

List of Smart Restaurant & Fast Food Choices on the MyWW Blue plan

Applebee's

- Grilled Chicken Breast with no sides – **0 Blue**
- Fat-Free Italian Dressing – **1 Blue**
- Grilled Onions Steak Toppers – **1 Blue**
- Appetizers & Bar Snacks Southwest Steak and Black Bean Soup – **2 Blue**
- Cedar Salmon w/ Maple Mustard Glaze – **3 Blue**
- Mango, Raspberry, or Kiwi Iced Tea – **3 Blue**
- Add-On Steamed Broccoli – **3 Blue**
- Thai Shrimp Salad w/ Dressing, lunch combo w/o Sides – **4 Blue**
- House Salad w/ Fat-Free Italian Dressing – **4 Blue**
- Chicken Tortilla Soup, lunch combo w/o sides – **5 Blue**
- Wood-Fired Grill 8 ounce USDA Top Sirloin – **5 Blue**
- Add-On Fired Grilled Veggies – **5 Blue**
- Wood-Fired Grill Butcher's Reserve 12 ounce USDA Top Sirloin w/o sides – **6 Blue**
- Add-On Garlicky Green Beans – **6 Blue**
- Grilled Chicken Caesar Salad w/ Dressing, lunch combo w/o sides – **7 Blue**
- Tomato Basil Soup – **7 Blue**
- Thai Shrimp Salad w/ Dressing – **9 Blue**

Arby's

- Light Italian Dressing – **1 Blue**
- Chopped Side Salad – **2 Blue**
- Turkey 'n Cheese Slider – **5 Blue**
- Jr. Turkey and Cheese Sandwich – **6 Blue**
- Jr. Ham and Cheddar Sandwich – **6 Blue**
- Chopped Farmhouse Salad- Roast Turkey – **6 Blue**
- 2 Prime-cut Chicken Tenders – **6 Blue**
- Corned Roast Beef 'n Cheese Slider – **6 Blue**
- Jr. Roast Beef Sandwich – **6 Blue**
- Jalapeño Roast Beef 'n Cheese Slider – **7 Blue**
- Ham 'n Cheese Slider – **7 Blue**
- Jr. Bacon Cheddar melt – **9 Blue**
- Ham and Swiss Melt – **9 Blue**
- Jr. Chicken Sandwich – **9 Blue**



Burger King

- Apple Slices – **0 Blue**
- 2 Pickles – **0 Blue**
- Side Garden Salad, no dressing or croutons – **2 Blue**
- Garden Chicken Salad w/ grilled chicken – no dressing – **5 Blue**
- Grill Chicken Sandwich w/o mayo – **5 Blue**
- Avocado ranch dressing – **6 Blue**
- Whopper Junior w/o mayo – **7 Blue**
- 6 Piece Chicken Nuggets – **7 Blue**
- Veggie Burger w/o mayo – **8 Blue**

Cheeseburger – **9 Blue**
Big Fish Sandwich w/o tartar sauce – **10 Blue**

Chick-Fil-A

6, 8, or 12 piece Grilled Nuggets – **0 Blue**
Small or Medium Fruit Cup – **1 Blue**
Light Italian Dressing – **1 Blue**
Side Salad w/o dressing – **3 Blue**
Small Chicken Noodle Soup – **3 Blue**
Large Chicken Noodle Soup – **5 Blue**
Grilled Market Salad w/ grilled filet and no toppings or dressing – **5 Blue**
Cobb Salad w/ Grilled Nuggets, no dressing - **5 Blue**
Grilled Chicken Sandwich – **5 Blue**
Grilled Chicken Cool Wrap – **6 Blue**
8 piece Nuggets – **6 Blue**
Greek Yogurt Parfait, no toppings – **7 Blue**
12 piece Nuggets – **9 Blue**

Chili's

Steamed Broccoli side – **0 Blue**
Salsa – **0 Blue**
Grilled Chicken (as part of the mix and match fajitas) – **0 Blue**
Seared Shrimp, full order – **0 Blue**
Fried Egg – **1 Blue**
House Salad w/o Dressing, lunch – **1 Blue**
Asparagus and Garlic Roasted Tomatoes – **1 Blue**
House Salad w/o Dressing – **2 Blue**
Fresco Salad lunch combo – **2 Blue**
Southwest Chicken Soup, cup – **3 Blue**
Fresco Salad – **4 Blue**
Citrus Chile Rice – **4 Blue**
Southwest Chicken Soup, bowl – **5 Blue**
Rice and Black Beans, Cadi – **7 Blue**
Chicken Enchilada Soup, cup – **7 Blue**
Grilled Chicken Salad – **7 Blue**
Ancho Salmon – **9 Blue**



