



## A Brief Guide to Eating Out

Chinese Food	Italian Food
Hot & Sour Soup Wonton Soup Steamed Dumplings Steamed Entrees	Minestrone Chicken Cacciatore Grilled Calamari Chicken or Veal Piccata Pasta Marsala

Mexican Food	American Food
Gazpacho Tortilla Soup Chicken Fajitas w/o cheese Soft Chicken Taco w/o cheese Salsa	Shrimp Cocktail Salad w/ lite Vinaigrette Turkey or Roast Beef Grilled Chicken Salad Broiled, Blackened or Grilled Fish, Chicken or Lean Meats

Fast Food
Grilled Chicken Sandwich, pitch the bun! Turkey Burger Turkey Sandwich no mayo Roast Beef Sandwich no mayo Chicken Fajitas no cheese or sour cream Salad with lite dressing

When you're out with a friend, order one entree and two garden salads. Split the entree, then use a lite dressing on your salad.