

# LOW-CARB ON-THE-GO GUIDE





# Hey there!

Let's be honest, everyone is SO busy these days! Between working and parenting and hobbies, it seems like we're always GO GO GO! That can make staying on track with healthy eating a challenge and why developing this on-the-go guide was so important to me!

If you don't know my story, I'm a single momma of three kiddos and live in Louisburg, Kansas. I found these incredible products and business opportunity in 2011. I lost 75 pounds even with a crazy on-the-go schedule that included eating from fast food restaurants, truck stops and even concession stands. I earned more money than I ever dreamed just by sharing the secrets of my success and helping others!



I want EVERYONE to be able to succeed with their health goals, and that requires knowing what to eat while you're out and about! This guide is full of great ideas to help you stay ON TRACK with healthy eating while you're away from home. Whether you're eating fast food, at a restaurant or just stopping at a convenience store, I hope these suggestions make choosing a meal or snack easier! And, I love that our program and products coincide perfectly with busy lifestyles and make it possible for ANYONE to succeed with their health goals! If you'd like more information about our products, get back with the person who sent you this guide.

I hope you use this guide as much as I plan to! Here's to your amaXYNG! — Kara

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# On-the-Go Basics

When you're on the go and eating out, below are some general guidelines to follow in order to stick with low-carb eating. You can even follow these suggestions when eating at restaurants not included in this guide.

- Check out the menu before you arrive so you're aware of low-carb options.
- Don't be shy about asking the waitstaff for what you need. Either ask for low-carb recommendations or request special preparation methods or substitutions.
- If eating fast food, avoid the combo meals and order a la carte. Combo meals typically come with starchy sides. Choose side salads and veggies when you can.
- Avoid bread, chips, crackers, rice, potatoes, croutons, tortillas and pasta.
- Watch for dressings that contain extra sugar. If you are unsure of the carb count, ask for olive oil or oil and vinegar.
- Avoid entrees that are breaded, crispy and deep-fried.
- If you choose a burger or sandwich, order it without the bun or wrapped in lettuce.
- If you're wanting a dessert, just have a spoonful.
- Take home food for a later meal if you think you'll overeat.
- On occasions when you're wanting to drink alcohol, choose these low-carb options:
  - Extra dry or brut champagne/sparkling wine (2g net carbs)
  - Dry wine, red or white (2g net carbs/glass)
  - Vodka, club soda and lemon or lime (0g net carbs)
  - Whiskey (0g net carbs)
  - Dry martini (0g net carbs)
  - Ultra light beer (2-4g net carbs/bottle)
  - Hard seltzers (1-3g net carbs)
  - Our products that are powdered drink mixes work great for alcoholic drinks!

## Using Our Products

Our nutritional supplements and meal plans work great for on-the-go busy schedules! Below are some tips for using our products when away from home.



- Use Xander to receive text reminders about when to take your supplements. Or, set alarms on your phone.
- Keep a screenshot of the meal plan and supplement schedule handy on your phone.
- Use a pill container or ziplock bags to sort your supplements.
- Small Tupperware containers and baby formula containers work great for transporting Lean.
- Products like Trimstix, Xypstix and Spryng come individually packaged for easy use. Follow your meal with a Trimstix.
- Take a Cheat or Resist with an entire glass of water before going out or before you order.

# Fast Food & Casual Dining



## Choose:

- Lettuce-Wrapped Reuben (6g net carbs)
- Bunless Loaded Italian (7g net carbs)
- Chopped Side Salad (3g net carbs)

## Avoid:

All chicken entrees are fried chicken (including the salad), all sides and sweets.

## Choose:

- Lettuce, Chicken, Guacamole, Cheese, Pico de Gallo (570 calories, 37g fat, 7g net carbs, 49g protein)
- Fire Grilled Chicken Caesar Salad (600 calories, 39g fat, 14g net carbs, 41g protein)
- Grilled Shrimp Chile Lime Salad (330 calories, 15g fat, 18g net carbs, 22g protein)



## Choose:

- Keto Pizza per slice (230 calories, 16g fat, 3g net carbs, 17g protein)
- This crust is made from a base of cauliflower, mozzarella cheese, flaxseed and eggs. Then it's topped with their spicy red sauce, more mozzarella, bacon, tomatoes, mushrooms and more veggies.

