

A photograph of a Starbucks store interior. The space is filled with tall wooden bookshelves stocked with various books. In the foreground, there are several long wooden tables paired with light-colored wooden chairs. The Starbucks logo is visible on the wall above the service counter. The overall atmosphere is warm and intellectual.

Eating Out Guide

Dr.
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Welcome!



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The information in this guide is not meant to substitute for any dietary regimen or advice that may have been prescribed by your doctor. As with all dietary programs, you should get your doctor's approval before beginning. If you suspect you have a medical problem, I urge you to seek competent help. Keep in mind that nutritional needs vary from person to person. The information here is intended to help you make informed decisions about your eating and health. This guide is meant to be a guide for your food choices; it does not recommend you eliminate any foods from your diet in its entirety. This guide is also not for those who are under 18 years, or who have specific medical conditions. Read more here: collegenutritionist.com/terms-conditions

Rachel.



Using this Guide

The following pages are my recommendations for food choices at different popular restaurants, based on where many of you told me you commonly dine! This is not an exhaustive list of restaurants.



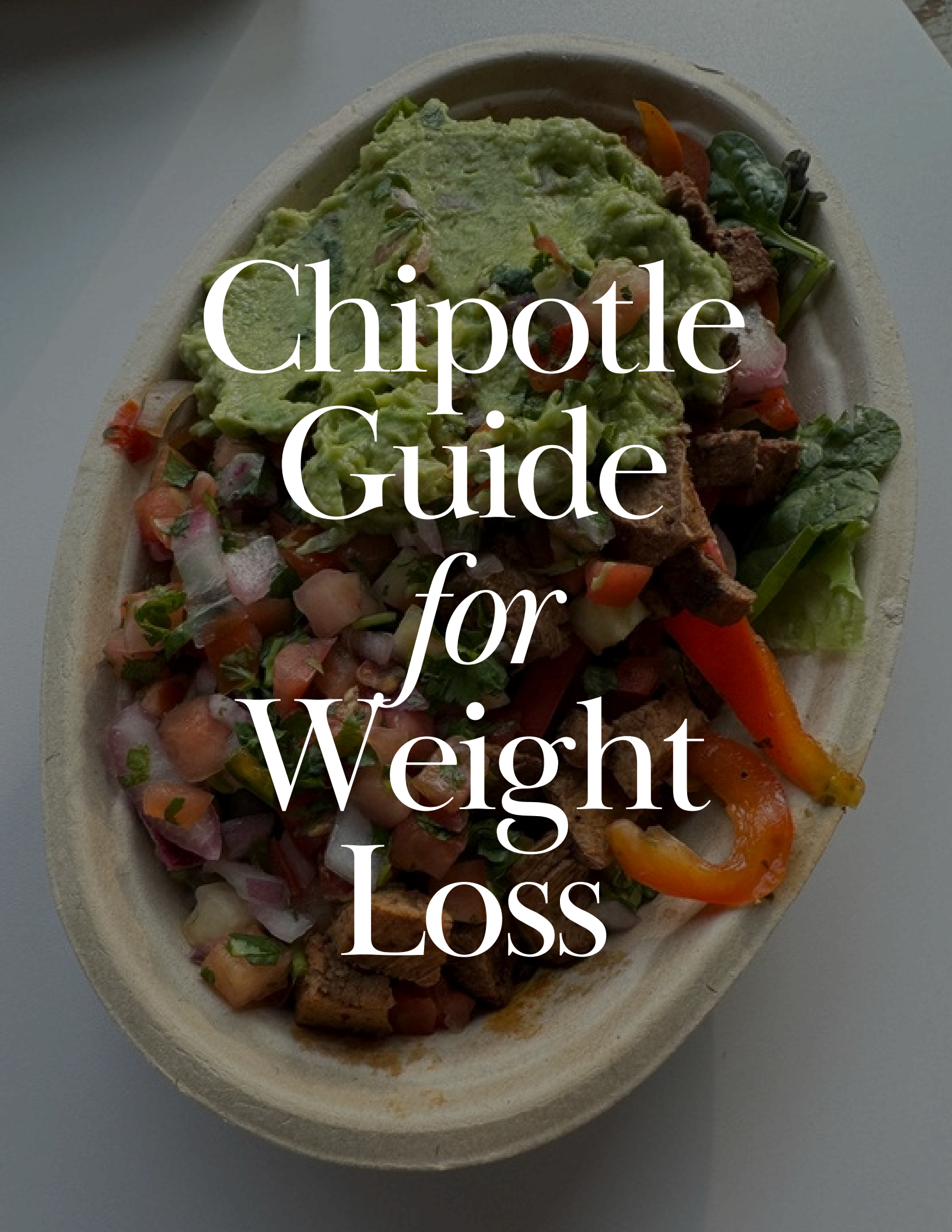
I CHOSE MEAL OPTIONS THAT ARE:

- ✓ **High in protein**
- ✓ **High in fiber**
- ✓ **Low in added sugar**
- ✓ **Not excessively high in calories**

Remember, YOU always get to make the right food decisions for YOUR body and lifestyle. If you don't like my recommendations, that's no problem at all. You can choose which foods suit your body and taste preferences best. For healthy, sustainable weight loss, being in a slight calorie deficit over time is what matters most (and no, you don't need to track calories in order to be in a calorie deficit!).

4 STEPS FOR EATING OUT

1. **Make a plan.** What foods do you love, and keep your body feeling its best? Looking at menus ahead of time can be helpful. And remember: you can usually also order off the menu! It never hurts to ask for exactly what you want.
2. **Off plan? You decide.** If you get to the restaurant and want to order something else that you didn't plan for, that's completely fine! Think about your new food choice - will you be happy with that choice afterwards? What portions of these new foods keep your body feeling its best? Only *you* can answer these questions.
3. **Stay present.** While eating, enjoy the whole experience - the conversation with other people if you're eating in a group, the atmosphere/ambiance of the restaurant, etc.
4. **Listen to your body.** Become aware of your body's hunger and fullness cues. Are you full but still have some food left? Take the rest to go. Remember, most restaurants are always available to you - you can always go back to this restaurant and re-order your favorite food or order something else. Most foods and dining experiences aren't "one time only".

