

# Plate Method Restaurant Guide

To align with the Plate Method, aim for  $\frac{1}{2}$  plate of non-starchy vegetables,  $\frac{1}{4}$  plate of protein, and  $\frac{1}{4}$  plate of starch (carbohydrates). All menu items can be ordered as is unless otherwise specified. Menu items change often seasonally and may vary by region.

## American

### Applebee's

#### Salads

- Strawberry balsamic chicken
- Grilled chicken tender
- Oriental grilled chicken

#### Bowls

- Southwest chicken bowl
- Tex-Mex shrimp bowl

#### Entrees

- 6 oz Sirloin with starch and non-starchy veggie side
- Fiesta lime chicken: sub rice for non-starchy veggie side
- Grilled chicken breast with starch and non-starchy veggie side
- Blackened Cajun salmon with starch and non-starchy veggie side

Non-starchy veggie sides: steamed broccoli, green beans, cole slaw, side salad

Starchy sides: mashed potatoes, rice

### Buffalo Wild Wings

#### Entrees

- Naked tenders with carrots and celery or garden side salad
- Southwestern black bean burger with carrots and celery or garden side salad
- Classic grilled chicken wrap with carrots and celery or garden side salad
- Street tacos with carrots and celery or garden side salad

### Chilis

#### Entrees

- Ancho salmon
- Margarita grilled chicken: sub rice or beans for non-starchy veggie side
- Chipotle bowl: choice of protein (grilled chicken, shrimp, or ancho salmon)
- Classic 6 oz sirloin with avocado and roasted asparagus
- Santa Fe salad



- Bacon avocado grilled chicken sandwich: sub fries for non-starchy veggie side
- Soup or chili with side house salad
- Fajitas: choose chicken, steak, or shrimp for protein. Choose rice and omit tortillas or choose tortillas and sub rice and beans for non-starchy veggie sides

Non-starchy veggie sides: roasted asparagus, steamed broccoli, side house salad

Starchy sides: Mexican rice, black beans, corn, mashed potatoes

### **Dickey's Barbecue Pit**

Sandwiches: choose a non-starchy veggie as side

- Pulled pork
- Chicken breast
- Turkey

Build your own plate: one meat plate with two sides -choose double non-starchy veggies or one starch and one non-starchy veggie side

Non-starchy veggie sides: slaw, green beans, broccoli salad, Caesar salad, cucumber and tomato salad

Starchy sides: BBQ beans or corn on the cob

### **Ruby Tuesday**

Entrees

- Deconstructed kabobs
- Hickory grilled chicken or salmon single with starch and non-starchy veggie side
- Grilled salmon with starch and non-starchy veggie side
- Blackened tilapia with starch and non-starchy veggie side
- Grilled chicken sandwich with non-starchy veggie side
- Honey-glazed salmon bowl
- Garden bar: create your own Plate Method salad. Choose a palm portion of protein, one starchy side option, and at least three non-starchy veggie options

Non-starchy veggie sides: roasted baby bellas, steamed broccoli, grilled zucchini, side salad, coleslaw

Starchy sides: rice pilaf or roasted corn

### **The Cheesecake Factory**

Salads

- Seared ahi tuna
- Factory chopped
- Thai chicken
- Sheila's chicken and avocado
- Santa Fe



## Entrees

- Cajun salmon: sub corn or mashed potatoes for a non-starchy veggie
- Beet and avocado salad
- Factory turkey burger with non-starchy veggie side
- Veggie burger with non-starchy veggie side
- Renee's fresh turkey sandwich with small green salad
- Chicken-almond salad sandwich with small green salad
- Chicken salad sandwich with non-starchy veggie side
- Evelyn's favorite pasta
- Fresh grilled salmon with starch and non-starchy veggie side
- Grilled chicken and avocado club with non-starchy veggie side
- Club sandwich with non-starchy veggie side
- Chicken, steak, or grilled fish tacos: sub rice or beans for a non-starchy side
- Cajun salmon with starch and non-starch veggie side
- Herb-crusted salmon with non-starchy veggie side

## Skinny/Luscious Entrees

- Hamburger served with a green salad
- Grilled turkey burger served with a green salad
- Turkey and avocado sandwich served with a green salad
- Chicken or shrimp soft tacos served with escabeche vegetable salad
- Tuscan chicken served over fresh vegetables and farro
- Grilled Salmon served with assorted fresh vegetables