Chipotle

Lettuce – **0 Blue**
Fajita veggies – **0 Blue**
Tomato salsa – **0 Blue**
Roasted Chili-corn salsa – **0 Blue**
Tomatillo Green-Chili Salsa – **0 Blue**
Pinto beans – **1 Blue**
Black beans – **1 Blue**
Chicken – **3 Blue**
Steak – **3 Blue**
Monterey Jack cheese – **4 Blue**
Sour cream – **5 Blue**

Cilantro-lime brown rice – **6 Blue**
Cilantro-Lime white rice – **6 Blue**
Carnitas – **6 Blue**
3 soft corn tortillas – **6 Blue**
3 soft flour tortillas – **7 Blue**
Guacamole – **8 Blue**
Burrito Flour tortilla – **9 Blue**

Culver's

Applesauce – **0 Blue**
Side Salad – **1 Blue**
Chicken Noodle soup – **2 Blue**
Bean w/ Ham soup - **2 Blue**
Raspberry Vinaigrette Dressing – **3 Blue**
Tomato Florentine soup - **3 Blue**
Mashed Potatoes – **3 Blue**
Oven Roasted Turkey Noodle soup – **3 Blue**
Mashed Potatoes w/ Gravy – **4 Blue**
Stuffed Green Pepper soup – **4 Blue**
Cheesy Chicken Tortilla soup – **5 Blue**
Vegetable Beef soup - **5 Blue**
Garden Fresco Salad with Grilled Chicken – **5 Blue**
Grilled Chicken Sandwich – **6 Blue**
George's Chili – **6 Blue**
Cranberry Bacon Bleu Salad with Grilled Chicken – **6 Blue**
Chicken & Dumpling soup – **8 Blue**
Broccoli and Cheese soup - **8 Blue**
Corn Dog – **9 Blue**
Potato w/ Bacon soup - **9 Blue**
Boston Clam Chowder soup – **9 Blue**



Fazoli's

Roasted Chicken topping – **0 Blue**
Broccoli and fire-roasted tomatoes topping – **0 Blue**
Fat-Free Italian Dressing – **1 Blue**
House Side Salad, no dressing – **2 Blue**
Sauteed Broccoli Topping – **2 Blue**
Lite Ranch dressing – **4 Blue**
Cherry Vinaigrette dressing – **4 Blue**
Kid's Ravioli, noodles only – **6 Blue**
Kid's cheese pizza – **9 Blue**
Kid's Spaghetti with marinara sauce – **10 Blue**

Jimmy Johns

Dill Pickle – **0 Blue**
Slim 4 Turkey Breast Lettuce Wrap w/o mayo – **0 Blue**
PePe Lettuce Wrap w/o provolone or mayo – **2 Blue**
Smoked Ham Club Lettuce Wrap w/o provolone or mayo – **3 Blue**
Club LuLu Lettuce Wrap w/o mayo – **3 Blue**

J.J.B.L.T Lettuce Wrap w/o provolone or mayo – **4 Blue**
Country Club Lettuce Wrap w/o mayo – **5 Blue**
Billy Club Lettuce Wrap w/o mayo – **7 Blue**
PePe Sandwich on French Bread w/o provolone or mayo – **9 Blue**
Beach Club Lettuce Wrap w/o mayo – **8 Blue**
Plain Slim 4 Turkey Breast on French Bread w/o mayo – **10 Blue**

McDonald's

Side Salad – **0 Blue**
Apple Slices – **0 Blue**
Breakfast scrambled eggs – **0 Blue**
Creamy Ranch Sauce – **4 Blue**
Bacon Ranch Salad w/ Grilled Chicken – **5 Blue**
Southwest Salad w/ Grilled Chicken – **5 Blue**
Chicken nuggets, 4 piece – **5 Blue**
Chicken nuggets, 6 piece – **7 Blue**
Fruit 'n Yogurt Parfait – **8 Blue**
Hamburger – **8 Blue**
Artisan Grilled Chicken Classic Sandwich – **9 Blue**
Cheeseburger – **10 Blue**



Noodles & Company

Tossed Green Salad with Med – **0 Blue**
Zucchini Noodles-Plain (regular) **0 Blue**
Grilled Chicken Breast – **0 Blue**
Sauteed Shrimp – **1 Blue**
Seasoned Tofu – **2 Blue**
Tossed Green Salad with Fat-Free Asian Dressing – **2 Blue**
Tossed Green Salad with Balsamic Dressing – **2 Blue**
Chicken Noodle Soup, small – **2 Blue**
Side Caesar Salad – **3 Blue**
Sauteed Marinated Steak – **4 Blue**
Baguette – **4 Blue**
Parmesan Crusted Chicken Breast – **4 Blue**
Tossed Green Side Salad w/ Jalapeno Ranch – **4 Blue**
The Med Salad with Chicken, small – **4 Blue**
Thai Chicken Soup (side) – **5 Blue**
Zucchini Pesto w/ Grilled Chicken, small – **5 Blue**
Zucchini & Asparagus w/ Lemon Sauce, small – **8 Blue**
Japanese Pan Noodles, small – **10 Blue**

