

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

Applebee's

- Fat-Free Italian Dressing – **1 Green**
- Grilled Onions Steak Toppers – **1 Green**
- Grilled Chicken Breast with no sides – **2 Green**
- Mango, Raspberry, or Kiwi Iced Tea (20 ounces) – **3 Green**
- Appetizers & Bar Snacks Southwest Steak and Black Bean Soup – **3 Green**
- Add-On Steamed Broccoli – **3 Green**
- House Salad w/ Fat-Free Italian Dressing – **4 Green**
- Chicken Tortilla Soup, lunch combo w/o sides – **5 Green**
- Thai Shrimp Salad w/ Dressing, lunch combo w/o Sides – **5 Green**
- Wood-Fired Grill 8 ounce USDA Top Sirloin – **5 Green**
- Add-On Fired Grilled Veggies – **5 Green**
- Wood-Fired Grill Butcher's Reserve 12 ounce USDA Top Sirloin w/o sides – **6 Green**
- Add-On Garlicky Green Beans – **6 Green**
- Tomato Basil Soup – **7 Green**
- Grilled Chicken Caesar Salad w/ Dressing, lunch combo w/o sides – **8 Green**
- Thai Shrimp Salad w/ Dressing – **11 Green**

Arby's

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



Burger King

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

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

Chick-Fil-A

Small or Medium Fruit Cup – **1 Green**
Light Italian Dressing – **1 Green**
8 piece Grilled Nuggets – **2 Green**
Side Salad w/o dressing – **3 Green**
Small Chicken Noodle Soup – **3 Green**
Large Chicken Noodle Soup – **5 Green**
8 piece Nuggets – **6 Green**
Greek Yogurt Parfait, no toppings – **7 Green**
Grilled Chicken Sandwich – **7 Green**
Grilled Market Salad w/ grilled filet and no toppings or dressing – **7 Green**
Grilled Chicken Cool Wrap – **8 Green**
12 piece Nuggets – **9 Green**

Chili's

Steamed Broccoli side – **0 Green**
Salsa – **0 Green**
Seared Shrimp, full order – **1 Green**
House Salad w/o Dressing, lunch – **1 Green**
Asparagus and Garlic Roasted Tomatoes – **1 Green**
Grilled Chicken (as part of the mix and match fajitas) – **2 Green**
House Salad w/o Dressing – **2 Green**
Fresco Salad lunch combo – **2 Green**
Southwest Chicken Soup, cup – **3 Green**
Fried Egg – **3 Green**
Fresco Salad – **4 Green**
Citrus Chile Rice – **4 Green**
Southwest Chicken Soup, bowl – **6 Green**
Chicken Enchilada Soup, cup – **7 Green**
Rice and Black Beans, Cadi – **8 Green**
Grilled Chicken Salad – **11 Green**

Chipotle

Lettuce – **0 Green**
Fajita vegetables – **0 Green**
Fresh tomato salsa (side) – **0 Green**
Roasted Chili-corn salsa – **2 Green**
Chicken – **3 Green**
Steak – **3 Green**
Pinto beans (side) – **3 Green**
Black beans (side) – **3 Green**
Monterey Jack cheese – **4 Green**
Sour cream – **5 Green**
Cilantro-lime brown rice – **6 Green**
Cilantro-Lime white rice – **6 Green**
Carnitas – **6 Green**



3 soft corn tortillas – **6 Green**
3 soft flour tortillas – **7 Green**
Guacamole (side) – **8 Green**
Burrito Flour tortilla – **9 Green**

Culver's

Banana – **0 Green**
Applesauce – **0 Green**
Side Salad – **1 Green**
Chicken Noodle Soup – **2 Green**
Tomato Florentine Soup - **3 Green**
Raspberry Vinaigrette Dressing – **3 Green**
Stuffed Green Pepper Soup – **4 Green**
Bean and Ham Soup – **4 Green**
Oven Roasted Turkey Noodle – **4 Green**
Cheesy Chicken Tortilla Soup – **5 Green**
Vegetable Beef Soup - **5 Green**
Garden Fresco Salad with Grilled Chicken – **7 Green**
George's Chili – **7 Green**
Broccoli Cheese Soup – **8 Green**
Corn Dog – **9 Green**
Boston Clam Chowder Soup – **9 Green**
Potato w/ Bacon Soup – **9 Green**
Grilled Chicken Sandwich – **9 Green**
Cranberry Bacon Bleu Salad with Grilled Chicken – **9 Green**



