

TFGG

the fit girl gang

TFGG
Eat

Restaurant Guide

What is TFGG EAT?

- Hello you smart, beautiful, incredible woman! This, is your go-to resource for making the healthiest choices possible while you're out to eat.
- TFGG EAT is a comprehensive ordering guide with the healthiest options for the 20 most popular restaurant chains in Canada.
- How many times have you been out to eat and wanted to make a healthy choice that would be in line with your goals, but had no idea WTF to order? I'm going to guess quite a few. This baby is the solution to all of that confusion!
- TFGG EAT has been created by analyzing the macronutrient breakdown and ingredient list of every food item (subject to some seasonal items of course) in each of these restaurants. I have assessed the best meals, snacks, and add ons that can become your go-to's every time you have a planned or unplanned meal out and want to make a healthy and informed choice.
- In this guide, I have also highlighted "SHOCKINGLY BAD" items. Please keep in mind that while these are all awful choices, they aren't necessarily the most unhealthy things on the menu, just the things that surprised me the most. Think: Items that try to portray themselves as being at least somewhat "healthy" but absolutely are not by any definition.
- The macronutrients have been included (whenever possible) for your benefit, but please don't think that means I expect you (or want you) to be counting calories! As always in TFGG, it's not about obsessing over calories EVER, but making smart and informed nutritional choices.

What TFGG EAT is not:

- TFGG EAT is not a rulebook! It would be absolutely ridiculous for me to expect you to ONLY ever order the foods on this list. The purpose of this is not to restrict you or make you feel bad for ordering other items, it's just to show you the healthiest options in my opinion!
- TFGG EAT is not all full meals. Please don't get the wrong idea here! I am not insinuating in any way that certain items that are listed are enough to be entire meals on their own. I would never advocate for under-eating or purposely ordering super tiny menu items. If something really small is listed, it just means that it is a healthier choice and should be paired with other food or eaten alone if you're looking for a snack.
- TFGG EAT has absolutely nothing to do with treat meals. Girl, when you want to treat yourself, GO TREAT YOURSELF! Order whatever you like on any menu, and please enjoy it without any guilt attached whatsoever.
- TFGG EAT is not listed in any particular order. Please don't think that just because something is at the beginning of the list vs. the end, that it is any healthier or less healthy.

Fast Food



	Protein	Carbs	Fibre	Fat	Cals
CHILI	20g	23g	3g	17g	310
HARVEST VEGETABLE SOUP	4g	14g	2g	0.4g	80
GARDEN SALAD + CHICKEN	17g	13g	2g	14g	129
CHICKEN BACON RANCH WRAP (GRILLED CHICKEN)	26g	39g	3g	14g	380
GREEK GRILLED CHICKEN WRAP	24g	41g	3g	17g	410
CHIPOTLE CHICKEN GRILLED WRAP	27g	40g	3g	19g	430

Restaurant Guide

Fast Food



Okay, so rather than go for one of their sandwiches, the smartest call is to actually create your own DIY SALAD. It means sacrificing the bun, but there are so many tasty options here when you get creative.

- Choose your protein source from Chicken, Turkey Breast, or Tuna
- Choose your veggies! Pick as much and as many as you like.
- Choose your fat source. Pick from avocado, guacamole, or olive oil.
- Choose your dressing. Pick from Sweet Onion, Buffalo, Hot Sauce, Mustard, Red Wine Vinegar, Olive Oil, or a combo of any of them.

Fast Food



GREEK CHICKEN SALAD	Protein	Carbs	Fibre	Fat	Cals
	33g	24g	4g	10g	310
CAESAR SALAD W/ GRILLED CHICKEN	Protein	Carbs	Fibre	Fat	Cals
	35g	14g	2g	18g	390
SWEET CHILI SIGNATURE MCWRAP (WITH GRILLED CHICKEN)	Protein	Carbs	Fibre	Fat	Cals
	30g	44g	6g	14g	420
RANCH CHICKEN SNACK WRAP (WITH GRILLED CHICKEN)	Protein	Carbs	Fibre	Fat	Cals
	17g	25g	1g	8g	240