A top-down view of a light-colored, oval-shaped bowl filled with a vibrant meal. The bowl contains a thick layer of green guacamole at the top, which is topped with finely chopped red onions, tomatoes, and green herbs. Below the guacamole is a layer of cooked beans, and on the right side, there are several pieces of roasted, slightly charred vegetables, including a large red bell pepper and some green leafy vegetables. The entire dish is presented on a plain, light-colored surface.

Chipotle Guac *for* Weight Loss



CHIPOTLE

MEXICAN GRILL

at a Glance

protein



steak
150 cals, 21gm pro



chicken
180 cals, 32gm pro



carne asada
250 cals, 29gm pro



beef barbacoa
170 cals, 24gm pro



carnitas
210 cals, 23gm pro



sofritas
150 cals, 8gm pro

starch



brown rice
210 cals, 4gm pro



white rice
210 cals, 4gm pro



pinto beans
130 cals, 8gm pro



black beans
130 cals, 8gm pro



corn
80 cals, 3gm pro



burrito
320 cals, 8gm pro



crispy taco (1)
67 cals, 1gm pro

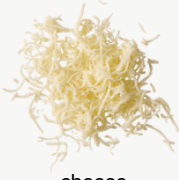


soft taco (1)
83 cals, 2gm pro



side of chips
540 cals, 7gm pro

fats



cheese
110 cals, 6gm pro



guac
230 cals, 2gm pro



sour cream
110 cals, 2gm pro



queso blanco
120 cals, 5gm pro



vinaigrette
220 cals

veggies



fajita veggies
20 cals



lettuce
5 cals



tomato salsa
25 cals

hot salsas



tomatillo green
15 cals



tomatillo red
30 cals

General Tips @ Chipotle



Steak and sofritas (vegan protein) are the lowest calorie proteins



Chicken has the most gm protein per serving



Get beans instead of rice for more protein



You can ask for “light” rice, beans, cheese, sour cream, corn-salsa



Load up on veggies to add more VOLUME to your meals



You can ask for “extra” veggies, protein depending on your goals



The dressing on the salad is pretty high calorie - get salsa instead!

Chipotle for Weight Loss

- *carb lover* -

ORDER: Bowl

- ✓ Rice (light)
- ✓ Beans (light)
- ✓ Steak
- ✓ Corn salsa
- ✓ Tomato salsa
- ✓ Lettuce

TOTALS:
430 calories
30gm protein



Chipotle for Weight Loss

- low carb -

ORDER: Salad

- ✓ Lettuce
- ✓ Fajita
- ✓ Chicken
- ✓ Salsa
- ✓ Guac

TOTALS:
460 calories
35gm protein



Chipotle for Weight Loss

- *burrito* -

ORDER: Burrito

- ✓ Tortilla
- ✓ Steak
- ✓ Tomato salsa (light)
- ✓ Green chili salsa (light)
- ✓ Fajita veggies (light)
- ✓ Lettuce (light)

TOTALS:
500 calories
30gm protein



Chipotle for Weight Loss

- *tacos* -

ORDER: 3 Tacos

- ✓ Crispy Tortillas
- ✓ Chicken
- ✓ Fajita Veggies
- ✓ Green Salsa (light)
- ✓ Cheese
- ✓ Lettuce

TOTALS:
460 calories
35gm protein



Chipotle for Weight Loss

- *vegan* -

ORDER: Salad

- ✓ Lettuce
- ✓ Sofritas (double)
- ✓ Beans
- ✓ Tomato salsa
- ✓ Green chili salsa (light)
- ✓ Fajita veggies

TOTALS:
490 calories
25gm protein



Chipotle for Weight Loss

- low cost -

ORDER: Kid's meal

- ✓ Crispy Tacos
- ✓ Beef Barbacoa
- ✓ Black Beans
- ✓ Cheese

TOTALS:
420 calories
26gm protein
\$7.75





My recent order:

- Salad
- Fajita vegetables (extra)
- Steak
- Tomato salsa
- Guac

450 calories, 25gm protein

A background image showing various Chick-fil-A food items. In the foreground, a hand with pink nail polish holds a chicken nugget. Below it is a small container of yellow sauce. In the background, there is a large chicken sandwich and a side of waffle fries in a paper container. The text is overlaid on this image.

Chick-Fil-A Hacks *for* Weight Loss

Chick-Fil-A for Weight Loss

- Breakfast (regular menu) -



Egg White Grill
300 calories, 25gm protein



Chick-n-Minis
360 calories, 19gm protein



Bacon, Egg & Cheese Biscuit
420 calories, 15gm protein



Hash Brown Scramble Bowl
470 calories, 31gm protein

Chick-Fil-A for Weight Loss

- Breakfast HACKS -



Egg White Grill
with double egg whites
330 calories, 33gm protein
(1 extra egg whites = 30 cals, 6gm protein)



Spicy Chicken Biscuit
**with English Muffin
and extra egg whites**
330 calories, 26gm protein
(instead of 450 calories)



Hash Brown Scramble Bowl
**with grilled filet,
and no hash browns**
270 calories, 30gm protein
(instead of 470 calories)



Breakfast Protein
**Order: 2 grilled breakfast
filets and 1 side bacon**
170 calories, 29gm protein
(you can order protein all by itself!)

