides**

Cal: 130 Fat: 4 g Protein: 24 g Carbs: 0 g

### **Alaskan Salmon Dinner, no sides**

Cal: 210 Fat: 4 g Protein: 43 g Carbs: 1 g

### **2 Eggs**

Cal: 120 Fat: 10 g Protein: 6 Carbs: 0g

### **Egg Beaters, 2 Servings**

Cal: 71 Fat: 5 g Protein: 5 g Carbs: 1 g

### **Broccoli in Butter**

Cal: 50 Fat: 2 g Protein: 3 g Carbs: 7 g

### **Carrots in Honey Glaze**

Cal: 80 Fat: 2 g Protein: 1 g Carbs: 12 g



### **Green Peas in Butter**

Cal: 100 Fat: 2 g Protein: 5 g Carbs: 14 g

### **Green Beans with Bacon**

Cal: 60 Fat: 4 g Protein: 1 g Carbs: 6 g

### **Fat Free Honey Mustard Dressing**

Cal: 38 Fat: 0 g Protein: 0 g Carbs: 9 g

## **Domino's Pizza ®**

### **Barbeque Buffalo Wings, 1 piece**

Cal: 50 Fat: 2.4 g Protein: 6 g Carbs: 2 g

### **Hot Buffalo Wings, 1 piece**

Cal: 45 Fat: 2.4 g Protein: 6 g Carbs: 1 g

### **Bread Sticks, 1**

Cal: 78 Fat: 3 g Protein: 2 g Carbs: 11 g

### **Cheesy Bread**

Cal: 103 Fat: 5 g Protein: 3 g Carbs: 11 g

### **Large Garden Salad**

Cal: 39 Fat: 0 g Protein: 2 g Carbs: 8 g

### **Small Garden Salad**

Cal: 22 Fat: 0 g Protein: 1 g Carbs: 4 g

### **Blue Cheese Dressing**

Cal: 220 Fat: 24 g Protein: 0 g Carbs: 2 g

### **Creamy Caesar Dressing**

Cal: 200 Fat: 22 g Protein: 0 g Carbs: 2 g

### **Fat Free Ranch Dressing**

Cal: 40 Fat: 0 g Protein: 0 g Carbs: 10 g

### **Italian Dressing**

Cal: 220 Fat: 24 g Protein: 0 g Carbs: 1 g

## **El Pollo Loco ®**

### **Chicken Soft Taco**

Cal: 237 Fat: 12 g Protein: 17 g Carbs: 14 g

### **Taco Al Carbon**

Cal: 164 Fat: 6 g Protein: 14 g Carbs: 13 g

### **Chicken Breast, Flame Broiled**

Cal: 160 Fat: 6 g Protein: 26 g Carbs: 0 g

### **Chicken Wing, Flame Broiled**

Cal: 110 Fat: 6 g Protein: 12 g Carbs: 0 g

### **Chicken Leg, Flame Broiled**

Cal: 90 Fat: 5 g Protein: 11 g Carbs: 0 g

**Chicken Thigh, Flame Broiled**

Cal: 180 Fat: 12 g Protein: 16 g Carbs: 0 g

**4.5 Corn Tortilla**

Cal: 32 Fat: 0.5 g Protein: 1 g Carbs: 6 g

**6 Corn Tortilla**

Cal: 70 Fat: 1 g Protein: 1 g Carbs: 14 g

**6.5 Flour Tortilla**

Cal: 90 Fat: 3 g Protein: 3 g Carbs: 13 g

**Garden Salad, regular**

Cal: 105 Fat: 7 g Protein: 5 g Carbs: 7 g

**Corn on the Cob**

Cal: 80 Fat: 1 g Protein: 3 g Carbs: 14 g

**Cole Slaw**

Cal: 206 Fat: 16 g Protein: 2 g Carbs: 12 g

**Gravy**

Cal: 14 Fat: 1 g Protein: 0 g Carbs: 2 g

**Fresh Vegetables**

Cal: 57 Fat: 2 g Protein: 2 g Carbs: 8 g

**Sour Cream, Light**

Cal: 45 Fat: 2 g Protein: 2 g Carbs: 3 g

**Guacamole**

Cal: 20 Fat: 2 g Protein: 0 g Carbs: 3 g

**Jalapeno Hot Sauce, 1 packet**

Cal: 5 Fat: 0 g Protein: 0 g Carbs: 1 g