Fast Food



**SOUS VIDE
EGG BITES**
(EGG WHITE & RED PEPPER)

Protein

13g

Carbs

13g

Fibre

1g

Fat

7g

Cals

170

**SOUS VIDE
EGG BITES**
(BACON & GRUYÈRE)

Protein

19g

Carbs

9g

Fibre

0g

Fat

22g

Cals

310

**BACON CHEDDAR
& EGGWHITE
SANDWICH**

Protein

18g

Carbs

26g

Fibre

0g

Fat

5g

Cals

210

**SPINACH FETA
& EGGWHITE
WRAP**

Protein

19g

Carbs

33g

Fibre

6g

Fat

10g

Cals

290

Fast Food



So here, your best option is going to be to create either a DIY Bowl or a small pita in a whole wheat wrap!

	Protein	Carbs	Fibre	Fat	Cals
SMALL WHOLE WHEAT WRAP (MACROS FOR THE WRAP ONLY)	5g	27g	5g	0.5g	130

- Veggies: choose as much and as many as you like
- Protein: Choose 2x meat for extra protein
- Best options: Chicken Breast, Tuna, Turkey Breast, Chicken Souvlaki
- Avoid: Rib, Gyro, Chicken Crave (with Swiss cheese)
- Dressing: Choice of tzatziki, mustard, balsamic vinegar, donair sauce, hot sauce, light Italian, or any combo of the above.



Restaurant Guide

Fast Food



BREAKFAST BOWL (GREEN EGGS & KALE)	Protein	Carbs	Fibre	Fat	Cals
	15g	12g	2g	20g	280

HARD BOILED EGGS	Protein	Carbs	Fibre	Fat	Cals
	14g	2g	0g	12g	140

DIY BOWL

Greens: Choose any of the available options, and combine them as you like.

- Protein:
- Chicken
 - Steak
 - Tofu

Veggies: Choose any of the available options, and combine them as you like.

- Dressing:
- Balsamic Vinegar
 - Buffalo
 - Greek Yogurt Ranch
 - Green Curry
 - Lemon Juice
 - Red Pepper
 - Salsa Fresca
 - Spicy Lemongrass
 - Sriracha
 - Spicy Peanut

Fast Food



Okay, so here is the truth about getting a BJ: They are really not that great for you. Booster Juice has been marketed as this amazing, time-saving, healthy option, but in reality they are packed with sugar and don't hold a candle to the smoothies we make at home. Your actual best-bet at Booster Juice is to order a sandwich or wrap, but I've included my top 2 smoothies (with modifications) just in case that's what you're in the mood for.

STRAWBERRY STORM (FULL SIZE)	Protein	Carbs	Fibre	Fat	Cals
	20.5g	48g	4g	7.5g	375

Modifications: Swap dairy for Almond Milk, add spinach, and add 1 tbsp WowButter (this is sunflower seed butter and is really the only healthy fat option they carry)

MIND OVER MATCHA (FULL SIZE)	Protein	Carbs	Fibre	Fat	Cals
	23.5g	55g	5g	9.5g	440

Modifications: Swap dairy for Almond Milk, add spinach, and add 1 tbsp WowButter (this is sunflower seed butter and is really the only healthy fat option they carry)

PESTO CHICKEN ON FOCCACIA	Protein	Carbs	Fibre	Fat	Cals
	21g	31g	3g	12g	370

CHIPOTLE CHICKEN ON FOCCACIA	Protein	Carbs	Fibre	Fat	Cals
	20g	35g	3g	8g	330

Fast Food



TUNA WRAP	Protein	Carbs	Fibre	Fat	Cals
	26g	37g	4g	10g	370
QUEST BAR	Protein	Carbs	Fibre	Fat	Cals
	21g	21g	17g	8g	206



You guys I was so impressed with this menu! A & W is actually so ahead of the curve by being the first fast food restaurant in Canada to offer every burger in a lettuce wrap instead. It makes a huge difference, and I love knowing that my fave fast food burger of all-time is something I can enjoy a little more often if I want to!