Chick-Fil-A for Weight Loss

- *Entree Favorites* -



Grilled Chicken Cool Wrap
(*without side dressing*)
350 calories, 37gm protein



Grilled Chicken Club
430 calories, 37gm protein



Chicken Sandwich (*original*)
440 calories, 28gm protein



Spicy Chicken Sand
450 calories, 29gm protein

Chick-Fil-A for Weight Loss

- *Salad HACKS* -



Cobb Salad
with *balsamic vinaigrette*
and *grilled chicken filet*
460 calories, 35gm protein
(instead of 830 calories)



Spicy Southwest Salad
with *Italian dressing*
415 calories, 32gm protein
(instead of 680 calories)



Market Salad
with *balsamic vinaigrette*
400 calories, 28gm protein
(instead of 550 calories)

Chick-Fil-A for Weight Loss

- Lower calorie sauces & dressings -



Honey mustard
90 calories



Light Italian
25 calories



Balsamic
80 calories



Barbeque
45 calories



Ketchup
35 calories



Sriracha
45 calories



Zesty Buffalo
25 calories



Honey BBQ
60 calories



Honey
25 calories



Mustard
5 calories



Hot Sauce
0 calories

General Tips @ Chick-Fil-A



For your breakfast sandwich - you can add eggs (60 calories), egg whites (30 calories), or bacon (50 calories) for some extra protein.



Also for your breakfast sandwich, you can swap the English muffin (140 calories) for the biscuit (290 calories)



Swap any fried chicken filet, strips, or nuggets for grilled versions to save on calories and excess carbohydrates



Get any sandwich wrapped in lettuce for only 5 calories



Instead of a small fries (320 calories, 4gm protein), get a small mac & cheese side (270 calories, 12gm protein)



My recent order

- The viral “Kale Salad Hack”
 - 2 kale salads, 1 packet almonds
 - 12 count grilled nuggets
 - 1 Zesty Buffalo sauce
- 505 calories, 44gm protein

Panda Express Hacks *for* Weight Loss



General Tips @



Your main options here are:

- 1) Bowl: *1 side and 1 entree*
- 2) Plate: *1 side and 2 entrees*
- 3) Bigger Plate: *1 side and 3 entrees*



For your side, you can get $\frac{1}{2}$ Super Greens and $\frac{1}{2}$ white rice/fried rice/chow mein



If you don't want the Super Greens, you can always just ask for a $\frac{1}{2}$ portion of white rice/fried rice/chow mein as your side



If you want an appetizer, the Cream Cheese Rangoon (190 calories) and the Chicken Egg Roll (200 calories) are the lower calorie options



You can order an "A La Carte" 15oz carton of Super Greens (180 calories, 12gm protein)



You can order an "A La Carte" carton of any entree*

*Unfortunately I was not able to find the exact size or nutrition facts of these.



favorite orders *for weight loss*

- **sides** -



Super Greens

full serving

130 calories, 9gm protein



White Rice

half serving

260 calories, 5gm protein



Chow Mein

half serving

300 calories, 7gm protein



favorite orders *for weight loss* - **chicken entrees** -



Black Pepper Chicken
280 calories, 13gm protein



Mushroom Chicken
220 calories, 13gm protein



String Bean Chicken
210 calories, 12gm protein



Grilled Teriyaki Chicken
275 calories, 33gm protein



favorite orders *for weight loss*

- **more entrees** -



Black Pepper Sirloin Steak
180 calories, 19gm protein



Broccoli Beef
150 calories, 9gm protein



Kung Pao Chicken
320 calories, 17gm protein



Honey Sesame Chicken
340 calories, 16gm protein



Orders for Weight Loss

- low carb -

ORDER: Plate



Side: Super Greens



Entree: Sirloin Steak



Entree: Mushroom Chicken

TOTALS:

530 calories

41gm protein

36gm carbs





Orders for Weight Loss

- *carb lover* -

ORDER: Bowl



Side: White
Rice (half srvg)



Entree:
Broccoli Beef



App: Cream
Cheese
Rangoon



TOTALS:
600 calories
19gm protein
96gm carbs



Orders for Weight Loss

- protein packed -

ORDER: Plate



Side: Super Greens



Entree:
Teriyaki
Chicken



Entree: Sirloin
Steak

TOTALS:

585 calories

61gm protein

40gm carbs





Panera
BREAD

High
Protein
Panera
*meals for healthy
weight loss*

Panera for Weight Loss

- Breakfast -



Ciabatta Bacon, Egg & Cheese
430 calories, 22gm protein



Ciabatta Ham, Egg & Cheese
410 calories, 25gm protein



Garden Avo & Egg White
340 calories, 19gm protein



Ciabatta Egg & Cheese
380 calories, 20gm protein

Panera for Weight Loss

- Full-Size Meals -



Asian Sesame Chx Salad (full)
450 calories, 35gm protein



Hearty Chili (bowl)
410 calories, 19gm protein



Broccoli Cheddar Soup (bowl)
360 calories, 13gm protein



Tuna Salad Sandwich (whole)
550 calories, 24gm protein

Panera for Weight Loss

- ***"You Pick 2"*** -

Soups

cup portion



Hearty Fireside Chili
270 cals, 13gm protein



Broccoli Cheddar
240 cals, 8gm protein



Chicken Noodle
120 cals, 10gm protein



Cream of Chicken & Wild Rice
190 cals, 5gm protein

Salads

half portion



Green Goddess Chx Cobb
250 cals, 21gm protein



Asian Sesame Chicken
220 cals, 17gm protein



Caesar Salad with Chicken
270 cals, 19gm protein



Fiju Apple with Chicken
280 cals, 17gm protein

Sammies

half portion



Toasted Frontega Chicken
390 cals, 23gm protein



Smokehouse BBQ Chicken
370 cals, 25gm protein



Turkey & Cheddar
410 cals, 21gm protein



Tuna sandwich
270 cals, 12gm protein

General Tips @ Panera



You can add chicken, ham, sausage, bacon, or steak to avocado toast for extra protein.



You can order your salad with a “light” amount of dressing, wonton strips, or croutons.



You can “double” your protein on any sandwich or salad!



You can order ½ of any sandwich - still enjoy a sammie while being calorie-aware!

Instead of a bagel (290-430 calories) or any bread/roll, you can get a multigrain bagel flat for 180 calories.



The lowest calorie breads are Tomato Basil, Country Rustic Sourdough, and White Whole Grain (130 calories/slice, each, or 260 calories for 2 slices).