## Choose:

- Rotisserie Chicken and Caesar Salad (550 calories, 39g fat, 5g net carbs, 45g protein)
- Turkey and fresh steamed vegetables (290 calories, 9.5g fat, 4g net carbs, 45g protein)



## Choose:

- Bunless Bacon Cheeseburger (730 calories, 41g fat, 3g net carbs, 9g protein)
- Garden salad with ranch dressing, add grilled chicken (353 calories, 19.7g fat, 11.9g carbs, 31.2g protein) NOT the grilled chicken salad on the menu.





*Choose:*

- Bunless Bacon King Jr. (4g net carbs)
- Garden Side Salad (3g net carbs)
- Bunless Grilled Chicken Caesar Sandwich (4g net carbs)
- Breakfast sandwiches with no bread (1g to 3g net carbs)



*Avoid:*

All sides, buns, tacos, breaded items and sweets.



*Choose:*

- Bunless No. 6 Burger (4g net carbs)
- Bunless Deluxe Chicken Sandwich (order it grilled) (9g net carbs)
- Wild Smoked Salmon and Hazelnut Salad – 7g net carbs

*Avoid:*

Most fish and chicken, the vegetarian burger, sides, Smoky Blue Cheese Salad (contains apples and dried cranberries) and sweets.

*Choose:*

- Bunless Monster Biscuit (2g net carbs)
- Lettuce-Wrapped 1/3 lb. Thickburger (8g net carbs)
- Low Carb It Charbroiled Chicken Club Sandwich (3g net carbs)

*Avoid:*

All sides (except the side salad), most chicken products (breaded), taco, burritos and sweets.



*Choose:*

- Bone-in Wings – Plain, Angry Buffalo or Garlic Parmesan (3g net carbs)
- Lettuce-Wrapped Baconzilla (2g net carbs)
- Bunless Chili Cheese Dog (9g net carbs)



*Avoid:*

All chicken and fish sandwiches, chicken tenders, boneless wings, fries, onion tangles and sweets.

*Choose:*

- Lettuce-Wrapped Grilled Chicken Club Sandwich (2g net carbs)
- 8 Grilled Nuggets with buffalo sauce and garlic herb ranch (3g net carbs)
- Cobb Salad with Grilled Chicken (no corn) (10g net carbs)
- Chicken, Egg and Cheese Bagel with no bagel (7g net carbs)



*Avoid:*

Breaded chicken items, Spicy Southwest Salad, Market Salad (unless you remove fruit), all sides (excluding the side salad), all sauces (except buffalo and garlic herb ranch) and sweets.



*Choose:*

- Burrito Bowl with chicken, cheese, sour cream and green chili salsa with no rice or beans (7g net carbs)
- Salad Bowl with chicken, guacamole, pico de gallo, sour cream and cheese with no rice, beans or dressing (6g net carbs)

*Avoid:*

Tortillas, sofritas, rice, beans, corn and honey vinaigrette.

*Choose:*

- Lettuce-Wrapped Wisconsin Swiss Melt (6g net carbs)
- Lettuce-Wrapped Grilled Reuben Melt (9g net carbs)
- Cranberry Bacon Bleu Salad with grilled chicken and no cranberries (3g net carbs)
- Steamed broccoli (4g net carbs)



*Avoid:*

All fish and chicken (minus the grilled chicken sandwich), all soups, pot roast (in all forms), pork tenderloin sandwich, chopped steak, all sauces (minus blue cheese and ranch), most sides (minus steamed broccoli and side salad) and sweets.



*Choose:*

- Lettuce-Wrapped 1/3 lb. Cheeseburger (3g net carbs)
- Bunless Chili Cheese Dog (4g net carbs)
- Chicken BLT Salad with grilled chicken (9g net carbs)

*Avoid:*

"Crispy chicken" anything, chicken tenders, all sides, and sweets.

*Choose:*

- Chicken Bacon Avocado Salad with no tortilla chips (3g net carbs)
- Fresca Bowl with no beans or rice (5g net carbs)

*Avoid:*

Platos, soft taco shells, burritos, quesadillas, nachos, all sides, and sweets.