TEEN BURGER (LETTUCE WRAPPED)	Protein	Carbs	Fibre	Fat	Cals
	20g	10g	0g	23g	330
SNACK: CHICKEN GRILL DELUXE (LETTUCE WRAPPED)	Protein	Carbs	Fibre	Fat	Cals
	17g	5g	0g	14g	210

Fast Food



**FRESH GRILLED
CHICKEN
SALAD BOWL**
*WITH BALSAMIC VINAIGRETTE
OR ITALIAN DRESSING

Protein

30g

Carbs

12g

Fibre

5g

Fat

18g

Cals

316

**GRILLED
CHICKEN/
VEGGIE BURGER**
(ON MULTIGRAIN)
*THEY HAVE THE SAME MACROS

Protein

14g

Carbs

32g

Fibre

2g

Fat

4g

Cals

216

Modification: Order 2x patty for extra protein. (Macros have been calculated with the extra patty).

**ORIGINAL
HAMBURGER**

Protein

18g

Carbs

35g

Fibre

2g

Fat

17g

Cals

360

SHOCKINGLY BAD:



**ASIAN CRISPY
CHICKEN RICE BOWL**



Cals
1,000

Carbs
171g

Fast Food



SOUTHWEST AVOCADO CHICKEN SALAD (HALF SIZED)	Protein	Carbs	Fibre	Fat	Cals
	20g	9g	4g	20g	300

*Note: You can obviously order the full size too, just double the macros above to calculate.

POWER MEDITERRANEAN CHICKEN SALAD (HALF SIZED)	Protein	Carbs	Fibre	Fat	Cals
	20g	22g	5g	9g	240

*Note: You can obviously order the full size too, just double the macros above to calculate.

GRILLED CHICKEN WRAP	Protein	Carbs	Fibre	Fat	Cals
	19g	24g	2g	10g	260

Eat-In Restaurants



You would probably expect not to find any pizza on here, but that’s actually not the case! So often when we go to a pizza place, that becomes exactly what we’re in the mood for. I wanted to give you the healthiest possible options if you do decide you’re feeling like some ‘za, but don’t want to go full-blown treat meal mode.

MEDITERRANEAN CHICKEN SALAD	<div>Protein</div> <div>43g</div>	<div>Carbs</div> <div>21g</div>	<div>Fibre</div> <div>6g</div>	<div>Fat</div> <div>22g</div>	<div>Cals</div> <div>430</div>
SMART EATS: BP’S HOUSE CHICKEN SALAD	<div>Protein</div> <div>68g</div>	<div>Carbs</div> <div>25g</div>	<div>Fibre</div> <div>6g</div>	<div>Fat</div> <div>19g</div>	<div>Cals</div> <div>520</div>
SMART EATS: CEDAR SEASONED SALMON FILLET	<div>Protein</div> <div>38g</div>	<div>Carbs</div> <div>N/A</div>	<div>Fibre</div> <div>N/A</div>	<div>Fat</div> <div>18g</div>	<div>Cals</div> <div>380</div>
SIDE GRILLED SHRIMP SKEWERS (PLAIN NOT CAJUN)	<div>Protein</div> <div>17g</div>	<div>Carbs</div> <div>1g</div>	<div>Fibre</div> <div>0g</div>	<div>Fat</div> <div>10g</div>	<div>Cals</div> <div>170</div>
SIDE SALSA	<div>Protein</div> <div>1g</div>	<div>Carbs</div> <div>4g</div>	<div>Fibre</div> <div>1g</div>	<div>Fat</div> <div>0g</div>	<div>Cals</div> <div>15</div>

Eat-In Restaurants







PIZZA OPTIONS:

If you came to BP because Pizza was what you were in the mood for, these are your top 3 best options!