Get the apple (80 calories) or fruit cup (60 calories) as your side, instead of chips if you like.



My recent order:

- “You Pick 2”
- Broccoli Cheddar Soup, cup
- Half Green Goddess Chicken Cobb

490 calories, 29gm protein

The background of the image features a collage of food items: a glass of yellow juice, a bowl of green salad, and two large submarine sandwiches filled with lettuce, tomato, meat, and cheese. The Jersey Mike's logo, consisting of the brand name in a red, stylized font with a white outline inside a blue circle, is positioned in the upper right corner. The word 'SUBS' is partially visible below the main logo.

**Jersey
Mike's®**

SUBS

Jersey Mike's Hacks *for* Weight Loss

General Tips @ Jersey Mike's



Order a Sub-in-a-Tub instead of bread. The “tub” of lettuce is only 10 calories.



Take off the top slice of bread of your sandwich to make an “open-faced” sub with fewer carbs and calories.



Double your protein to stay fuller longer.



Their “olive oil blend” is actually mostly canola and/or soybean oil. I recommend skipping it, since these oils may be pro-inflammatory. I also recommend skipping the mayo for the same reason.



Instead of their oil, stick with vinegar, oregano, salt & pepper - 0 calories total for this combo!



You can always add extra pickles, banana peppers, relish, jalapeños, mustard, and grilled veggies for extra flavor but very few calories.

Jersey Mike's for Weight Loss

- *Protein Recs* -



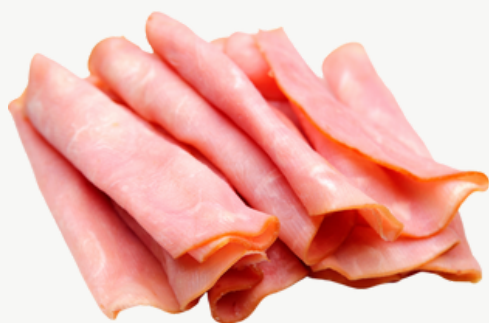
Turkey

110 calories, 24gm protein



Roast Beef

205 calories, 35gm protein



Ham

75 calories, 11gm protein



“Philly Chicken”

190 calories, 29gm protein



“Philly Beef”

255 calories, 27gm protein



Chicken Breast

215 calories, 27gm protein

Jersey Mike's for Weight Loss

- Cold Sub Favorites -



Turkey and Provolone
*changes: Wheat roll,
no Olive Oil Blend*
550 calories, 44gm protein



The Club Supreme
*changes: in-a-tub, no Olive
Oil Blend, no mayo, add
pickles & hot relish*
370 calories, 48gm protein



The Club Sub
*changes: no Olive Oil Blend,
no mayo, take off top slice of
bread to eat "open faced"*
470 calories, 43gm protein

Jersey Mike's for Weight Loss

- Hot Sub Favorites -



Mike's Chicken Philly
changes: add grilled mushrooms, remove top slice of bread to eat "open faced"
510 calories, 43gm protein



Portabella Chicken
Cheese Steak
changes: in-a-tub, add lettuce
420 calories, 39gm protein



Big Kahuna Cheese Steak
changes: in-a-tub, add lettuce
500 calories, 38gm protein

Jersey Mike's for Weight Loss

- low calorie toppings -



red wine vinegar
0 calories



mushrooms
3 calories



jalapeno peppers
2 calories



hot relish
10 calories



grilled peppers
14 calories



grilled onions
11 calories



pickles
2 calories



portobellos
6 calories



tomato slices
15 calories



raw onion
3 calories



Italian ssng
0 calories



Mustards

My recent order

- Club Supreme
 - "In a tub"
 - Added pickles, banana peppers, hot relish, tomatoes, vinegar, Italian seasoning, salt
 - No oil or mayo
- 370 calories, 48gm protein



Burger Chain Hacks *for* Weight Loss

the
Habit
BURGER GRILL


IN-N-OUT
BURGER

FIVE GUYS®

General Tips @



Order a lettuce wrap instead of a bun for <10 calories (vs. buns 160-400 calories)



Take off the top bun of your burger to make an “open-faced” sub with fewer carbs and calories.



Choose the “plain bun” or the “seeded bun” (vs. their other bun options) to save 80-270 calories.



For your side: instead of fries (440 calories) or onion rings (500 calories), get the Tempura Green Beans (250 calories) or 5-piece Chicken Bites (240 calories)



If you're feeling up for it, try the Ahi Tuna patty on any sandwich or salad for only 120 calories and 26gm protein



You can always add extra pickles, lettuce, onions, portobello mushrooms etc. for more fiber and flavor.



favorite orders *for* weight loss



10-piece Crispy
Chicken Bites
480 calories,
43gm protein



Ahi Tuna
Sandwich
430 calories,
32gm protein



5pc Chicken Bites &
Tempura Green Beans
490 calories,
24gm protein

General Tips @



Full “Animal Style” means: beef patty cooked with mustard, grilled onions, extra pickles, extra spread (like Thousand Island dressing), and melted cheese. You can ask for just the beef patty cooked with mustard, grilled onions, and extra pickles if you’re watching total calories.



Double your burger patty order for extra protein. Ask for “Double Meat.”



You can always add extra pickles, onions, etc. for more fiber and flavor.

Ask for “mustard and ketchup” instead of spread on any sandwich to save 60 calories.



Order a lettuce wrap instead of a bun for <10 calories (called “Protein Style”)



Take off the top bun of your burger to make an “open-faced” sub with fewer carbs and calories.



favorite orders *for* weight loss



Protein Style
Double Double
450 calories,
30gm protein



Cheeseburger
430 calories,
20gm protein



Fries
360 calories, 6gm
protein, 6gm fiber

General Tips @ **FIVE GUYS®**



Both cheese and bacon are about 80 calories - choose the one you want.



So many good sauces for lower calories: ketchup (20 calories), A1 sauce (15 calories), relish (15 calories), mustard and hot sauce.