Outback Steakhouse

We got this message from an MPM reader that I thought might be helpful. She said, **“Not sure if you know this but Outback cooks everything in butter for the most part. You can ask for it not to be and it takes down the points so that Broccoli would be 0 and same for the chicken on the barbie. Also their basic salad is free if you remove the cheese and croutons. The one near us is really great about the changes and we have been told that all of them should be able to do the same. Hope this helps someone.”** Thanks Lara! 😊

Aussie-Tizers/Sides/Add-ons

Grilled Asparagus – **1 Blue**
Bacon – **2 Blue**
Fresh Steamed Broccoli – **3 Blue**
House salad (no dressing) – **3 Blue**
Fresh Mixed Veggies – **4 Blue**



Soups

Chicken Tortilla Soup, cup – **6 Blue**
Chicken Tortilla Soup, bowl – **9 Blue**

Steak, Chicken, and Shrimp Plates

6 oz. Center cut sirloin – **3 Blue**
Grilled Chicken on the Barbie w/ no sides – **4 Blue**
6 oz. sirloin w/ grilled shrimp on the Barbie w/ no sides – **7 Blue**
5 oz. Grilled Chicken on the Barbie with Fresh Mixed veggies – **9 Blue**

Panera Bread

Apple – **0 Blue**
Ten vegetable soup, cup – **1 Blue**
Ten vegetable soup, bowl – **2 Blue**
Low-Fat Chicken Noodle soup, cup – **2 Blue**
Low-Fat Chicken Noodle soup, bowl – **3 Blue**
Asian sesame chicken, half salad – **4 Blue**
Turkey Chili – **4 Blue**
Spicy Thai chicken, half salad w/ chicken and dressing – **4 Blue**
Chicken Caesar, half salad – **5 Blue**
Greek, half salad w/ chicken and dressing – **6 Blue**
Half turkey sandwich on whole grain bread – **6 Blue**
Mediterranean veggie on Tomato Basil, half sandwich – **6 Blue**
Cream of chicken & wild rice soup, cup – **8 Blue**
Fuji apple with chicken, half salad w/ dressing – **8 Blue**
Smoked ham and Swiss on rye, half sandwich – **9 Blue**
Broccoli cheddar soup, cup – **9 Blue**
Roasted turkey and avocado BLT on country rustic, half sandwich – **9 Blue**

Red Lobster

Because the Red Lobster menu is a little more complicated, in an effort to avoid confusion, I am breaking this list down into categories. Sides are not included in the points for any of the foods listed below. They must be counted separately.

Shrimp Your Way

Shrimp Scampi – **6 Blue**
Fried Shrimp w/ cocktail sauce – **7 Blue**

Dinners

Oven Broiled Flounder dinner – **3 Blue**

Today's Fresh Options (lunch/dinner, no sides/sauces)

Tilapia – **0 Blue**
Perch – **0 Blue**
Opah – **0 Blue**
Haddock – **0 Blue**
Pacific snapper – **0 Blue**
Grouper – **0 Blue**
Tuna – **0 Blue**
Sole – **0 Blue**
Halibut – **0 Blue**
Gulf Snapper – **0 Blue**
Salmon – **0 Blue**
Pineapple Relish Topping – **1 Blue**
Soy ginger glaze topping – **2 Blue**



Lunch Classics

Blackened Farm Raised Catfish – **0 Blue**
Oven-Broiled Flounder – **1 Blue**
Garlic Shrimp Scampi – **6 Blue**
Seafood Stuffed Flounder – **6 Blue**
Hand-breaded shrimp – **7 Blue**
Maple Glazed Chicken w/ wild rice pilaf – **9 Blue**
Sailor's Platter w/ cocktail sauce – **9 Blue**

Create Your Own Lunch

Broiled Bay Scallops – **0 Blue**
Garlic Grilled Shrimp Scampi – **3 Blue**
Hand Breaded Shrimp w/ cocktail sauce – **5 Blue**
Wood Grilled Shrimp Skewer w/ wild rice pilaf – **6 Blue**

Sides and Additions

Fresh Broccoli – **0 Blue**
Perfect Pairings Wood-Grilled Sea Scallops – **1 Blue**
Garden Salad, no dressing – **2 Blue**
Asparagus – **3 Blue**
Perfect Pairings Topped Maine Lobster Tail – **5 Blue**
Wild Rice Pilaf – **5 Blue**
Baked Potato – **6 Blue**