BBQ CHICKEN PIZZA (8" INDIVIDUAL ON THIN CRUST)	Protein 24g	Carbs 55g	Fibre 2g	Fat 15g	Cals 440
GREAT WHITE NORTH (8" INDIVIDUAL ON THIN CRUST)	Protein 22g	Carbs 52g	Fibre 2g	Fat 13g	Cals 410
BOSTON ROYAL (8" INDIVIDUAL ON THIN CRUST)	Protein 27g	Carbs 57g	Fibre 3g	Fat 17g	Cals 480

SHOCKINGLY BAD:

 CHICKEN QUESADILLA 	Cals 1,220	 MEMPHIS CHICKEN SALAD 	Cals 1,140
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Eat-In Restaurants

Earls

KITCHEN + BAR

TUNA POKÉ	Protein	Carbs	Fibre	Fat	Cals
	23g	21g	4g	33g	460
MIXED FIELD GREENS + CHICKEN	Protein	Carbs	Fibre	Fat	Cals
	22g	17g	4g	17g	300
CHIPOTLE CHICKEN TACOS <small>*MACROS FOR TACOS ONLY (NO SIDE)</small>	Protein	Carbs	Fibre	Fat	Cals
	24g	58g	8g	18g	480
SIGNATURE TOP SIRLOIN 6 ^{OZ} <small>*MACROS FOR STEAK ONLY (NO SIDE)</small>	Protein	Carbs	Fibre	Fat	Cals
	34g	4g	2g	6g	230
SUMMER VEGETABLE MEDLEY	Protein	Carbs	Fibre	Fat	Cals
	2g	13g	3g	9g	130

Eat-In Restaurants

Earls

KITCHEN + BAR

ROAST CHICKEN

*MACROS FOR CHICKEN
ONLY (NO SIDE)

Protein

59g

Carbs

0g

Fibre

0g

Fat

4g

Cals

290

CAJUN CHICKEN

*MACROS FOR CHICKEN
ONLY (NO SIDE)

Protein

41g

Carbs

4g

Fibre

2g

Fat

10g

Cals

270

SHOCKINGLY BAD:



BIBIMBAP
BOWL



Cals
1,400



JEERA
CHICKEN CURRY



Cals
1,370



HUNAN
KUNG PAO



Cals
1,180



FISH & CHIPS



Cals
1,340

Eat-In Restaurants



JOEY RESTAURANTS

JAPANESE GYOZA

Protein

8g

Carbs

15g

Fibre

1g

Fat

16g

Cals

250

THE NEW COBB SALAD

Order with no cheese! Exact macros aren’t available with the modification, but this salad should be at least 30g of protein and also have a ton of healthy fat!

FARMERS MARKET CHICKEN SALAD

Order with no cheese! Exact macros aren’t available with the modification, but this salad should be at least 30g of protein and also have a ton of healthy fat!

HOUSE SALAD

*ORDER WITH CHICKEN OR SHRIMP FOR PROTEIN

Protein

24g

Carbs

13g

Fibre

3g

Fat

25g

Cals

380

SUSHI CONE

Protein

8g

Carbs

25g

Fibre

2g

Fat

13g

Cals

250

Eat-In Restaurants



JOEY RESTAURANTS

<div><div>PRIME SIRLOIN 6^{oz}</div><div>*MACROS FOR STEAK ONLY (NO SIDE)</div></div>	Protein	Carbs	Fibre	Fat	Cals
	40g	2g	1g	20g	350

*Recommended sides: Seasonal vegetables and house salad

<div><div>PROTEIN STYLE BURGER</div><div>*MACROS FOR BURGER ONLY (NO SIDE)</div></div>	Protein	Carbs	Fibre	Fat	Cals
	35g	10g	3g	37g	510

SHOCKINGLY BAD:

<div><div><div><div>🤯</div><div>SPAGHETTI</div><div>🤯</div></div><div>Cals 1,450</div></div></div>	<div><div><div><div>🤯</div><div>CHICKEN PARMESAN</div><div>🤯</div></div><div>Cals 1,290</div></div></div>
<div><div><div><div>🤯</div><div>BAJA FISH TACOS</div><div>🤯</div></div><div>Cals 1,390</div></div></div>	



Restaurant Guide

Eat-In Restaurants



Of all of the restaurants in this guide, The Keg is the one I believe you have the most healthy options to choose from! Obviously it's on the pricier side, but there are a ton of super high protein options with a lot of variety.