So many good veggie toppings for lots of flavor and low calories: onion, pickles, tomatoes, jalapeno peppers, green peppers, grilled mushrooms, grilled onions.



Order a lettuce wrap OR on a tub of lettuce instead of a bun for <10 calories.



Take off the top bun of your burger to make an “open-faced” sub with fewer carbs and calories.

**FIVE
GUYS®**

favorite orders *for* weight loss



Little Hamburger
(single patty)
540 calories,
23gm protein



Lettuce Wrapped
(double) burger
with all veggies
410 calories,
30gm protein



Cheese Veggie
Sandwich
415 calories,
15gm protein

My recent order @ 5 Guys

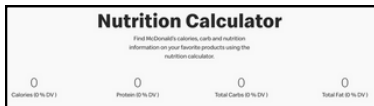
- Lettuce wrapped
 - Double burger
 - All the veggies
 - Mustard, hot sauce
- 410 calories, 30gm protein



McDonald's Hacks *for* Weight Loss



General Tips @



McD's has a great online nutrition calculator - you can edit out any single ingredients and it will update the all nutrition facts (calories, macros). Unfortunately their app doesn't update nutrition facts when you make modifications, though.

You can remove the bun entirely (save 180 calories) or eat $\frac{1}{2}$ the bun (e.g. take the top bun off to make your sandwich open-faced) to save on calories and carbs.

If your sandwich has mayo, you can save 100 calories by skipping it. Personally I think the sandwich tastes just as good without it!

A small fries is 230 cals, 3gm protein, 3gm fiber.

If you're wanting a more "carnivore" option - you can order plain hamburger patties alone. The only ingredients in their burger patties are "100% Pure USDA Inspected Beef," salt and pepper (no seed oils).

You can order a "Happy Meal" for 300+ calories if you want a little variety of popular McD's foods.

Need a little hamburger snack? 1 single hamburger is 250 calories, 12gm protein.

The lowest calorie desserts are the Chocolate Chip Cookie (170 calories) and the Vanilla Cone (200 calories)



favorite orders *for weight loss*

- burgers -



Double Cheeseburger
440 calories, 25gm protein



Bacon McDouble
460 calories, 26gm protein



Daily Double
490 calories, 22gm protein



favorite orders *for* weight loss

- *chicken* -



4-piece McCrispy Strips
460 calories, 40gm protein



McCrispy
470 calories, 26gm protein



Snack Wraps
370-390 cals, 17gm protein



10-pc Chicken Nuggets
410 calories, 23gm protein



favorite orders *for weight loss*

- breakfast -



Egg McMuffin

310 cals, 17gm protein



Bacon, Egg &

Cheese McGriddle

430 cals, 17gm protein



Sausage Burrito

310 cals, 13gm protein

favorite orders *for weight loss*

- low calorie dips/sauces -



Hot or Mild
Picante Salsa
0 cals



Hot Mustard
45 cals



Spicy Buffalo
30 cals



Sweet N Sour
50 cals



Ketchup
10 cals



Tangy BBQ
45 cals



I tried out ordering plain burger patties! Came out to \$1.07 per burger (with tax). Tasted great. Each patty is about 1 ounce of meat cooked (I'm estimating 60 calories, 5gm protein each). I believe you have to order this in person, it's not an option in the app.

Wendy's Guide *for* Weight Loss



Wendy's



General Tips @

Calories	520
Total Fat	30g
Saturated Fat	13g
Trans Fat	1.5g
Cholesterol	75mg
Sodium	1040mg
Potassium	10% DV
Carbohydrates	35g
Fiber	2g
Sugar	7g
Protein	29g
Calcium	15% DV
Iron	25% DV

Wendy's app is the BEST re: nutrition info. You can make any edit and all of the calorie, macro etc. info gets updated, e.g. "lite cheese" "no bun."

You can remove the bun entirely (save 160 calories) or eat $\frac{1}{2}$ the bun (e.g. take the top bun off to make your sandwich open-faced) to save on calories and carbs.



If your sandwich has mayo, and you want to skip it, you would save 50 calories. Personally I think the sandwich tastes just as good without it!



If you want a little taste of everything, the kid's meal is an excellent option. You can get a burger, cheeseburger, or nuggets, with apples or fries, and a drink of choice.



The lowest calorie salad dressing (by far!) is Pomegranate Vinaigrette (90 calories). Swap that in instead of the others if you like. You can also remove the croutons packet (60 calories), Crispy Onions (80 calories) or Tortilla Strips (70 calories).



If you're wanting a more "carnivore" option - you can order plain hamburger patties alone. The only ingredient in their burger patties is "100% Beef."

Remove Cheddar Cheese Sauce on your fries or baked potato and save 70 calories (keep the Shredded Cheddar for better ingredients!). You can also order "lite" amount of Cheddar Cheese Sauce (save 40 calories) or Shredded Cheddar (save 20 calories).



Need a little hamburger snack? The Jr Hamburger is 240 calories, 12gm protein.

The lowest calorie dessert is the Junior Frosty - 190 calories for chocolate or vanilla.



favorite orders *for weight loss* **- burgers -**



Bacon Double Stack
430 calories, 26gm protein



Double Stack
400 calories, 23gm protein



Jr Bacon Cheeseburger
360 calories, 17gm protein



Jr Cheeseburger Deluxe
340 calories, 15gm protein



favorite orders *for weight loss* **- chicken -**



10 pc Chicken Nuggets
430 calories, 23gm protein



Crispy Chicken Sandwich
340 calories, 15gm protein



Grilled Chicken Wrap
420 calories, 28gm protein



Crispy Chicken BLT
420 calories, 20gm protein



favorite orders *for weight loss* **- sides -**



Junior Fries

210 cals, 3gm pro, 2gm fiber



Chili

Small: 230 cals, 18gm pro
Large: 320 cals, 25gm pro



Cheese Baked Potato

440 calories, 15gm protein



Bacon Cheese Potato

420 calories, 17gm protein



I tried out ordering plain burger patties! The only ingredient is beef. Came out to \$1.99 per burger. Tasted great. Each patty is about 2.5 ounces of meat cooked (I'm estimating 180 calories, 12gm protein each). I believe you have to order this in person, it's not an option in the app.