Non-starchy veggie sides: green beans, sauteed spinach, broccoli

Starchy sides: corn, steamed white rice, steamed brown rice

# Italian

## Brix Wood Fired Pizza

### Small Plates

- Hummus plate
- Bruschetta

### Salads

- Southwest chicken
- Arugula and pear
- Mediterranean
- Italian-roasted chicken

Pizza: add side salad

- Mushroom and arugula
- Wood-roasted vegetable
- Greek



## California Pizza Kitchen

### Starters

- Lettuce wraps: add protein to make a meal

### Salads

- BBQ chicken salad
- Banh Mi power bowl

### Soups: with side salad

- Tomato basil bisque
- Dakota smashed pea and barley

### Pizza: add side salad

- Build your own option: choose a protein and at least 2-3 non-starchy veggies
- California veggie pizza
- California club pizza
- Margherita pizza
- Thai chicken pizza

### Plates

- Cedar plank salmon served with white corn and spinach succotash
- Shrimp scampi zucchini

### Lunch

- 7" California veggie pizza
- California club pizza
- Half California club sandwich and half salad
- Dakota smashed pea and barley or tomato bisque soup with half-sized salad

## Carrabba's

### Salads

- Johnny Rocco salad
- Italian salad

### Entrees: with salad or non-starchy veggie side

- Spiedino Di Mare: choice of protein from grilled seafood
- Mahi Wulfe
- Grilled salmon
- Salmon capperi
- Grilled vegetable ravioli
- Chicken Bryan
- Chicken marsala
- Tuscan grilled chicken
- 7oz Tuscan grilled sirloin

Non-starchy veggies sides: sauteed broccoli, sauted spinach, or grilled asparagus



Starchy sides: mashed potatoes

## **Mellow Mushroom**

Salads

- Elevated cobb
- Greek salad
- House salad
- Enlightened spinach salad

Hoagies: with side salad

- Tempeh hoagie
- Avocado hoagie
- California club

Pizza: add side salad

- Veg out
- Great white
- Kosmic karma
- Option to build your own pizza: choose a protein and at least 2-3 non-starchy veggies

## **Olive Garden**

Entrees: with house salad, no breadsticks

- Grilled chicken margherita
- Herb-grilled salmon
- Create your own pasta option: choice of pasta for starch, grilled meat for protein, and 2-3 non-starchy veggies, choose marinara/tomato-based sauce

Soup: with house salad

- Chicken and gnocchi
- Minestrone
- Zuppa Toscana

# **Seafood & Steak Houses**

## **Bonefish Grill**

Salads: for dressing choose vinigairette based option

- Bonefish house
- Shaved Brussels sprouts
- Florida cobb



Entrees: choose two non-starchy veggie sides or one starchy and one non-starchy side

- Atlantic salmon
- Mahi Mahi
- Chilean sea bass
- Scallops and shrimp skewer
- Rainbow trout
- Chicken breast
- Cold water lobster tails
- Lily's chicken
- Chicken marsala
- Fontina pork tenderloin
- Tuna poke bowl
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Non-starchy veggie sides: seasonal vegetables, coleslaw, steamed asparagus, Kung Pao Brussels sprouts

Starchy side: jasmine rice, garlic herb potatoes

## LongHorn

Entrees

- Grilled salmon with a starch and non-starchy veggie side
- 6 oz Flo's filet or renegade sirloin with a starch and non-starchy veggie side
- Redrock grilled shrimp served over rice, choose non-starchy veggies for both sides

Lunch

- Grilled chicken and strawberry salad
- 7-Pepper sirloin salad
- Farm fresh field greens with grilled salmon
- Pick 2 soup and salad

Non-starchy veggie sides: crispy Brussels sprouts, steamed asparagus, broccoli

Starchy sides: plain sweet potato, plain baked potato, rice pilaf

## Outback

Entrees: choose a starchy and non-starchy veggie side

- 6 oz Filet or sirloin
- Grilled chicken on the barbie
- Grilled shrimp on the barbie
- Steamed lobster tails
- Perfectly grilled salmon