	Protein	Carbs	Fibre	Fat	Cals
SHRIMP COCKTAIL	26g	4g	1g	1g	128
SCALLOPS AND BACON	19g	8g	1g	12g	226
WILD MUSHROOM SOUP	3g	11g	2g	6g	114
MIXED GREENS SALAD	3g	14g	4g	9g	149

*If you aren't having another protein source, add one to your salad!

Eat-In Restaurants



ICEBERG WEDGE SALAD (WITH RANCH DRESSING)	Protein	Carbs	Fibre	Fat	Cals
	8g	9g	1g	13g	179

*If you aren't having another protein source, add one to your salad!

BAJA HALIBUT TACO (MACROS FOR ONE INDIVIDUAL TACO)	Protein	Carbs	Fibre	Fat	Cals
	11g	21g	2g	5g	176

TOP SIRLOIN 6 ^{oz} (MACROS FOR STEAK ONLY, NO SIDES)	Protein	Carbs	Fibre	Fat	Cals
	37g	5g	2g	12g	292

ASPARAGUS	Protein	Carbs	Fibre	Fat	Cals
	5g	9g	5g	0g	50

Eat-In Restaurants

THE KEG® STEAKHOUSE + BAR

MIXED VEGETABLES

Protein

4g

Carbs

17g

Fibre

6g

Fat

0.1g

Cals

80

SIDE CAESAR SALAD

Protein

5g

Carbs

14g

Fibre

2g

Fat

11g

Cals

179

TOP SIRLOIN CLASSIC

(6OZ STEAK, VEGETABLES,
& MUSHROOMS)

Protein

50g

Carbs

8g

Fibre

3g

Fat

20g

Cals

427

SHOCKINGLY BAD:



PISTACHIO
CRUSTED SALMON

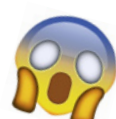


Cals

1,119



BÉARNAISE
SAUCE



Cals

602

Fat

64g

Eat-In Restaurants

MOXIE'S GRILL & BAR

	Protein	Carbs	Fibre	Fat	Cals
TUNA POKÉ	3g	9g	6g	18g	270

	Protein	Carbs	Fibre	Fat	Cals
STARTER MARKET SALAD	7g	12g	4g	23g	260

*If you aren't having another protein source, add one to your salad!

	Protein	Carbs	Fibre	Fat	Cals
STEAK SALAD	31g	31g	3g	11g	330

	Protein	Carbs	Fibre	Fat	Cals
SALMON + AVOCADO SALAD	Estimation: (Cals)	800	(as opposed to 1,310 before modifications)		

Note: This is actually an extremely high calorie and high fat salad if you order it as it is typically served. However, by ordering it with no feta and substituting the dressing for “tangy tomato” you are able to cut it down to a much more reasonable sized meal. This is still quite a high fat and high calorie meal, but if you’re hungry it is a nutritious option with a ton of omega 3s.

Eat-In Restaurants

MOXIE'S GRILL \ BAR

SIRLOIN STEAK 7^{oz} (MACROS FOR STEAK ONLY, NO SIDES)	Protein	Carbs	Fibre	Fat	Cals
	44g	2g	0g	20g	370

SHOCKINGLY BAD:

 CHICKEN MADEIRA RIGATONI 	Cals 1,460	Fat 103g
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Eat-In Restaurants



Of all of the restaurants on here, this is by far the one that upset me the most. As a place that advertises itself as a “healthy breakfast restaurant” it couldn’t be further from the truth. The ridiculous quantity of fruit served with every meal only makes things worse. If they were low-sugar, high-fibre berries it would be one thing, but tropical fruits are known to be the highest in sugar and the lowest in fibre. Please don’t fall into the trap of believing that just because sugar comes from fruit it is good for you, okay?

To be honest, I almost didn’t bother selecting the “SHOCKINGLY BAD” items from here, because almost the entire menu fell into that category. I did however choose a few of the particularly awful ones though, and included the grams of sugar so you could get an idea about what I mean.