**House Salsa**

Cal: 6 Fat: 0 g Protein: 0 g Carbs: 1 g

**Pico de Gallo Salsa**

Cal: 11 Fat: 0.5 g Protein: 0 g Carbs: 1.5 g

**Spicy Chipotle Salsa**

Cal: 7 Fat: 0 g Protein: 0 g Carbs: 1 g

**Avocado Salsa**

Cal: 12 Fat: 1 g Protein: 0 g Carbs: 1 g

**Light Italian Salad Dressing**

Cal: 25 Fat: 1 g Protein: 0 g Carbs: 3 g

**Ranch Dressing**

Cal: 350 Fat: 39 g Protein: 0 g Carbs: 2 g

**Bleu Cheese Dressing**

Cal: 300 Fat: 32 g Protein: 2 g Carbs: 2 g

**Creamy Cilantro Dressing**

Cal: 266 Fat: 29 g Protein: 0 g Carbs: 1 g

**Southwest Dressing**

Cal: 301 Fat: 32 g Protein: 0 g Carbs: 2 g

# Hardee's®

## SANDWICHES

**1/2 lb Sour Dough**, bun-less

Cal: 813 Fat: 71 g Protein: 36 g Carbs: 4 g

**1/2 lb Six Dollar**, bun-less

Cal: 620 Fat: 48 g Protein: 32 g Carbs: 10 g

**Slammer**, bun-less

Cal: 141 Fat: 42 g Protein: 15 g Carbs: 1.1 g

**1/3 lb Bacon Cheeseburger**, bun-less

Cal: 505 Fat: 32 g Protein: 24 g Carbs: 1.1 g

**1/3 lb Cheeseburger**, bun-less

Cal: 432 Fat: 36 g Protein: 29 g Carbs: 1.1 g

**1/3 lb Thickburger**, bun-less

Cal: 450 Fat: 36 g Protein: 28 g Carbs: 1.1 g

**1/3 lb Mushroom Swiss Thickburger**, bun-less

Cal: 487 Fat: 39 g Protein: 28 g Carbs: 1.1 g

**2/3 lb Double Bacon Cheeseburger**, bun-less

Cal: 899 Fat: 75 g Protein: 20 g Carbs: 1.1 g

**Big Chicken Fillet**, bun-less

Cal: 367 Fat: 15 g Protein: 15 g Carbs: 1.1 g

**Big Hot Ham-n-Cheese**, bun-less

Cal: 306 Fat: 19 g Protein: 15 g Carbs: 1.1 g

**Big Roast Beef Sandwich**, bun-less

Cal: 260 Fat: 18 g Protein: 28 g Carbs: 1.1 g

**Roast Beef Sandwich**, bun-less

Cal: 174 Fat: 12 g Protein: 19 g Carbs: 1.1 g

**Charbroiled Chicken Sandwich**, bun-less

Cal: 196 Fat: 3 g Protein: 35 g Carbs: 1.1 g

**Spicy Chicken Sandwich**, bun-less

Cal: 198 Fat: 2 g Protein: 13 g Carbs: 1.1 g

## SALADS

**Garden Salad**

Cal: 220 Fat: 13 g Protein: 12 g Carbs: 11 g

**Grilled Chicken Salad**

Cal: 150 Fat: 3 g Protein: 20 g Carbs: 11 g

**Side Salad**

Cal: 25 Fat: 0 g Protein: 1 g Carbs: 4 g

## SIDES

**Fried Chicken Leg**

Cal: 170 Fat: 7 g Protein: 13 g Carbs: 14 g

**Coleslaw, 1/2 cup**

Cal: 240 Fat: 20 g Protein: 2 g Carbs: 13 g

**Mashed Potatoes, 1/2 cup**

Cal: 70 Fat: 0 g Protein: 2 g Carbs: 14 g

**Gravy**

Cal: 20 Fat: 0 g Protein: 0 g Carbs: 3 g

## **IHOP®**

**Buckwheat Pancake, 1 ea**

Cal: 110 Fat: 4 g Protein: 3 g Carbs: 14 g

**Egg Crepe, 1 ea**

Cal: 120 Fat: 6 g Protein: 3 g Carbs: 14 g

**Scrambled Eggs, 2**

Cal: 125 Fat: 10 g Protein: 6.5 g Carbs: 0 g

**Bacon, 2 strips**

Cal: 50 Fat: 4 g Protein: 39 g Carbs: 0 g

## **In-N-Out Burger®**

**Hamburger, Protein style, with onions**

Cal: 240 Fat: 17 g Protein: 13 g Carbs: 11 g