Soups

Manhattan Clam Chowder, cup – **4 Blue**
Seafood Gumbo, cup – **6 Blue**
Manhattan Clam Chowder, bowl – **7 Blue**

Dressings and Sauces

Pico de Gallo – **0 Blue**
Add sour cream to baked potato – **1 Blue**
Marinara Sauce – **1 Blue**
Cocktail Sauce – **2 Blue**
Champagne Vinaigrette – **3 Blue**

Red Robin

First of all let's address the endless steak fries that Red Robin is known for. They are delicious, but having a big basket of fries on your table that can be refilled as many times as you want is just asking for trouble. According to the Red Robin website they will now let you substitute their endless steak fries with **Steamed Broccoli (0 Blue)**, **Coleslaw (7 Blue)**, or **Side Salad (0 Blue, w/o dressing)**. One more thing you might find helpful is Red Robin's [Customizer Hub](#) on their website where you can add and take away ingredients from any foods on their menu and see what the nutrition facts are with/without the ingredient. Check it out [here](#) and customize your order to the number of calories you are shooting for. Here are a few smart lunch or dinner options with low green, blue, and purple points...

Foods to add to/change up your meal

Side salad w/o dressing – **0 Blue**

Sauteed Onions – **0 Blue**

Fresh salsa – **0 Blue**

Cucumber slices – **0 Blue**

Pickle slices – **0 Blue**

Lettuce wrap your burger – **0 Blue**

Steamed broccoli – **0 Blue**

Sautéed Mushrooms – **2 Blue**



Soups and salads

Chili, cup – **3 Blue**

Simply Grilled Chicken Salad – **4 Blue**

French Onion Soup, cup – **6 Blue**

Chicken Tortilla Soup, cup – **7 Blue**

Caesar salad – **7 Blue**

Clamdigger's Clam Chowder, cup – **9 Blue**

Other yumminess!

Black Beans side – **0 Blue**

House salad – **3 Blue**

Chicken Ensenada Chicken Platter (one chicken breast) – **4 Blue**

Lite Ranch dressing – **5 Blue**

Sear-ious Samlon – **5 Blue**

Alaskan Amber (12 oz) – **5 Blue**

Multigrain bun – **5 Blue**

Chicken Ensenada 2 piece platter – **6 Blue**

Simply Grilled Chicken Sandwich, no sides – **7 Blue**

Coleslaw side – **7 Blue**

Alaskan Amber (16 oz) – **7 Blue**

Veggie Vegan Burger – **10 Blue**

Sonic

Apple slices – **0 Blue**

Grilled onions add-on – **0 Blue**

Diet cherry limeade, large – **1 Blue**

Hot chili add-on – **2 Blue**

Apple slices with fat-free caramel sauce packet – **3 Blue**
Slaw add-on – **5 Blue**
2 piece chicken strips – **6 Blue**
Corn dog – **8 Blue**
Soft Pretzel Twist – **8 Blue**
3 piece chicken strips – **9 Blue**
Grilled Chicken Wrap – **10 Blue**
Grilled Chicken Bacon Ranch Sandwich – **11 Blue**

Taco Bell

Black Beans – **1 Blue**
Fat Free refried beans – **3 Blue**
Seasoned rice – **3 Blue**
Pintos 'n Cheese – **3 Blue**
Mini skillet bowl – **4 Blue**
Breakfast egg and cheese soft taco – **4 Blue**
Fresco Soft Taco w/ steak - **4 Blue**
Fresco Soft Taco w/ shredded chicken – **4 Blue**
Spicy Tostada – **4 Blue**
Black Beans and Rice – **4 Blue**
Crunchy Taco – **5 Blue**
Nacho Cheese Doritos Locos Taco – **5 Blue**
Shredded Chicken Mini Quesadilla – **6 Blue**
Crunchy Taco Supreme – **6 Blue**
Fresco Burrito Supreme w/ chicken – **6 Blue**



Wendy's

Grilled Chicken Breast - **0 Blue**
Light Ranch dressing, 1 packet – **2 Blue**
Chili, small – **3 Blue**
Chili, large – **5 Blue**
Southwest Avocado Chicken Salad, half size, w/ no dressing – **5 Blue**
Parmesan Caesar Chicken Salad, half size, w/ dressing – **5 Blue**
Garden Side Salad, no dressing – **5 Blue**
Cod Fillet, no bun – **5 Blue**
Power Mediterranean Chicken Salad, half size – **5 Blue**
Jr. Hamburger – **7 Blue**
Grilled Chicken Sandwich – **7 Blue**
Artisan sandwich with Egg and Cheese – **7 Blue**
Plain Baked Potato – **8 Blue**
Jr. Cheeseburger – **9 Blue**
Apple Pecan Chicken Salad, half size w/ 1 dressing packet – **9 Blue**
BBQ Ranch Chicken Salad, half size – **9 Blue**