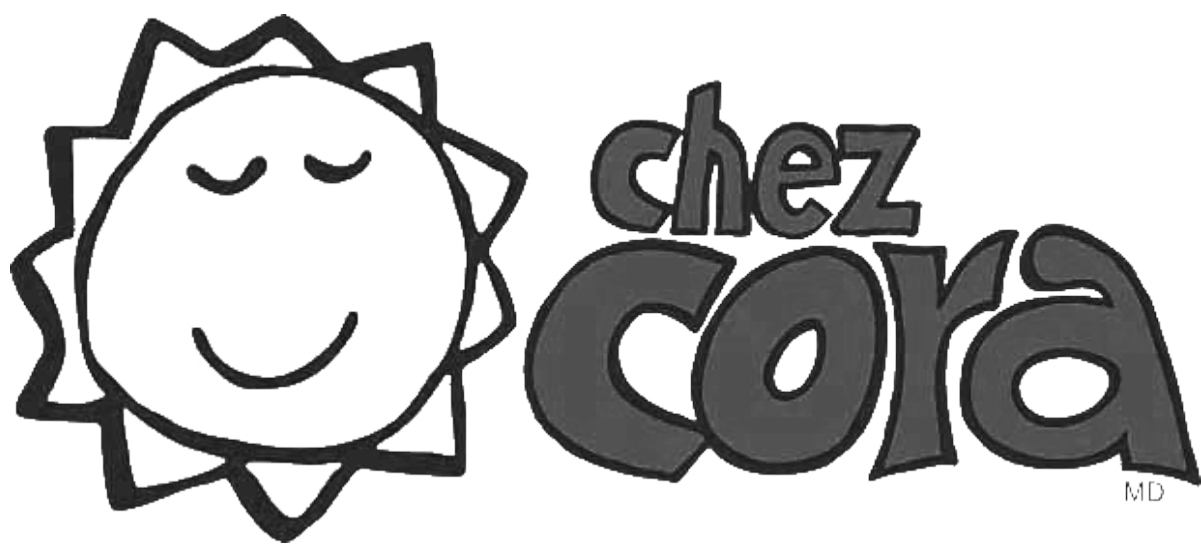
	Protein	Carbs	Fibre	Fat	Cals
WESTERN OMELETTE (WITH EGG WHITES)	34g	73g	8g	10g	510

*Note how high the carbs are in this meal! My recommendation is to order it without fruit (or half fruit if you’re in the mood for some). This should drastically reduce the amount of carbs and sugar in the total meal, because otherwise it’s a great healthy option.

	Protein	Carbs	Fibre	Fat	Cals
HAM, SWISS + ASPARAGUS OMELETTE (WITH EGG WHITES)	42g	68g	7g	18g	590

*Note how high the carbs are in this meal! My recommendation is to order it without fruit (or half fruit if you’re in the mood for some). This should drastically reduce the amount of carbs and sugar in the total meal, because otherwise it’s a great healthy option.

Eat-In Restaurants



	Protein	Carbs	Fibre	Fat	Cals
<div> <div>GOOD MORNING</div> <div>(2 EGGS, HAM, + ROASTED POTATOES)</div> </div>	39g	69g	6g	23g	630

*Note how high the carbs are in this meal! My recommendation is to order it without fruit (or half fruit if you’re in the mood for some). This should drastically reduce the amount of carbs and sugar in the total meal, because otherwise it’s a great healthy option.

	Protein	Carbs	Fibre	Fat	Cals
<div> <div>DIY BREAKFAST</div> <div>(A.K.A A COMBO OF ADD-ONS) 2 EGGS, HAM, COTTAGE CHEESE, + A SIDE SOUTHWEST SALAD</div> </div>	47g	24g	4g	17.5g	540

SHOCKINGLY BAD:

<div> <div> <div> <div>🤯</div> <div>YOGURT HARVEST CRUNCH</div> <div>🤯</div> </div> <div>Sugar 92g</div> </div> </div>	<div> <div> <div>🤯</div> <div>SAMIRA WAKE UP</div> <div>(WITH NO ADD ONS)</div> <div>🤯</div> </div> <div>Sugar 81g</div> </div>
<div> <div> <div>🤯</div> <div>BANANA CARAMEL WAFFLES</div> <div>🤯</div> </div> <div>Sugar 123g</div> </div>	

Eat-In Restaurants

STELLA'S

As a local Winnipeg chain, Stella's is not yet required to post their nutritional information publicly. I created this guideline off of the ingredients alone (and lets be real: eating there more times than I can count!)