Non-starchy veggie sides: brussel sprouts, asparagus, side salad

Starchy sides: plain baked potato, plain sweet potato, seasoned rice



Salads: for dressing choose oil and vinegar or vinaigrette-based option

- Aussie cobb with grilled chicken
- Grilled salmon
- Steakhouse

Lunch

- Soup and salad combo
- Grilled shrimp or grilled chicken on the barbie with mixed veggies side
- 6 oz Sirloin with mixed veggies side

### **Ruth's Chris**

Salads: for dressing choose vinaigrette, lemon basil, or oil and vinegar

- Harvest
- Ruth's chopped
- House

Entrees: with a starch and non-starchy veggie side

- Petite filet
- Salmon filet
- Barbecued shrimp entrée
- Asian noodle salad
- Garlic crusted seabass
- Lobster tail

Non-starchy veggie sides: roasted Brussels sprouts, grilled asparagus, cremini mushrooms, fresh broccoli

Starchy sides: plain baked potato or Lyonnaise potatoes

### **Texas Roadhouse**

Salads: for dressing choose oil and vinegar or vinaigrette-based option

- Grilled chicken
- Grilled salmon
- Steakhouse filet

Entrées: with a starch and non-starchy veggie side, unless served over rice

- 6 oz Filet or sirloin
- Grilled salmon
- Grilled shrimp: served over rice, for both sides choose non-starchy veggies
- Steak kabob: served over rice with one side, choose a non-starchy veggie
- Grilled BBQ chicken
- Portobello mushroom chicken
- Herb crusted chicken



Sandwiches: sub fries for non-starchy veggie side

- BBQ chicken
- Mushroom jack chicken

Non-starchy veggie sides: steamed vegetables, green beans, sauteed mushrooms, house salad

Starchy sides: plain baked or sweet potato, corn, seasoned rice, chili

## International

### Noodles and Company

Entrees

- The Med salad with grilled chicken
- Pasta fresca with shrimp
- Spicy Korean beef noodles
- LEANguini fresca
- LEANguini alfredo montAmore
- LEANguini pesto
- Zucchini roasted garlic cream
- Zucchini pesto with grilled chicken
- Zucchini rosa with grilled chicken
- Med salad with grilled chicken

### Panda Express

Entrees: choose one meat (protein) and two sides

- Meat (protein): black pepper sirloin steak or chicken, mongolian pork, wok-seared steak and shrimp, kung pao chicken, grilled teriyaki chicken, broccoli beef, eggplant tofu
- Sides: white rice and mixed vegetables or double mixed vegetables

### PeiWei

Plates

- Chicken lettuce wraps
- Chicken lo mein: order half portion of noodles and double veggies

Entrees: order entrée options with half portion of rice and double veggies

- Beef or chicken and broccoli
- Teriyaki chicken or tofu
- Thai coconut curry chicken or tofu
- Mongolian steak or chicken
- Kung pao chicken or shrimp

Salads

- Asian chopped chicken





## Bowls

- Salmon poke bowl

## PF Chang's

### Entrees

- Chicken lettuce wraps
- Mandarin crunch salad with chicken or salmon
- Buddha's feast
- Chicken or beef with broccoli
- Miso glazed salmon
- Signature lo mein: order half portion of noodles and double veggies, for protein choose chicken, beef, or shrimp
- Singapore street noodles

## Mexican

### Chipotle Mexican Grill

Salads: Choose from steak, chicken al pastor, chicken, or sofritas for protein. Choice of rice or beans or half of each for starch. Add extra fajita veggies. Optional to add salsa, cheese, guacamole, or chipotle-honey vinaigrette

Bowls: Choose from steak, chicken al pastor, chicken, or sofritas for protein. Choice of rice or beans or half of each for starch. Add extra fajita veggies and lettuce, optional to add salsa, cheese, or guacamole.