**Cheeseburger, Protein style, with onions**

Cal: 330 Fat: 25 g Protein: 18 g Carbs: 11 g

**Double-Double, Protein style, with onions**

Cal: 520 Fat: 39 g Protein: 33 g Carbs: 11 g

## **Jack In The Box®**

**Option:** Order hamburgers or cheeseburgers and discard the bun.

**Taco**

Cal: 170 Fat: 10 g Protein: 7 g Carbs: 12 g

**Taco Monster**

Cal: 270 Fat: 19 g Protein: 12 g Carbs: 19 g

**Chicken Salad**

Cal: 200 Fat: 9 g Protein: 24 g Carbs: 8 g

**Side Salad**

Cal: 50 Fat: 3 g Protein: 2 g Carbs: 3 g

## Kenny Roger's Roasters ®

### **Chicken Noodle Soup, cup**

Cal: 55 Fat: 1 g Protein: 4 g Carbs: 7 g

### **Soup, Chicken Noodle, bowl**

Cal: 91 Fat: 2 g Protein: 7 g Carbs: 12 g

### **1/4 Chicken, white w/o skin**

Cal: 144 Fat: 2 g Protein: 32 g Carbs: 0 g

### **1/2 Chicken, w/o skin**

Cal: 313 Fat: 10 g Protein: 56 g Carbs: 1 g

### **Sliced Turkey Breast, 4.5 oz**

Cal: 158 Fat: 2 g Protein: 38 g Carbs: 0 g

### **Corn on the Cob, 2.25 oz**

Cal: 68 Fat: 1 g Protein: 2 g Carbs: 14 g

### **Steamed Vegetables, 4.25 oz**

Cal: 48 Fat: 0 g Protein: 3 g Carbs: 8 g

### **Tomato Cucumber Salad, 6 oz**

Cal: 123 Fat: 2 g Protein: 1 g Carbs: 10 g

### **Side Salad, 4.73 oz**

Cal: 23 Fat: 0 g Protein: 1 g Carbs: 5 g

### **Fat Free Italian Dressing**

Cal: 35 Fat: 0 g Protein: 0 g Carbs: 8 g

## KFC ®

### **Tender Roast Chicken Breast w/skin**

Cal: 251 Fat: 11 g Protein: 37 g Carbs: 1 g

### **Tender Roast Chicken Breast w/o skin**

Cal: 169 Fat: 4 g Protein: 31 g Carbs: 1 g

### **Tender Roast Chicken Wing w/skin**

Cal: 121 Fat: 8 g Protein: 12 g Carbs: 1 g

### **Tender Roast Chicken Drumstick w/skin**

Cal: 97 Fat: 4 g Protein: 15 g Carbs: 0 g

### **w/o skin**

Cal: 67 Fat: 2 g Protein: 11 g Carbs: 0 g

### **Tender Roast Chicken Thigh w/skin**

Cal: 207 Fat: 6 g Protein: 18 g Carbs: 1 g

### **w/o skin**

Cal: 106 Fat: 12 g Protein: 13 g Carbs: 0 g

### **Original Recipe Chicken Drumstick**

Cal: 140 Fat: 9 g Protein: 13 g Carbs: 4 g

### **Original Recipe Chicken Thigh**

Cal: 250 Fat: 18 g Protein: 16 g Carbs: 6 g

**Original Recipe Chicken Wing**

Cal:140 Fat:10 g Protein: 9 g Carbs: 5 g

**Hot and Spicy Chicken Drumstick**

Cal:190 Fat: 11 g Protein: 13 g Carbs: 10 g

**Hot and Spicy Chicken Thigh**

Cal: 370 Fat: 27 g Protein: 18 g Carbs: 13 g

**Hot and Spicy Chicken Wing**

Cal:210 Fat: 15 g Protein: 10 g Carbs: 9 g

**Colonel's Crispy Strips, 3**

Cal:261 Fat: 16 g Protein: 20 g Carbs: 10 g

**Green Beans**

Cal: 45 Fat: 2 g Protein: 1 g Carbs: 7 g

**Mean Greens**

Cal: 70 Fat: 3 g Protein: 4 g Carbs: 11 g