TOFU SCRAMBLE

Modifications:
*No toast, sub house salad

CAFE BREAKFAST

Modifications:
*Order with half hash browns
*Choose ham as your protein
*No toast, sub house salad

SIMPLY SCRAMBLED

Modifications:
*No toast, sub refried beans

OMELETTE: CHOOSE ANY!

Modifications:
*Order with no toast and half hash browns

LARGE HOUSE SALAD

Modifications:
*Add protein of choice

ARUGULA SALAD

Modifications:
*Add protein of choice

CHICKEN / SALMON / GARDEN BURGER

Modifications:
*Order with no mayo
*Sub bun for lettuce wrapped
*Option: add avocado

Eat-In Restaurants



CALIFORNIA COBB SALAD (MACROS WITH NO CHEESE ARE APPROXIMATED)	Protein 49g	Carbs 13g	Fibre 4g	Fat 33g	Cals 590
*Order with no cheese					
STARTER MIXED GREEN SALAD	Protein 5g	Carbs 16g	Fibre 3g	Fat 32g	Cals 350
*If you aren't having another protein source, add one to your salad!					
THE FIVE HUNDRED BURGER (MACROS ARE FOR THE BURGER ONLY, NO SIDES)	Protein 22g	Carbs 32g	Fibre 2g	Fat 33g	Cals 490
MEDITERRANEAN PITA (MACROS ARE FOR THE PITA ONLY, NO SIDES)	Protein 39g	Carbs 54g	Fibre 3g	Fat 23g	Cals 490
PAN SEARED BROCCOLINI	Protein 3g	Carbs 8g	Fibre 2g	Fat 3g	Cals 90

Eat-In Restaurants



HAM + CHEESE OMELETTE (NO SIDES)	Protein	Carbs	Fibre	Fat	Cals
	39.9g	5g	1.9g	33.6g	495
SPINACH + SWISS OMELETTE (NO SIDES)	Protein	Carbs	Fibre	Fat	Cals
	37.5g	16.4g	3.8g	30.9g	496
SIDE OF HAM	Protein	Carbs	Fibre	Fat	Cals
	15.9g	0g	0g	3.4g	113
WILD PINK SALMON DINNER (NO SIDES)	Protein	Carbs	Fibre	Fat	Cals
	45.1g	16.6g	3.2g	8.1g	334
SWISS CHICKEN + SPINACH DINNER (NO SIDES)	Protein	Carbs	Fibre	Fat	Cals
	67.3g	21.8g	4.8g	8.1g	516
CHEF'S SALAD DINNER (MACROS FOR NO DRESSING AND NO GARLIC TOAST)	Protein	Carbs	Fibre	Fat	Cals
	25.2g	15.7g	5.7g	14.4g	280

*You can obviously have it with dressing lol but the nutritional info for it just wasn't available

Eat-In Restaurants



**ADD ON
SHRIMP**

Protein

11g

Carbs

1g

Fibre

0g

Fat

3g

Cals

80

**GARDEN
SALAD**
(NO DRESSING)

Protein

2g

Carbs

9g

Fibre

3g

Fat

0g

Cals

40

HEALTH CHECK MENU:
**FRESH
VEGETABLE
MEDLEY**

Protein

3g

Carbs

11g

Fibre

5g

Fat

0.4g

Cals

50

**DRESSINGS
& DIPS TO
CHOOSE
FROM:**

- Chalet Dipping Sauce
- Cajun Sauce
- Salsa
- Fat-free Raspberry Vinaigrette
- Renee’s Greek Dressing
- Renee’s Fat-free Italian Dressing