Fazoli's

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

Jimmy Johns

Slim 4 Turkey Breast Lettuce Wrap w/o mayo – **1 Green**
PePe Lettuce Wrap w/o provolone or mayo – **2 Green**
Smoked Ham Club Lettuce Wrap w/o provolone or mayo – **3 Green**
J.J.B.L.T Lettuce Wrap w/o provolone or mayo – **4 Green**
Club LuLu Lettuce Wrap w/o mayo – **4 Green**
Country Club Lettuce Wrap w/o mayo – **6 Green**
Billy Club Lettuce Wrap w/o mayo – **7 Green**
PePe Sandwich on French Bread w/o provolone or mayo – **9 Green**
Beach Club Lettuce Wrap w/o mayo – **9 Green**
Plain Slim 4 Turkey Breast on French Bread w/o mayo – **11 Green**

McDonald's

Side Salad – **0 Green**
Apple Slices – **0 Green**
Creamy Ranch Sauce – **4 Green**
Chicken nuggets, 4 piece – **5 Green**
Bacon Ranch Salad w/ Grilled Chicken – **7 Green**
Chicken nuggets, 6 piece – **7 Green**
Fruit 'n Yogurt Parfait – **8 Green**
Hamburger – **8 Green**
Southwest Salad w/ Grilled Chicken, no dressing – **9 Green**
Cheeseburger – **10 Green**
Artisan Grilled Chicken Classic Sandwich – **11 Green**

Noodles & Company

Tossed Green Salad with Med – **0 Green**
Zucchini Noodles-Plain (regular) **0 Green**
Sautéed Shrimp – **1 Green**
Grilled Chicken Breast – **1 Green**
Tossed Green Salad with Fat-Free Asian Dressing – **2 Green**
Tossed Green Salad with Balsamic Dressing – **2 Green**
Side Caesar Salad – **3 Green**
Sautéed Marinated Steak – **4 Green**
Baguette – **4 Green**
Parmesan Crusted Chicken Breast – **4 Green**
Tossed Green Side Salad w/ Jalapeno Ranch – **4 Green**
Thai Chicken Soup (side) – **5 Green**
Chicken Noodle Soup, small – **5 Green**
The Med Salad with Chicken, small – **6 Green**
Japanese Pan Noodles, small – **10 Green**



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 Green**
Bacon – **2 Green**
Fresh Steamed Broccoli – **3 Green**
House salad (no dressing) – **3 Green**
Fresh Mixed Veggies – **4 Green**

Soups

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

Steak, Chicken, and Shrimp Plates

6 oz. Center cut sirloin – **3 Green**

Grilled Chicken on the Barbie w/ no sides – **8 Green**

6 oz. sirloin w/ grilled shrimp on the Barbie w/ no sides – **8 Green**

5 oz. Grilled Chicken on the Barbie with Fresh Mixed veggies – **11 Green**

Panera Bread

Apple – **0 Green**

Ten vegetable soup, cup – **2 Green**

Ten vegetable soup, bowl – **2 Green**

Asian sesame chicken, half salad – **5 Green**

Chicken Caesar, half salad – **6 Green**

Spicy Thai chicken, half salad w/ chicken and dressing – **6 Green**

Mediterranean veggie on Tomato Basil, half sandwich – **6 Green**

Greek, half salad w/ chicken and dressing – **7 Green**

Half turkey sandwich on whole grain bread – **7 Green**

Cream of chicken & wild rice soup, cup – **8 Green**

Smoked ham and Swiss on rye, half sandwich – **9 Green**

Broccoli cheddar soup, cup – **9 Green**

Roasted turkey and avocado BLT on country rustic, half sandwich – **9 Green**

Fuji apple with chicken, half salad w/ dressing – **9 Green**

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 Green**

Fried Shrimp w/ cocktail sauce – **7 Green**

Dinners

Oven Broiled Flounder dinner – **6 Green**

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

Pineapple Relish Topping – **1 Green**

Perch – **2 Green**

Opah – **2 Green**

Haddock – **2 Green**

Pacific snapper – **2 Green**

Soy ginger glaze topping – **2 Green**

Grouper – **3 Green**

Tuna – **3 Green**

Sole – **3 Green**

Halibut – **3 Green**

Gulf Snapper – **3 Green**

Tilapia – **6 Green**



Lunch Classics

- Oven-Broiled Flounder – **3 Green**
- Blackened Farm Raised Catfish – **4 Green**
- Seafood Stuffed Flounder – **6 Green**
- Garlic Shrimp Scampi – **6 Green**
- Hand-breaded shrimp – **7 Green**