**Little Caesar's ®****Chicken Wings**

Cal: 50 Fat: 14 g Protein: 4 g Carbs: 14 g

**Antipasto Salad**

Cal: 80 Fat: 6 g Protein: 5 g Carbs: 4 g

**Caesar Salad**

Cal: 80 Fat: 3 g Protein: 5 g Carbs: 7 g

**Greek Salad**

Cal: 60 Fat: 3 g Protein: 3 g Carbs: 5 g

**Tossed Salad**

Cal: 50 Fat: 0 g Protein: 2 g Carbs:9 g

**Fat Free Italian Salad Dressing**

Cal: 25 Fat: 0 g Protein: 0 g Carbs: 5 g

**Ranch Dressing**

Cal: 270 Fat: 29 g Protein: 0 g Carbs: 1 g

**1,000 Island Dressing**

Cal: 220 Fat: 21 g Protein: 0 g Carbs: 7 g

**Bleu Cheese Dressing**

Cal: 230 Fat: 24 g Protein: 2 g Carbs: 2 g

**Creamy Caesar Dressing**

Cal: 220 Fat: 23 g Protein: 1 g Carbs: 2 g

**Honey French Dressing**

Cal: 220 Fat: 18 g Protein: 0 g Carbs: 14 g

# Long John Silver's®

## Grilled Chicken Salad

Cal: 140 Fat: 3 g Protein: 20 g Carbs: 10 g

## Garden Salad

Cal: 45 Fat: 0 g Protein: 3 g Carbs: 9 g

## Ocean Chef Salad

Cal: 130 Fat: 2 g Protein: 15 g Carbs: 14 g

## Fat Free French Dressing

Cal: 40 Fat: 0 g Protein: 0 g Carbs: 10 g

## Ranch Dressing

Cal: 170 Fat: 18 g Protein: 0 g Carbs: 1 g

## 1,000 Island Dressing

Cal: 120 Fat: 10 g Protein: 0 g Carbs: 5 g

## Fat Free Ranch Dressing

Cal: 40 Fat: 0 g Protein: 0 g Carbs: 9 g

## Italian Dressing

Cal: 90 Fat: 9 g Protein: 0 g Carbs: 2 g

## Battered Chicken Plank

Cal: 140 Fat: 8 g Protein: 8 g Carbs: 9 g

## Battered Shrimp

Cal: 45 Fat: 3 g Protein: 2 g Carbs: 3 g

## Lemon Crumb Fish, 2 pieces

Cal: 240 Fat: 8 g Protein: 23 g Carbs: 9 g

## Flavorbaked Chicken, 1 piece

Cal: 110 Fat: 3 g Protein: 15 g Carbs: 1 g

## Flavorbaked Fish, 1 piece

Cal: 90 Fat: 3 g Protein: 14 g Carbs: 1 g

## Green Beans

Cal: 30 Fat: 0 g Protein: 1 g Carbs: 6 g

## Side Salad

Cal: 25 Fat: 0 g Protein: 1 g Carbs: 5 g

## Broccoli Cheese Soup

Cal: 180 Fat: 12 g Protein: 5 g Carbs: 13 g

## Hush Puppy

Cal: 60 Fat: 3 g Protein: 1 g Carbs: 9 g

## Tartar Sauce

Cal: 40 Fat: 4 g Protein: 0 g Carbs: 2 g

## Malt Vinegar

Cal: 0 Fat: 0 g Protein: 0 g Carbs: 0 g

## Sweet n Sour Sauce

Cal: 20 Fat: 0 g Protein: 0 g Carbs: 5 g

## Honey Mustard Sauce

Cal: 20 Fat: 0 g Protein: 0 g Carbs: 5 g

# McDonald's®

## Scrambled Eggs

Cal: 160 Fat: 1 g Protein: 13 g Carbs: 1 g

## Egg McMuffin, no bread

Cal:161 Fat: 11 g Protein: 13 g Carbs: 2 g

## Sausage McMuffin, no bread

Cal:311 Fat: 27 g Protein: 15 g Carbs: 2 g

## Breakfast Burrito

Cal:290 Fat: 16 g Protein: 24 g Carbs: 13 g

## Grilled Chicken, meat only

Cal: 121 Fat: 3 g Protein: 19 g Carbs: 4 g

## Hamburger Patty

Cal: 102 Fat: 8 g Protein: 7 g Carbs: 0 g

## Cheese

Cal: 52 Fat: 4 g Protein: 3 g Carbs: 0 g