### Lifestyle Bowls

- Balanced macros bowl
- Wholesome bowl
- Veggie full bowl
- Plant-powered bowl

Tacos: Choose from chicken al pastor, steak, chicken, or sofritas for protein. Corn or flour tortillas for starch. Add salsa, lettuce, and extra fajita veggies. Optional to add cheese or guacamole

Burritos: Choose from chicken al Pastor, steak, chicken, or sofritas for protein. Add extra fajita veggies and lettuce. Optional to add salsa, cheese, or guacamole

### Del Taco

#### Salads

- Taco Salad with seasoned beef, grilled chicken, or carne asada steak

#### Burrito

- Classic grilled chicken with extra lettuce and tomato



Tacos: Add extra lettuce and tomato

- Grilled chicken
- Chicken taco del carbon
- Carne asada steak taco del carbon

### **Moe's Southwest Grill**

Salads: build your own with choice of lettuce, beans, cheese, and pico de gallo. Choice of protein and southwest vinaigrette dressing

Burrito: build your own with choice of protein and 3 non-starchy veggies, optional to add salsa, cheese, or guacamole

Bowls

- Homewrecker burrito bowl
- Build your own with choice of protein, rice or beans for starch (or half of each). Add extra veggies and lettuce, optional to add salsa, cheese, or guacamole

Tacos: build your own with choice of protein, veggies, and lettuce. Optional to add salsa, guacamole or cheese

### **On The Border**

Salads: no tortilla shell if enjoying chips and salsa

- Fajita salad
- Taco salad with seasoned beef, grilled chicken, or carne asada steak

Fajitas

- Border smart chicken fajitas served with sauteed onions, peppers, pico de gallo, and guacamole. Choose black beans or corn tortillas for starch

Plates

- Mexican grilled chicken served with pico de gallo, salsa, sauteed veggies, and cilantro lime rice
- Veggie quesadilla with zucchini, squash, bell peppers, and tomatillo salsa

Lunch

- Fresh guacamole border bowl
- Bolder border bowls with a choice of protein
- Carne asada steak taco del carbon

Salads

- Taco Salad with seasoned beef, grilled chicken, or carne asada steak



# Mediterranean

## Cava

### Bowls

- Spicy greens
- Harissa avocado
- Chicken and rice
- Greek salad
- Tahini Caesar
- Build your own options: choose one starch/grain, one protein, one healthy fat, and at least three non-starchy veggies

### Pitas

- Spicy lamb meatball
- Greek chicken
- Build your own option: choose a protein, a healthy fat, and 2-3 non-starchy veggies

## Showmars

### Salads

- Greek with grilled chicken
- Grilled chicken chef
- Mediterranean hummus salad

Pitas: choose non-starchy veggie side

- Classic chicken
- Santorini chicken
- Greek veggie pita
- Beyond hummus pita

### Entrees

- Chicken Santorini platter: sub pita or rice for non-starchy veggie
- Mediterranean grilled veggie plate
- Chicken souvlaki: sub pita or fries for non-starchy veggie
- Grilled salmon: sub rice or pita for non-starchy veggie
- Grilled chicken sandwich with non-starchy veggie
- Beyond burger with non-starchy veggie

Non-starchy veggie sides: grilled zucchini and squash, cole slaw, side salad, side Greek salad



## Viva Chicken

### Salads

- Viva salad
- Andida power food

### Entrees

- Quarter chicken with two sides: choose one starch and one non-starchy veggie
- Viva salad
- Rotisserie chicken sandwich with a non-starchy veggie side
- Naked Peruvian wrap with a non-starchy veggie side

Non-starchy veggie side: green beans

Starchy sides: cilantro rice, yucca, fresh fruit, Peruvian corn salad, canary beans

## Breakfast & Brunch

### Bob Evans

#### Breakfast

- Steak tips and eggs
- Fresh start omelet
- Garden veggie protein bowl
- Steak tips omelet
- Southwest avocado omelet
- Build your own omelet: add at least two veggies
- Western omelet

#### Salads

- Summer berry
- Grilled chicken chopped
- Steakhouse
- Chicken salad
- Cranberry pecan chicken

Lunch/Dinner: choose two non-starchy veggie sides with dinner roll

- Southwest avocado chicken
- Grilled chicken
- Steak tips

Sandwiches: choose one non-starchy side

- Turkey sandwich
- Grilled chicken sandwich
- Pick 2 combo: half of turkey or grilled chicken sandwich w/half salad or half soup/salad

Non-starchy veggies sides: green beans, carrots, coleslaw, broccoli, garden side salad



## Cracker Barrel

### Salads

- House salad with vegetable soup
- Grilled chicken salad

Lunch/Dinner: choose two non-starchy veggie sides served with biscuit or cornbread