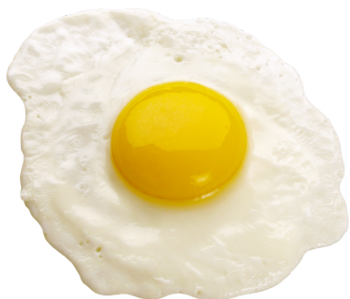


I also ordered the baked potato with chili and shredded cheese - without cheese sauce. Yummy. 420 calories, 18gm protein. I nixed the cheese sauce since it contains canola oil.

A close-up photograph of Shake Shack food, featuring a large portion of golden-brown french fries on the left and several burgers on the right. The burgers are stacked with visible layers of beef patties, lettuce, tomato, and cheese. The image is slightly blurred and has a dark overlay, making the white text stand out.

Shake Shack Hacks for Weight Loss

General Tips @ SHAKE SHACK®



On any breakfast sandwich you can add an extra egg (90 cals, 6 pro), or an extra egg white (35 cals, 7 pro).



Instead of a shake, get a Root Beer or a Creamsicle Float to save 340+ calories.



Another lower calorie treat is a single ice cream scoop (vanilla - 280 calories, chocolate - 310 calories).



You can always add extra pickles, lettuce, onions etc. for more fiber and flavor.

Order a lettuce wrap instead of a bun (save 180 calories) of your burger or hot dog. Note: for the burgers, a gluten-free bun will also save you 40 calories.



Take off the top bun of your burger to make an “open-faced” sub with fewer carbs and calories.

SHAKE SHACK® favorite orders for weight loss

- breakfast -



Egg N' Cheese
340 calories,
17gm protein



**Bacon, Egg
N' Cheese**
400 calories,
23gm protein



Egg White Light
320 calories,
15gm protein
*Also: Egg White Light Double
Egg is 340 cals, 19gm pro*

SHAKE SHACK® favorite orders *for weight loss* **- mains -**



**Single
Cheeseburger**
440 calories,
29gm protein



BLT
380 calories,
17gm protein



Chicken Bites
6pc: 300 cals/
17gm pro
10pc: 500 cals/
29gm pro

SHAKE SHACK® favorite orders for weight loss

- low calorie toppings -



slice of cheese
70 calories



pickles
1 calorie



pickled jalapeños
5 calories



avocado
60 calories



cherry peppers
10 calories



bacon
70 calories



tomato
5 calories



raw onion
5 calories



Shack Sauce
60 calories



My recent order @ Shake Shack

- Lettuce wrapped
- Double burger
- Tomato, bacon, lettuce, pickles

460 calories, 43gm protein

with a side of chocolate

The background of the image is a dark, slightly blurred photograph of a Starbucks storefront. A large, illuminated Starbucks Siren logo is visible on the right side of the image. The text is overlaid in the center.

Starbucks *for* Weight Loss

Starbucks Drinks

under 150 calories



**Raspberry Cream
Cold Brew**

Tall
130 calories



**Vanilla Sweet Cream
Cold Brew**

Grande
110 calories



**Vanilla Sweet Cream
Nitro Cold Brew**

Grande
70 calories



**Iced Shaken
Espresso**

Grande
100 calories



Coffee Frappuccino

tall
whole milk
160 calories



Iced Flat White

Grande
whole milk
150 calories

Starbucks Drinks

under 150 calories



**Strawberry Acai
Lemonade Refresher**

Grande
140 calories



**Iced Passion Tango
Tea Lemonade**

trenta
110 calories



Dragon Drink

Grande
130 calories



Peach Iced Tea

Venti
82 calories



Lemonade

Grande
120 calories



**Blended Strawberry
Lemonade**

Tall
130 calories

Starbucks Drinks

under 150 calories



Caffè Misto

Venti
2% milk
130 calories



Caffè Latte

Tall
2% milk
150 calories



Caramel Macchiato

short
2% milk
120 calories



Flat White

Short
whole milk
110 calories



**Brown Sugar
Oatmilk Cortado**

Short
oatmilk
130 calories



Cortado

Short
whole milk
90 calories

General Tips at



Add a spice topping: Spices taste a little sweet - but don't have any added sugar. Try adding cinnamon or their "pumpkin spice topping". You can order your drinks with "extra" of these spices, too!



Choose an unsweetened milk: Many plant-based milks are sweetened. If you can tolerate cow's milk, it not only has no added sugar, but also has a good amount of protein and fat to help stabilize your blood sugar and keep you full.



Order "light" lemonade: Starbucks' lemonade base includes added sugar. If your drink has lemonade mixed in (like in Refreshers), you can ask for "light" lemonade or skip it for a less sweet version.



Order "light" pearls: Tapioca pearls add fun texture but also extra sugar. Try asking for "less" pearls or skipping them altogether to cut back a bit.



Order fewer pumps of syrup: Syrup = sugar + water. So cutting down on the number of pumps = cutting down on grams of sugar!



Sugar-free vanilla: The only 0-calorie sweetener Starbucks offers is vanilla - add it to your coffee, latte, etc. if you like! It uses sucralose and maltodextrin.



Order a smaller size: You don't have to make any other alterations if you don't want to! Reducing the size will reduce the pumps of syrup etc. Starbucks adds to their drinks.

Ask for "light" (or no) whipped cream or drizzle: These toppings (whipped cream and drizzle) are delicious, no doubt. Just ask for "light" amounts to reduce the amount of added sugar.



Ask for "light" (or no) foam: I was surprised to learn that Starbucks Cream Cold Foam contains added sugar. Just ask for a "light" amount.

Starbucks *for* Weight Loss

- **Breakfast Choices** -



My pick!