*Choose:*

- 12" thin crust with pepperoni, extra cheese and no sauce (only eat the toppings and the net carbs are 4g for ¼ pizza)
- 12" thin crust with beef, mushrooms, roasted red peppers, extra cheese and no sauce (only eat the toppings and the net carbs are 2g for a ¼ pizza)

*Avoid:*

Wings. They are full of hidden carbs (even the plain version).

*Choose:*

- Turkey Sausage, Egg, & Cheese with no bread (290 calories, 19g fat, 3g net carbs, 19g protein)
- Veggie Egg White Sandwich with no muffin (130 calories, 8g fat, 3g carbs, 9g protein)
- Sausage, Egg, & Cheese with no bread (370 calories, 33g fat, 3g net carbs, 16g protein)
- Large cold brew, sugar-free (20 calories, 3g carbs)
- Large cold brew, sugar-free with cream (140 calories, 12g fat, 6g carbs)
- Large hot Americana, sugar-free (10 calories, 2g carbs)
- Large raspberry iced tea, sugar-free (25 cal, 6g carbs)



*Build your own:*

- Alfredo sauce with roast chicken and garlic roasted mushrooms and no pasta (510 calories, 32g fat, 24g net carbs, 32g protein)
- Spicy tomato pepper sauce with Italian meatballs and no pasta with a house salad with ranch dressing on the side (630 calories, 46.5g fat, 26g net carbs, 21g protein)
- Creamy basil sauce with bacon and parmesan roasted broccoli and no pasta (530 calories, 41g fat, 20g net carbs, 17g protein)





*Choose:*

- Lettuce-Wrapped Bacon Cheeseburger with pickles, mayo, mustard and grilled mushrooms (4g net carbs)
- Bunless Bacon Dog with mustard and onions (3g net carbs)
- Peanuts (5g net carbs per 1/4 cup)

**FIVE GUYS®**  
BURGERS and FRIES

*Avoid:*

Grilled cheese, French fries, milkshakes and barbecue sauce.



*Choose:*

- Lettuce-Wrapped Double Steak Burger, California Style (7g net carbs)
- Bunless Chicago Dog with a side of all-beef chili (15g net carbs)

*Avoid:*

Veggie burger, crispy chicken sandwich, all sides (minus the all-beef chili) and sweets.

*Choose:*

- Green Eggs & Kale (10g net carbs)
- Fiesta Salad with no beans or corn (9g net carbs)
- Mediterranean Bowl with no quinoa and extra greens (7g net carbs)
- Hard-boiled eggs (2g net carbs)

*Avoid:*

Soups, smoothies, juices, frozen yogurt and all snacks (minus hard-boiled eggs).



*Choose:*

- Protein-Style Double Double (8g net carbs)
- Bunless Hamburger (8g net carbs)

*Avoid:*

Fries and shakes.





*Choose:*

- Bunless Double Jack Cheeseburger with a side salad (6g net carbs)
- Bunless Extreme Sausage Sandwich (2g net carbs)
- Chicken Club Salad with grilled chicken (6g net carbs)

*Avoid:*

Breaded chicken items, teriyaki bowl, all sides, hashbrowns, pancakes, shakes and desserts.

*Choose:*

- Baja Omelet with no sides (650 calories, 50g fat, 5g net carbs, 45g protein)
- Florentine Omelet with no sides (570 calories, 46g fat, 7g net carbs, 30g protein)
- Western Omelet with no sides (510 calories, 38g fat, 6g net carbs, 37g protein)



*Choose:*

- Jimmy Cubano Unwich (4g net carbs)
- Ultimate Porker Unwich (3g net carbs)
- Beach Club Unwich (6g net carbs)

*Avoid:*

Chips, cookies and bread on sandwiches.

*Choose:*

- Steak Bacon Ranch Cheesesteak in a tub (650 calories, 50.5g fat, 11g net carbs, 39g protein)
- Grilled Chicken Sub in a tub (430 calories, 30g fat, 9g net carbs, 31g protein)





*Choose:*

- Bunless Double Quarter Pounder with cheese (9g net carbs)
- Bunless Big Mac (sauce contains sugar) (6g net carbs)
- Bunless Egg McMuffin with a side salad (5g net carbs)
- Bacon Ranch Grilled Chicken Salad (5g net carbs)

*Avoid:*

Pancakes, hashbrowns, yogurt parfait, oatmeal, fries, breaded chicken, bakery items, specialty coffee drinks (minus the Americano and premium roast coffee) and sweets.