- Grilled chicken
- Chicken n' dumplings
- Grilled chicken tenders
- Lemon pepper grilled rainbow trout
- Vegetable plate option: broccoli, carrots, pinto beans, fresh fruit

Non-starchy sides: turnip greens, vegetable soup, broccoli, carrots, coleslaw, green beans, or side salad

## First Watch

### Salads

- Superfood kale
- Chicken avocado chop
- Sweet honey pecan

### Entrees

- Avocado toast: add lemon-dressed mixed greens
- AM superfoods bowl with no toast on side
- Healthy turkey
- Tri-athlete
- Power wrap
- Farm stand breakfast tacos: add lemon-dressed organic mixed greens
- Farmhouse hash, Parma hash, or Market hash: sub toast for lemon-dressed greens
- Morning market veg omelet
- Frittata rustica
- Smoked salmon and roasted vegetable frittata
- Power breakfast quinoa bowl
- Pesto chicken quinoa bowl

Sandwiches: choose organic mixed greens as side

- Baja turkey burger
- Market veggie
- Roast beef and Havarti
- Veggie burger
- BLTE



# Fast Food

## Bojangles

### Salads

- Grilled chicken salad

### Sandwiches

- Grilled chicken sandwich with side green beans

## Chick-Fil-A

Salads: with balsamic vinaigrette or Italian dressing

- Cobb salad with nuggets or grilled nuggets
- Spicy southwest salad
- Market salad

### Entrees

- Grilled chicken sandwich with side salad or kale crunch side
- Chick-fil-A cool wrap with side salad or kale crunch side
- Grilled nuggets with fruit and side salad
- Chick-fil-A chicken sandwich with side salad or kale crunch side
- Chick-fil-A nuggets with side salad or kale crunch side

Sauces: zesty buffalo, honey-roasted BBQ sauce

Dressings: balsamic vinaigrette dressing, Italian dressing

## Sheetz

### Breakfast

- Wild west flatbread
- Farmhouse flatbread
- Schmuffin: choose chicken sausage or egg and cheese with 3 non-starchy veggie toppings

### Salads

- Made-to-order option: grilled chicken with at least three veggie toppings and one starchy option. Choose oil and vinegar or Italian for dressing

Subs: add 2-3 additional veggies to any sub, or add side salad

- Made-to-order option: choose a protein and at least 2-3 veggies
- Southwest veggie
- Primo turkey
- Garden of eatin'
- Skinny grilled chicken



Sandwiches and Wraps: add 2-3 additional veggies to any sandwiches or wrap, or add a side salad

- Grilled chicken
- Veggie
- Turkey
- Tuna salad

## **Taco Bell**

Tacos

- Two cantina chicken soft tacos – ask for extra lettuce, tomato, and red cabbage toppings

Bowls

- Cantina chicken bowl
- Chicken power bowl

## **Wendy's**

Salads

- Apple pecan chicken
- Cobb
- Taco
- Chicken Ceasar

## **Zaxby's**

Salads: choose vinaigrette dressing

- Grilled cobb
- Grilled house

Sandwiches

- Grilled chicken with coleslaw side

# **Delis, Cafes, & Smoothies**

## **Jason's Deli**

Salads

- Chicken club
- Garden-fresh salad bar
- Nutty mixed-up
- Mesa chicken
- Modern med bowl



## Pasta

- Zucchini garden pasta

## Sandwiches: for side choose steamed veggies

- Santa Fe chicken
- Shelly's deli chicken
- Amy's turkey-o
- California club
- Caprese panini
- Chicken panini
- Chicken caprese panini
- Turkey wrap
- Wild salmon

## Build your own option: for side choose steamed veggies

- Meat (protein): ham, turkey breast, roast beef, tuna salad, or chicken salad
- Bread (starch:) multi-grain wheat, marbled rye, gluten-free, organic wheat wrap, ancient grain bun, or sourdough
- Spreads: mustard or stone-ground mustard, pesto aioli
- Add 2-4 non-starchy veggies
- Choice of cheese, if desired

## Jersey Mike's Subs

### Cold Subs

- The veggie
- Turkey and provolone
- Tuna fish
- Ham and provolone
- Roast beef and provolone
- Chicken salad club

### Hot Subs

- Mike's chicken Philly
- California chicken cheese steak
- Buffalo chicken cheese steak
- Portabella chicken cheesesteak
- Salsa verde chicken cheesesteak