Bacon Egg Bites

300 calories, 19gm protein



Spinach Feta Wrap

290 calories, 20gm protein



Bacon Gouda Sandwich

360 calories, 18gm protein



Kale & Mushroom Egg Bites

230 calories, 15gm protein



Turkey Bacon Egg Sandwich

230 calories, 17gm protein



Egg White Bites

170 calories, 12gm protein

Starbucks *for* Weight Loss

- ***Bakery & Treats Choices*** -



Ham & Swiss Croissant
320 calories, 14gm protein



Turkey Sage Danish
270 calories, 8gm protein



Petite Vanilla Bean Scone
130 calories



Birthday Cake Pop
160 calories



My pick!

Cookies & Cream Cake Pop
140 calories



Chocolate Cake Pop
150 calories

Starbucks *for* Weight Loss

- *Lunch Choices* -



Jalapeno Chicken Pocket
200 calories, 11gm protein



Cheese & Fruit Protein Box
470 calories, 20gm protein



Eggs & Cheddar Protein Box
460 calories, 22gm protein



Ham & Swiss on a Baguette
500 calories, 25gm protein

Starbucks *for* Weight Loss

- ***Snack Choices*** -



Kind Bar

200 cals, 6gm pro, 7gm fiber



Butter Popcorn

150 calories, 3gm fiber



Vanilla Biscotti with Almonds

200 cals, 5gm pro, 2gm fiber



SkinnyDipped Choc Almonds

170 cals, 5gm pro, 6gm fiber



SkinnyDipped Lemon Almonds

170 calories, 4gm pro, 3gm fiber



String Cheese

80 calories, 7gm protein

Dunkin Donuts



General Tips at **DUNKIN'**



Flavor Shots: Flavor Shots are unsweetened and sugar free (5-10 calories per “Shot”). Currently their shot flavors are vanilla, hazelnut, toasted almond, blueberry, raspberry, and coconut. You can order just 1 Flavor Shot for a little sweetness.



Flavor Swirls: One pump of a Flavor Swirl is about 50 calories - these do include added sugar, but depending on what drink you get - ordering 1 Swirl can be absolutely worth it!



Sweeteners: Instead of adding sugar or liquid cane sugar, you can add *Stevia in the Raw* for 0 calories.



Choose an unsweetened milk: Their almond and oat milks both have added sugar. Their regular cow's milk options (whole, skim etc.) do not contain any added sugar. If you can tolerate cow's milk, it also has a good amount of protein to help stabilize your blood sugar and keep you full.



Skim Milk: This is their lowest calorie milk (yes, lower than almond milk!) if that matters to you.

Order a smaller size: Simply reducing the size will reduce the pumps of syrup etc. Dunkin adds to their drinks.



Ask for “light” or no whipped cream, drizzle, sugar topping, or sweet cold foam: It doesn't appear that you can make these requests in their app, but if you're ordering in person you can probably make these requests!

DUNKIN' drinks

under 150 calories



Iced Cappuccino

Flavors: Butter Pecan Swirl, French Vanilla Swirl, Mocha Swirl

Small, skim milk
150 calories



Iced Coffee

Flavors: Butter Pecan Swirl, Caramel Swirl, French Vanilla Swirl, Mocha Swirl, Almond Spice