*Choose:*

- Kung Pao Chicken Bowl with super greens (290 calories, 10g fat, 16g net carbs, 15g protein)
- Broccoli Beef Bowl with super greens (180 calories, 10g fat, 16g net carbs, 15g protein)



*Choose:*

- Roasted Turkey & Avocado BLT Sandwich with no bread (2g net carbs)
- Napa Almond Chicken Salad Sandwich with no bread (6g net carbs)
- Green Goddess Cobb Salad with chicken and no pickled onions (11g net carbs)



*Choose:*

- Chicken Bacon Artichoke Crustless Pizza with Creamy Garlic Sauce (320 calories, 24g fat, 6g net carbs, 24g protein)
- Papa's All Meat Crustless Pizza with Traditional Red Sauce (320 calories, 24g fat, 6g net carbs, 20g protein)  
Serving size 1/4 pizza





*Choose:*

- Traditional Bone-in Wings (4.5g fat, 0g net carbs, 9g protein) per wing. Add Cajun style, lemon pepper or ranch rubs. Add blue cheese (23g fat, 2g net carbs), garlic (10g fat, 2g net carbs) or ranch dipping sauce (22g fat, 2g net carbs)
- Meat Lovers – Medium Thin'n Crispy slice, toppings only (170 calories, 13g fat, 3g net carbs, 9g protein)
- Supreme Medium Thin'n Crispy slice, toppings only (120 calories, 9g fat, 3g net carbs, 7g protein)

*Choose:*

- 5-Piece Blackened Tenders (283 calories, 3g fat, 3g carbs, 43g protein)
- Regular side of green beans (55 calories, 2g fat, 5g net carbs, 3g protein)



**Portillo's**

HOT DOGS · BEEF · BURGERS · SALADS

*Choose:*

- "Nudie" Grilled Tuna (190 calories, 9g fat, 1g net carbs, 27g protein)
- "Nudie" Beef and Cheddar (290 calories, 23g fat, 0 carbs, 19g protein)

*Choose:*

- Pret's Chef Salad with herb ranch dressing (520 calories, 41g fat, 9g net carbs, 26g protein)
- Tuna Nicoise Salad with herb ranch dressing (400 calories, 27g fat, 9g net carbs, 26g protein)
- Chicken, Pesto and Buffalo Mozzarella Salad with herb ranch dressing (515 calories, 35g fat 10g net carbs 36g protein)

★ PRET ★

**QDOBA**  
MEXICAN EATS®

*Choose:*

- Smoked Brisket Keto Bowl (12g net carbs)
- Taco Salad with chicken in a bowl with no corn or beans (8g net carbs)

*Avoid:*

Soups, corn, beans, rice, tortillas and sweets.

*Choose:*

- Bunless Super Sonic Bacon Double Cheeseburger (5g net carbs)
- Ultimate Meat and Cheese Burrito with no tortilla (3g net carbs)
- Bunless Footlong Chili Cheese Coney (7g net carbs)
- Sugar-free flavored waters



*Avoid:*

All sides, Cinnasnacks, French toast, breaded chicken, specialty drinks and desserts.



*Choose:*

- Bacon Gruyere Sous Vide Egg Bites (9g net carbs)
- Salami & Monterey Jack Snack Tray (0g net carbs)
- Grande Americano with sugar-free vanilla syrup and splash of heavy whipping cream (2g net carbs)
- Tall Caffe Misto with no steamed milk, sub with half heavy whipping cream, half water steamed (3g net carbs)
- Grande Hot Coffee or Iced Coffee with no sweetener and a shot of heavy whipping cream (0g net carbs)

*Avoid:*

Frappuccinos, "classic" and flavored syrups, anything with dairy milk, almond milk or coconut milk (theirs has added sugar).

*Choose:*

- Bunless SmokeShack (4g net carbs)
- Bunless Chicken Dog (4g net carbs)

*Avoid:*

Fries, frozen custard and beer.



*Choose:*

- Keto Champ Coffee made with almond milk, coffee, almond butter, cocoa and a keto protein blend (20oz 420 calories, 31 g fat, 7g net carbs, 24 g protein)

*Choose:*

- Bunless Bacon 'N' Cheese Double (3g net carbs)
- Sausage, Egg 'N' Cheese Breakfast Bowl with no hash browns (4.5g net carbs)
- Grilled Chicken Salad (3g net carbs)



*Avoid:*

Fries, crispy fried onions, breaded chicken, chili mac and milkshakes.