Create Your Own Lunch

- Broiled Bay Scallops – **0 Green**
- Hand Breaded Shrimp w/ cocktail sauce – **5 Green**
- Wood Grilled Shrimp Skewer w/ wild rice pilaf – **6 Green**
- Garlic Grilled Shrimp Scampi – **7 Green**

Sides and Additions

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

Soups

- Manhattan Clam Chowder, cup – **4 Green**
- Seafood Gumbo, cup – **7 Green**
- Manhattan Clam Chowder, bowl – **9 Green**

Dressings and Sauces

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



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 Green)**, **Coleslaw (7 Green)**, or **Side Salad (0 Green 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

Carrot sticks – **0 Green**
Side salad w/o dressing – **0 Green**
Sautéed Onions – **0 Green**
Fresh salsa – **0 Green**
Cucumber slices – **0 Green**
Pickle slices – **0 Green**
Lettuce wrap your burger – **0 Green**
Steamed broccoli – **0 Green**
Sautéed Mushrooms – **2 Green**



Soups and salads

Chili, cup – **5 Green**
French Onion Soup, cup – **6 Green**
Simply Grilled Chicken Salad, no dressing – **6 Green**
Chicken Tortilla Soup, cup – **7 Green**
Caesar salad – **7 Green**
Clamdigger's Clam Chowder, cup – **9 Green**

Other yumminess!

Black Beans side – **2 Green**
House salad – **3 Green**
Lite Ranch dressing – **5 Green**
Alaskan Amber (12 oz) – **5 Green**
Multigrain bun – **5 Green**
Chicken Ensenada Chicken Platter (one chicken breast) – **6 Green**
Coleslaw side – **7 Green**
Alaskan Amber (16 oz) – **7 Green**
Chicken Ensenada 2 piece platter – **8 Green**
Simply Grilled Chicken Sandwich, no sides – **9 Green**
Veggie Vegan Burger – **10 Green**

Sonic

Apple slices – **0 Green**
Grilled onions add-on – **0 Green**
Diet cherry limeade, large – **1 Green**
Hot chili add-on – **2 Green**
Apple slices with fat-free caramel sauce packet – **3 Green**
Slaw add-on – **5 Green**
2 piece chicken strips – **6 Green**
Corn dog – **8 Green**
Soft Pretzel Twist – **8 Green**
3 piece chicken strips – **9 Green**
Grilled Chicken Wrap – **12 Green**
Grilled Chicken Bacon Ranch Sandwich – **12 Green**

Taco Bell

Black Beans – **2 Green**
Fat Free refried beans – **3 Green**

Seasoned rice – **3 Green**
Fresco Soft Taco w/ steak - **4 Green**
Fresco Soft Taco w/ shredded chicken – **4 Green**
Mini skillet bowl – **5 Green**
Breakfast egg and cheese soft taco – **5 Green**
Black Beans and Rice – **5 Green**
Crunchy taco – **5 Green**
Nacho Cheese Doritos Locos Taco – **5 Green**
Spicy Tostada – **6 Green**
Shredded Chicken Mini Quesadilla – **6 Green**
Crunchy Taco Supreme – **6 Green**
Pintos 'n Cheese – **6 Green**
Fresco Burrito Supreme w/ chicken – **9 Green**



Wendy's

Packet Light Ranch dressing, 1 packet – **2 Green**
Chili, small – **4 Green**
Cod Fillet, no bun – **5 Green**
Garden Side Salad, no dressing – **5 Green**
Chili, large – **6 Green**
Southwest Avocado Chicken Salad, half size, w/ no dressing – **6 Green**
Parmesan Caesar Chicken Salad, half size, w/ one half packet Caesar dressing – **7 Green**
Jr. Hamburger – **7 Green**
Power Mediterranean Chicken Salad, half size – **7 Green**
Plain Baked Potato – **8 Green**
Jr. Cheeseburger – **9 Green**
Artisan sandwich with Egg and Cheese – **9 Green**
Grilled Chicken Sandwich – **9 Green**
Apple Pecan Chicken Salad, half size w/ 1 dressing packet – **10 Green**
BBQ Ranch Chicken Salad, half size – **10 Green**