## Quarter Pounder, meat only

Cal: 234 Fat: 18 g Protein: 18 g Carbs: 0 g

## Crispy Chicken, meat only

Cal: 222 Fat: 12 g Protein: 16 g Carbs: 13 g

## Fish Patty

Cal: 152 Fat: 6 g Protein: 15 g Carbs: 0 g

## Tartar Sauce

Cal: 145 Fat: 14 g Protein: 0g Carbs: 1 g

## Chicken Nuggets, 4 pieces

Cal: 190 Fat: 11 g Protein: 10 g Carbs: 13 g

## Onion, on sandwiches

Cal: 11 Fat: 0 g Protein: 0 g Carbs: 3 g

## Lettuce, on sandwiches

Cal: 3 Fat: 0 g Protein: 0 g Carbs: 1 g

## Mayo, on sandwiches

Cal: 104 Fat: 11 g Protein: 0 g Carbs: 0 g

## Tomato, on sandwiches

Cal: 5 Fat: 0 g Protein: 0 g Carbs: 1 g

## Grill Seasoning (upon request)

Cal: 0 Fat: 0 g Protein: 0 g Carbs: 3 g

## Chunky Chicken Salad

Cal: 150 Fat: 4 g Protein: 25 g Carbs: 7 g

## Chef McShaker

Cal: 150 Fat: 8 g Protein: 17 g Carbs: 5 g

## Garden McShaker

Cal: 100 Fat: 6 g Protein: 7 g Carbs: 4 g

## Chicken Caesar McShaker

Cal: 150 Fat: 8 g Protein: 17 g Carbs: 5 g



### **Grilled Chicken Caesar Salad**

Cal: 150 Fat: 13 g Protein: 17 g Carbs: 5 g

### **Garden Salad**

Cal: 80 Fat: 4 g Protein: 7 g Carbs: 6 g

### **Side Salad**

Cal: 30 Fat: 1 g Protein: 2 g Carbs: 4 g

### **Lite Vinaigrette, (1 pkg)**

Cal: 50 Fat: 2 g Protein: 0 g Carbs: 9 g

### **Fat Free Herb Vinaigrette, 1 pkg**

Cal: 35 Fat: 0 g Protein: 0 g Carbs: 8 g

### **Hot Mustard Sauce, 1 pkg**

Cal: 60 Fat: 3.5 g Protein: 1g Carbs: 7 g

### **Barbeque Sauce, 1 pkg**

Cal: 45 Fat: 0 g Protein: 0 g Carbs: 10 g

### **Sweet 'N Sour Sauce, 1 pkg**

Cal: 50 Fat: 0 g Protein: 0 g Carbs: 11 g

### **Honey, 1 pkg**

Cal: 45 Fat: 0 g Protein: 0 g Carbs: 11 g

### **Honey Mustard, 1 pkg**

Cal: 50 Fat: 4.5 g Protein: 0 g Carbs: 10 g

### **Light Mayo, 1 pkg**

Cal: 40 Fat: 4 g Protein: 0 g Carbs: <1 g

### **Ketchup**

Cal: 13 Fat: 0 g Protein: 0 g Carbs: 3 g

### **Mustard**

Cal: 1 Fat: 0 g Protein: 0 g Carbs: 0 g

## **Pizza Hut ®**

### **Hot Wings, 4**

Cal: 210 Fat: 12 g Protein: 22 g Carbs: 4 g

### **Mild Wings, 5**

Cal: 200 Fat: 12 g Protein: 23 g Carbs: 0 g

## **Ruby Tuesday ®**

Ruby Tuesday does not provide exact carb counts for all items, but does offer a low carb menu:

### **APPETIZERS**

#### **Chicken Quesadilla**

Order with low carb whole wheat tortilla.

#### **Spicy Buffalo Wings**

## SALADS

**Spring Chicken Salad**

**New Cajun Chicken Salad**

**Peppercorn Chicken Caesar**

## ENTREES

**Chopped Steak**

Grilled chopped steak served with steamed broccoli and low carb creamy mashed cauliflower.

**Grilled Cajun Chicken**

Grilled cajun chicken breast served with steamed broccoli and low carb creamy mashed cauliflower.