Small, black
110-120 calories



Iced Matcha Latte

Small
120 calories



Chai Iced Latte

Small, skim milk
150 calories



Iced Macchiato

Large, any milk, black
<120 calories



Iced Tea

Large, sweetened
or unsweetened
<150 calories

DUNKIN' drinks

under 150 calories



Refreshers

*Flavors: Mango Pineapple,
Strawberry Dragonfruit,
Blueberry Freeze*

Medium
130 calories



Sparkling Refresher

*Flavors: Blueberry Breeze,
Mango Pineapple,
Strawberry Dragonfruit*

Medium
130 calories



Sweet Tea

Small
150 calories



Vanilla Creme Cold Brew

Small
150 calories



Energy

*Flavors: Berry Burst, Peach
Sunshine, Tornado Twist*

Medium
120-130 calories



Shakin' Espresso

Brown Sugar:
Small 120 cals
Unsweetened:
Large 120 cals

DUNKIN' drinks

under 150 calories



Hot Cappuccino

*Flavors: French Vanilla Swirl,
Mocha Swirl*

Small, skim milk
150 calories



Hot Tea

Plain, unsweetened
0 calories



Hot Coffee

*Flavors: Caramel Swirl, French
Vanilla Swirl, Mocha Swirl*

Small
110 calories



Matcha Hot Latte

Small, skim milk
120 calories



Hot Macchiato

Large, oatmilk - 120 cals
Large, skim milk - 90 cas



Chai Hot Latte

Small, skim milk
150 calories

DUNKIN' drinks

summer drinks





*Other
Locations!*

CAVA

SALAD

CHOOSE 1 OR MORE



SUPER GREENS



SPLendidGREENS®



ARUGULA



SPINACH

DIPS & SPREADS

CHOOSE 1 OR MORE



TZATZIKI



CRAZY FETA



ROASTED
EGGPLANT



RED PEPPER
HUMMUS

PROTEIN

ALL THEIR OPTIONS ARE GREAT - CHOOSE YOUR FAVE

TOPPINGS

CHOOSE 1 OR MORE



CUCUMBERS



FETA



AVOCADO



CABBAGE SLAW



PICKLED ONIONS



TOMATO +
CUCUMBER



OLIVES



FIREY BROCCOLI



TOMATO +
ONION



ROMAINE

DRESSING

ALL THEIR OPTIONS ARE GREAT - CHOOSE YOUR FAVE



MY FAVORITE MAINS



**STRING BEAN
CHICKEN BREAST**



**BLACK PEPPER
ANGUS STEAK**



KUNG PAO CHICKEN



MUSHROOM CHICKEN



BLACK PEPPER CHICKEN



BROCCOLI BEEF

SIDES



EGG FRIED RICE



**GRILLED TERIYAKI
CHICKEN**



GET A POWER MENU BOWL WITH

CHOOSE 1 OR MORE



CHICKEN



STEAK



BLACK BEANS

HEALTHY FATS

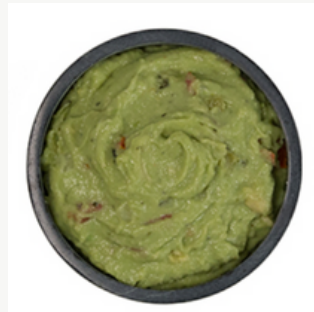
CHOOSE 1 OR MORE



CHEESE



**REDUCED-FAT
SOUR CREAM**



GUACAMOLE



3 CHEESE BLEND

VEGGIE TOPPINGS

CHOOSE 1 OR MORE



TOMATOES



LETTUCE



JALAPENO PEPPERS



ONIONS

DRESSING

ALL THEIR OPTIONS ARE GOOD - CHOOSE YOUR FAVE



BURGER



SINGLE HAMBURGER



DOUBLE DOUBLE

BUN



REGULAR BUN



"OPEN FACE" IF YOU
PREFER LESS BREAD



LETTUCE WRAP (ASK
FOR "PROTEIN STYLE")

TOPPINGS

YOU CAN ORDER "ANIMAL STYLE" MEANING YOU GET EXTRA TOPPINGS.



LETTUCE



TOMATO



AMERICAN
CHEESE



GRILLED
ONIONS



"SAUCE"



KETCHUP &
MUSTARD

SIDE OF FRIES IF YOU'D LIKE!





**CALIFORNIA BROCCOLINI
SALAD**



CEDAR PLANK SALMON



**TURKEY CALIFORNIA CLUB SANDWICH
(NOTE: YOU CAN ASK FOR 'OPEN FACE'
IF YOU PREFER LESS BREAD)**



**DAKOTA SMASHED PEA +
BARLEY SOUP**



BANH MI POWER BOWL



APP: DYNAMITE SHRIMP

sweetgreen



BUFFALO CHICKEN SALAD



HUMMUS CRUNCH SALAD



BBQ CHICKEN SALAD



SUPER GREEN GODDESS



GARDEN COBB SALAD



ITALIAN CHOPPED SALAD



CHICKEN PESTO PARM



KALE CAESAR SALAD



CHARCUTERIE COBB SALAD



HU CASHEWS + VANILLA
BEAN HUNKS

FIVE GUYS®

CHOOSE A BASE



HAMBURGER PATTY



BLT



VEGGIES (NOT A VEGGIE BURGER, JUST A LOT OF VEGGIES)

BUN, BOWL, OR LETTUCE



YOU CAN ORDER ANY BURGER OR SANDWICH WITHOUT A BUN AND IN A BOWL, OR IN A LETTUCE WRAP. YOU CAN ALSO ASK FOR "OPEN FACE" IF YOU PREFER LESS BREAD.

ADD ON AS MANY TOPPINGS AS YOU'D LIKE:



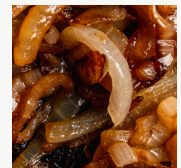
ONION



LETTUCE



TOMATOES



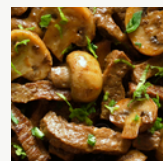
GRILLED ONIONS



JALAPENOS



GREEN PEPPERS



GRILLED MUSHROOMS



PICKLES

THE FREE PEANUTS ARE NICE SNACK :)

BENIHANA®

MIX AND MATCH ITEMS OFF THE A LA CARTE AND
APPETIZER MENU!



TUNA POKE CLASSIC



SHRIMP SAUTÉ



VEGGIE MIX SAUTÉ



MUSHROOM SOUP



A LA CARTE MUSHROOMS



A LA CARTE ZUCCHINI



EDAMAME



TUNA TATAKI



SALMON AVOCADO SASHIMI



CHILI PONZU YELLOWTAIL



SASHIMI SAMPLER



MISO SOUP

Do you want to stop dieting, and permanently lose 5 to 50+ pounds?

included in...

BEST BODY

by DR. RACHEL PAUL PHD, RD.

Personalized Weight-Loss Plan

We'll create a science-based program that works for YOU and your lifestyle.

Dietitian-Created Recipes

Choose from my almost 2000 recipes that help with losing body fat, maintaining muscle mass, managing your blood sugar, and more!

Easy Meal Planning

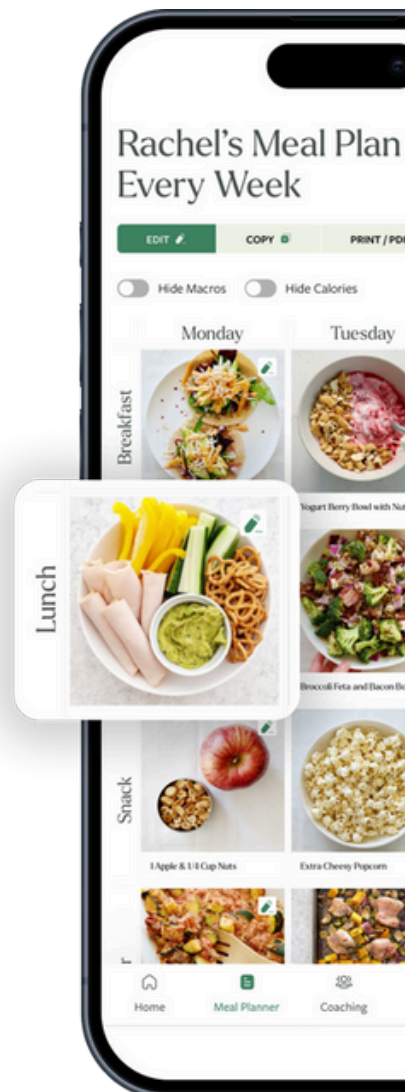
Use my interactive meal planning tool with almost 2000 simple meal, snack, and dessert options.

Weight Loss Coaching

Join 2-4 group calls a week, where my amazing team of coaches and I will help you achieve your goals.

Learn Peace Around Food

Over 70 quick, on-demand trainings on everything from managing cravings, developing consistency, and more.



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BEST BODY

by DR. RACHEL PAUL PHD, RD.