Choose regular size or consider a wrap or sub in a bowl instead of sub roll. If choosing bowl option, add side of Sun Chips or Baked Lay's for a starchy side. Add 2-3 additional veggies to any sub (lettuce, tomato, green peppers, red peppers, onions, or mushrooms)





## McAlister's Deli

Choose full size of below salads or choose the pick 2 option with half of any below sandwich and salad or choose cup of soup and half salad, or half veggie spud with half salad

### Salads

- Pecan berry
- Savannah chopped
- Southwest chicken and avocado
- Grilled chicken
- Harvest chicken

### Sandwiches

- McAlister's club or club wrap
- Harvest chicken salad
- Grilled chicken club
- Grilled chicken
- Spicy turkey melt
- The veggie
- Garden fresh turkey

## Panera Bread

### Breakfast

- Garden avocado and egg white sandwich
- Chipotle chicken, egg white, and avocado sandwich

Choose full size of below salads or choose the pick 2 option with half of any below sandwich and salad or choose cup of soup and half salad

### Salads: choose a vinaigrette dressing

- Mediterranean chicken greens with grains
- Balsamic chicken greens with grains
- Southwest chicken
- Green goddess chicken cobb
- Fuji apple chicken
- Greek salad with chicken
- Strawberry poppyseed chicken

### Sandwiches

- Toasted frontera chicken
- Turkey and cheddar sandwich
- Tuna salad
- Mediterranean veggie



## Subway

### Salads

- Protein options: black forest ham, buffalo chicken, meatball marinara, grilled chicken, oven-roasted turkey, roast beef, rotisserie-style chicken, tuna, sweet onion teriyaki chicken, veggie delight

Subs: choose 6-Inch, sub in a bowl, or wrap. If ordering sub in a bowl, add side of Baked Lay's, Sun Chips, or applesauce for starch

- Protein options: black forest ham, buffalo chicken, grilled chicken, oven-roasted turkey, roast beef, rotisserie-style chicken, tuna, sweet onion teriyaki chicken, veggie delight
- Add at least 3 non-starchy veggies and a healthy fat (oil and vinegar, avocado, olives)

## Tropical Smoothie Café

Smoothies: order all smoothies without turbinado, include a protein add-in

- Avocolada
- Detox island green
- Island green
- Chia banana boost: add 1-2 veggies
- Fruit Blend Smoothies: add veggies to kiwi quencher and mango magic

Entrees: for side choose kale and apple slaw

- Spinach feta and pesto wrap
- Southwest wrap
- Chicken pesto flatbread
- Chipotle chicken club
- Buffalo chicken wrap
- Super green caesar chicken wrap
- Hummus veggie wrap
- Turkey bacon ranch
- Thai chicken wrap
- Thai chicken salad
- Super green Caesar salad

Bowls (plate method snack option)

- Chia oatmeal pudding
- Green dream yogurt
- Mixed berry Greek yogurt

## Smoothie King

Smoothies: 20 oz

- The activator recovery pineapple spinach: no passionfruit juice blend
- Keto champ berry: add carrots, kale, or spinach
- Lean 1 variety smoothies: no juice, add carrots, kale, or spinach



- Slim-n-trim variety smoothies: no juice, add carrots, kale, or spinach
- Slim-n-trim veggie
- Veggie apple kiwi kale: no juice
- Collagen power pineapple kale
- Daily warrior: no juice
- Immune builder veggie superfood: no juice
- Power meal spinach pineapple
- Veggie carrot kale dream
- Veggie lemon ginger spinach: no juice
- Vegan dark chocolate banana or mixed berry: no juice, add carrots, kale, or spinach
- Vegan nutty super grain, no juice, add carrots, kale, or spinach
- Vegan pineapple spinach, no juice
- Angel food Slim: no juice, add carrots, kale, or spinach

## Starbucks

### Breakfast

- Spinach, feta, and egg white wrap
- Kale and mushroom egg bites
- Egg white and roasted red pepper egg bites
- Oatmeal topped with fruit and nuts: paired with egg bites or hard-boiled egg from protein box

### Protein Boxes (Plate Method snack option)

- Eggs and gouda
- Eggs and cheddar
- PB&J
- Cheese and fruit