**Low Carb Catch**

Broiled Tilapia, cajun-seasoned and served with steamed broccoli and low carb creamy mashed cauliflower.

**Church Street Chicken**

Grilled chicken with sauteed mushrooms, bacon and melted Swiss cheese. Served with steamed broccoli, and rice pilaf with tomatoes and cheese.

Make it low carb by substituting the rice pilaf with low carb creamy mashed cauliflower.

**Pepper Bleu Steak**

Ruby's sirloin with bleu cheese crumbles and two low carb sides.

**Top 10 Sirloins**

Choose two low carb sides

**Ruby's Ribeye**

Choose two low carb sides

**Peppercorn Mushroom Steak**

Choose two low carb sides

## BURGER WRAPS

Order a low carb wrap for the bun.

**Black and Bleu Burger Wrap**

Cal: n/a Fat: n/a Protein: n/a Carbs: 13 g

Burger in a low carb tortilla with bleu cheese, lettuce, tomato, onion, pickles, dijon mustard.

**Garlic Mushroom Burger Wrap**

Cal: n/a Fat: n/a Protein: n/a Carbs: 12 g

Burger in a low carb tortilla with mushrooms, garlic, cheese, lettuce, tomato, onion.

**Smokehouse Burger**

Cal: n/a Fat: n/a Protein: n/a Carbs: 13 g

### **Old English Bacon Cheeseburger**

Cal: n/a Fat: n/a Protein: n/a Carbs: 13 g

### **Pepper Jack Bacon Burger**

Cal: n/a Fat: n/a Protein: n/a Carbs: 13 g

### **Bacon Cheeseburger**

Cal: n/a Fat: n/a Protein: n/a Carbs: 13 g

### **Colossal Burger**

Cal: n/a Fat: n/a Protein: n/a Carbs: 13 g

### **Hamburger**

Cal: n/a Fat: n/a Protein: n/a Carbs: 13 g

### **Cheeseburger**

Cal: n/a Fat: n/a Protein: n/a Carbs: 13 g

## **LOW CARB SIDES**

### **Steamed Broccoli**

Cal: n/a Fat: n/a Protein: n/a Carbs: 7 g

### **Creamy Mashed Cauliflower**

Cal: n/a Fat: n/a Protein: n/a Carbs: 7 g

### **Creamy Spinach**

Cal: n/a Fat: n/a Protein: n/a Carbs: 9 g

### **BBQ Pork Crisps**

Cal: n/a Fat: n/a Protein: n/a Carbs: 0 g

## **DESSERT**

### **Atkins Low Carb Cheesecake**

Has a crunchy nut crust! Carbs: 6 g

## **Subway ®**

### **Atkins Friendly Wraps (endorsed by Atkins)**

#### **Chicken Bacon Ranch**

Cal: 480 Fat: 27 g Carbs: 19 g\* Net Carbs: 11

#### **Turkey Bacon Melt**

Cal: 430 Fat: 25 g Carbs: 22 g\* Net Carbs: 11

\* 11 Grams Net Carbs or less, and the wrap itself, which is made with wheat gluten, cornstarch, oat, sesame flour and soy protein, has only 5 Grams Net Carbs.