*Choose:*

- Chicken Bacon Ranch Salad (9g net carbs)
- Steak and Cheese Salad (9g net carbs)
- Steak, Egg and Cheese Flatbread with no flatbread (5g net carbs)
- Bacon, Egg and Cheese Flatbread with no flatbread (4g net carbs)

*Avoid:*

Falafel, meatballs and barbecue anything.

*Choose:*

- Power Menu Bowl with extra chicken and no beans and rice (6g net carbs)
- Create your own meal by ordering each element as a side: 1 side beef, 1 side lettuce, 1 side guacamole, 1 side cheese, 1 side sour cream, 1 side pico de gallo. Combine into a container (7g net carbs)

*Avoid:*

Beans, rice, corn, tortillas (wheat and corn), potatoes, all sides and sweets.



*Choose:*

- Insalada Little Big Bowl (273 calories, 16.2g fat, 6.7g net carbs, 17.7g protein)
- 2 Crispy Beef Tacos (322 calories, 18.6g fat, 17.2g net carbs, 18.4g protein)

*Choose:*

- Taco Salad with no shell (7g net carbs)
- Junior Breakfast Burrito with no tortilla (5g net carbs)

*Avoid:*

Crunchy items like fried chicken or chips, beans and all desserts.



*Choose:*

- Lettuce-Wrapped Baconator with no ketchup (5g net carbs)
- Lettuce-Wrapped Son of Baconator with no ketchup (4g net carbs)
- Bunless Asiago Ranch Grilled Chicken Club (3g net carbs)
- Southwest Avocado Salad (10g net carbs)

*Avoid:*

Chili, fries, fried chicken and most sauces (including cheese sauce).



*Choose:*

- Bunless Cheese Slider (2g net carbs)
- Savory Grilled Chicken Slider (2g net carbs)

*Avoid:*

Buns, breaded items and fried side dishes.

*Choose:*

- Biscuit Sandwich with no biscuit (0g net carbs)
- Whataburger Patty Melt served in a container with no bun (2g net carbs)
- Grilled Chicken Melt served in a container with no bun (3g net carbs)
- Bunless Avocado Bacon Burger (5g net carbs)

*Avoid:*

Fried chicken items and the apple cranberry salad.



**ZAXBY'S**



*Choose:*

- Chicken Salad Sandwich with no bun (6g net carbs)
- 5 Traditional Plain Wings with side of celery and ranch (3g net carbs)
- 5 Traditional Tongue Torch Wings with side of celery and ranch (5g net carbs)
- Grilled House Salad with ranch, caesar or blue cheese dressing and no fried onions or Texas toast (8g net carbs)

*Avoid:*

Breaded chicken, fries, "zappetizers" and most sauces.



# Restaurants

## Choose:

- Shrimp 'n' Parmesan Sirloin and steamed broccoli (710 calories, 50g fat, 8g net carbs, 60g protein)
- Chicken Tortilla Soup (160 calories, 7g fat, 15g net carbs, 7g protein)
- Grilled Chicken Breast with a side of fire-grilled veggies (300 calories, 15.5g fat, 6g net carbs, 41g protein)



## Choose:

- Grilled Atlantic Salmon with green beans (480 calories, 28.5g fat, 1g net carbs, 52g protein)
- Ahi Tuna Steak with steamed asparagus (260 calories, 2g net carbs, 7g fat, 48g protein)

## Choose:

- Traditional Wings snack-size portion with celery and blue cheese dressing (685 calories, 52g fat, 4g net carbs, 47g protein).
- Grilled chicken breast with bacon slices and a slice of melted cheddar cheese (280 calories, 14g fat, 2g net carbs, 36g of protein)

## Avoid:

Boneless/breaded wings and sweet wing sauces.