#### **Cheese & Egg Omelet**

Cal: 240 Fat: 17 g Carbs: 2 g

#### **Bacon & Egg Omelet**

Cal: 240 Fat: 17 g Carbs: 2 g

**Western & Egg Omelet**

Cal: 220 Fat: 14 g Carbs: 4 g

**Steak & Egg Omelet**

Cal: 250 Fat: 15 g Carbs: 3 g

**Ham & Egg Omelet**

Cal: 230 Fat: 14 g Carbs: 2 g

**Vegetable & Egg Omelet**

Cal: 210 Fat: 14 g Carbs: 4 g

**Ham Salad**

Cal: 112 Fat: 3 g Protein: 12 g Carbs: 11 g

**Roast Beef Salad**

Cal: 115 Fat: 3 g Protein: 12 g Carbs: 11 g

**Roasted Chicken Breast Salad**

Cal: 162 Fat: 4 g Protein: 20 g Carbs: 13 g

**Steak & Cheese Salad**

Cal: 182 Fat: 8 g Protein: 17 g Carbs: 13 g

**Subway Club Salad**

Cal: 123 Fat: 3 g Protein: 14 g Carbs: 12 g

**Turkey & Ham Salad**

Cal: 106 Fat: 2 g Protein: 11 g Carbs: 11 g

**Turkey Breast Salad**

Cal: 101 Fat: 2 g Protein: 12 g Carbs: 11 g

**Light Mayonnaise, 1 Tsp**

Cal: 18 Fat: 2 g Protein: 0 g Carbs: 0 g

**French Dressing, Fat Free, 1 Tbsp**

Cal: 18 Fat: 0 g Protein: 0 g Carbs: 4 g

**Italian Dressing, Fat Free, 1 Tbsp**

Cal: 5 Fat: 0 g Protein: 0 g Carbs: 1 g

**Ranch Dressing, Fat Free, 1 Tbsp**

Cal: 15 Fat: 0 g Protein: 0 g Carbs: 4 g

**Mustard, 2 Tbsp**

Carbs: 1 g

**Optional Fixin's, all are 0 Carb:**

2 Slices Bacon, 2 Triangles of Cheese, Mayonnaise, Olive Oil Blend, Vinegar.

**Taco Bell ®****Grilled Steak Soft Taco**

Cal: 200 Fat: 7 g Protein: 19 g Carbs: 14 g

**Soft Taco**

Cal: 210 Fat: 10 g Protein: 20 g Carbs: 11 g

### **Steak Gordita Supreme**

Cal: 300 Fat: 14 g Protein: 27 g Carbs: 17 g

### **Taco**

Cal: 170 Fat: 10 g Protein: 12 g Carbs: 9 g

### **Tostada**

Cal: 250 Fat: 12 g Protein: 27 g Carbs: 10 g

## **TGI Fridays ®**

### **Tuscan Spinach Dip**

Cal: n/a Fat: n/a Protein: n/a Carbs: 17 g

### **Buffalo Wings**

Cal: n/a Fat: n/a Protein: n/a Carbs: 5 g

### **New York Strip with Blue Cheese**

Cal: n/a Fat: n/a Protein: n/a Carbs: 6 g

### **Garlic Chicken with Mixed Vegetables**

Cal: n/a Fat: n/a Protein: n/a Carbs: 7 g

### **Char-Grilled Salmon Fillet**

Cal: n/a Fat: n/a Protein: n/a Carbs: 6 g

### **Tuna Salad Wraps**

Cal: n/a Fat: n/a Protein: n/a Carbs: 14 g

### **Grilled Chicken Caesar Salad**

Cal: n/a Fat: n/a Protein: n/a Carbs: 9 g

### **Grilled Chicken with Broccoli**

Cal: n/a Fat: n/a Protein: n/a Carbs: 17 g  
Without grilled peppers: Carbs : 12 g

## **Wendy's ®**

**Option:** Order sandwiches bun-less.

### **Chicken Nuggets, 5 pieces**

Cal: 230 Fat: 16 g Protein: 11 g Carbs: 11 g

### **Chicken Nugget, Kid's Meal, 4 pieces**

Cal: 190 Fat: 13 g Protein: 9 g Carbs: 9 g

### **Honey Mustard Dipping Sauce**

Cal: 130 Fat: 12 g Protein: 0 g Carbs: 6 g

### **BBQ Dipping Sauce**

Cal: 45 Fat: 0 g Protein: 0 g Carbs: 10 g

### **Sweet n Sour Dipping Sauce**

Cal: 50 Fat: 0 g Protein: 0 g Carbs: 11 g

### **Caesar Side Salad**

Cal: 110 Fat: 5 g Protein: 10 g Carbs: 7 g

### **Deluxe Garden Salad**

Cal: 110 Fat: 6 g Protein: 7 g Carbs: 9 g

### **Grilled Chicken Salad**

Cal: 200 Fat: 8 g Protein: 25 g Carbs: 9 g

### **Side Salad**

Cal: 60 Fat: 3 g Protein: 4g Carbs: 5 g

### **French, Fat Free Dressing, 2 Tbsp**

Cal: 35 Fat: 0 g Protein: 0 g Carbs: 8 g

### **French Dressing, 2 Tbsp**

Cal: 120 Fat: 10 g Protein: 0 g Carbs: 6 g

### **Italian Caesar Dressing, 2 Tbsp**

Cal: 150 Fat: 16 g Protein: 0 g Carbs: 2 g

### **Ranch, 2 Tbsp**

Cal: 100 Fat: 10 g Protein: 0 g Carbs: 1 g



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