## Choose:

- Asparagus and Arugula Salad with extra olive oil (300 calories, 30g fat, 5g net carbs, 4g protein)
- California Cobb Salad with herb ranch dressing (480 calories, 37g fat, 6g net carbs, 26g protein)



california  
PIZZA KITCHEN

*Choose:*

- Chicken Marsala (585 calories, 340g fat, 6g net carbs, 56g protein)
- Tuscan Grilled Filet (590 calories, 44g total fat, 1g net carb, 47g protein)
- Pollo Rosa Maria (620 calories, 37g total fat, 3g net carbs, 65g protein)

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ITALIAN GRILL®

*Avoid:*

Pasta. Get vegetables as a substitution.

**The Cheesecake Factory**



*Choose:*

- Seared Tuna Tataki Salad (490 calories, 29g fat, 13g net carbs, 42g protein)
- Skinnylicious Grilled Salmon (590 calories, 8g saturated fat, 634mg sodium, 16g net carbs)
- Pan-Seared Branzino with lemon butter (1130 calories, 93g fat, 17g net carbs, 50g protein)
- Low-Carb Cheesecake (610 calories, 55g fat, 32g net carbs) – split with someone to reduce carbs

*Choose:*

- House BBQ Ribs (half rack) without sauce (720 calories, 53g fat, 10g net carbs, 49g protein). Add steamed broccoli (40 calories, 4g net carbs, 3g protein)
- Smokehouse Combo with Jalapeno-Cheddar Smoked Sausage, Smoked Brisket and Garlic Dill Pickles (695 calories, 51g fat, 9g net carbs, 50g protein)
- Chicken or Steak Fajitas with no tortillas, toppings, rice or beans (440/640 calories, 14/38g fat, 18/18g net carbs, 59/55g protein)
- Classic Sirloin 6-ounce with side of steamed broccoli (260 calories, 17g fat, 4g net carbs, 18g protein)

**chilis**®

*Choose:*

- Lemon Pepper Grilled Rainbow Trout with steamed broccoli and turnip greens (470 calories, 18g fat, 10g net carbs, 57g protein)
- 2 Eggs and 3 slices of bacon (260 calories, 2g net carbs, 16g fat, 26g protein)
- 10 oz. Rib Eye Steak and mixed green salad with no dressing (665 calories, 1g net carb, 47g fat, 53g protein)





*Choose:*

- Grilled Haddock with broccoli (515 calories, 34g fat, 6g net carbs, 44g protein)
- Ultimate Omelet (670 calories, 54g fat, 6g net carbs, 36g protein)
- Grilled Chicken Salad Deluxe with Caesar dressing (440 calories, 23g fat, 9g net carbs, 45g protein)



*Choose:*

- 5 oz. Top Sirloin with cauliflower mash and grilled asparagus (682 calories, 52g fat, 7g net carbs, 40g protein)
- 4 oz. Grilled Atlantic Salmon with grilled asparagus salad (587 calories, 43g fat, 14g net carbs, 31g protein)



*Choose:*

- Build-Your-Own Omelet with avocado and spinach (535 calories, 40g fat, 9g net carbs, 31g protein) with no sides. Omelets at iHop are made with pancake batter so opt for the egg-white omelet or ask for fresh-cracked eggs.



*Choose:*

- Hibachi chicken with veggies and no rice (310 calories, 11g fat, 10g net carbs, 45g protein)
- Hibachi steak with veggies and no rice (345 calories, 5g fat, 10g net carbs, 56g protein)
- Hibachi shrimp and scallops with veggies and no rice (290 calories, 8g fat, 15g net carbs, 37g protein)
- If you really want sushi, order either Sashimi, a Naruto roll or a poke bowl with no rice.



*Choose:*

- 7-Pepper Sirloin Salad (490 calories, 26g fat, 17g net carbs, 45g protein)
- LongHorn Chili Bowl (380 calories, 20g fat, 9g net carbs, 26g protein)
- Flo's 6 oz. Filet with lobster tail and fresh steamed asparagus (510 calories, 5g net carbs, 23g fat, 56g protein)





Choose:

- Herb-Grilled Salmon with Parmesan-garlic broccoli (460 calories, 28g fat, 4g net carbs, 45g protein)
- Parmesan-Crusted Zucchini (90 calories, 7g total fat, 5g carbs, 1g fiber, 4g protein)
- Zoodles Primavera (570 calories, 49g fat, 20 net carbs)
- Serving of salad with Italian dressing (11g net carbs)

Choose:

- 5 oz. Grilled Lobster Tail with roasted butter garlic topping and grilled asparagus (540 calories, 31g fat, 5g net carbs, 55g protein)
- 10 oz. Ribeye with steamed broccoli (690 calories, 45g fat, 9g net carbs, 64g protein)
- 5 oz. Wood-Fire Grilled Chicken Breast topped with sautéed mushrooms, melted Monterey jack and cheddar cheeses, bacon and honey mustard sauce (440 calories, 27g fat, 9g net carbs, 42g protein)



Choose:

- Grilled Salmon Lemon and Herbs (800 calories, 66g fat, 6g net carbs, 47g protein)
- The grilled fillet is bathed in a white wine butter sauce and served alongside spinach. At 800 calories, though, you could save half for leftovers.



Choose:

- "Wedgie-Style" is Red Robin's term for a burger in a lettuce wrap. Guacamole Bacon Burger Wedgie-Style (725 calories, 53.5g fat, 11g net carbs, 45g protein)
- Black & Bleu Burger Wedgie-Style (700 calories, 50.5g fat, 10g net carbs, 42g protein)
- Sear-ious Salmon with steamed broccoli (480 calories, 37g fat, 11g net carbs, 32g protein)



Choose:

- Baby Back Ribs half slab with no sauce (600 calories, 23g fat, 6g net carbs, 85g protein)
- Create your own two-meat combo (brisket, pulled pork or turkey) with two sides and no sauce. Green beans (8g net carbs), coleslaw 2 oz cup (0g net carbs), salad without dressing (16g net carbs)





Choose:

- Asian Caesar Salad (410 calories, 30g fat, 17g net carbs). Add salmon (240 calories, 16g fat, 22g protein) or chicken (160 calories, 5g fat, 4g net carbs, 22g protein). No croutons. Dressing on the side.
- Shrimp with Lobster Sauce (500 calories, 27g fat, 22g carbs, 38g protein)

Choose:

- New Orleans Seafood (347 calories, 14g fat, 4g net carbs, 44g protein)
- Asiago Bacon Chicken (479 calories, 27g fat, 5g net carbs, 42g protein)
- Order the Garden Bar and create your perfect salad with fresh garden greens, crisp vegetables, premium cheeses and toppings and a variety of dressings.

# Ruby Tuesday



Choose:

- Garlic Shrimp Scampi (440 calories, 35g fat, 4g net carbs, 24g protein) with fresh asparagus or steamed broccoli
- Wild-Caught Snow Crab Legs with asparagus (640 calories, 43g fat, 4g net carbs, 59g protein)
- Steamed Live Maine Lobster (440 calories, 34g fat, 0g net carbs, 33g protein)

Choose:

- Killer Ribs and sautéed mushrooms (960 calories, 68g fat, 9g net carbs, 74g protein)
- Grilled Salmon Salad (800 calories, 53g fat, 11g net carbs, 66g protein)



Choose:

- Million Dollar Cobb Salad with grilled chicken and ranch (520 calories, 37g fat, 8g net carbs, 34g protein)
- Bacon-Wrapped Shrimp with super veggies and no rice (545 calories, 37g fat, 11g net carbs, 38g protein)
- Buffalo Wingman's Burger with no bun (660 calories, 50g fat, 7g carbs, 45g protein)


# Convenience Stores



- Almond butter
- Almonds
- Beef jerky
- Boiled eggs
- Bone-in, non-breaded chicken wings
- Bunless burgers
- Celery sticks
- Cheese and prosciutto/pepperoni roll-ups
- Cheese curds
- Cheese sticks
- Cheese Whisps
- Chicken/tuna/egg salad
- Coffee with heavy cream
- Cottage cheese
- Deli meat
- Greek yogurt (plain)
- Grilled chicken strips
- Hot dog/Polish sausage/brat (no bun)
- Lettuce-wrapped sandwiches
- Meat and cheese roll-ups
- Peanut butter
- Peanuts
- Pepperoni
- Pickles
- Pork rinds
- Pre-made salads
- Pumpkin seeds
- Protein bars (Quest, One Brand)
- Rotisserie chicken
- Sugar-free beverages
- Sunflower seeds
- Tuna packets
- Turkey bites
- Unsweetened iced tea







*We offer amaXYNG naturally sourced nutritional supplements for anyone looking to better their health!*

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