



GOOD PICK: For Eating on the Road



1. Baked potato with Broccoli & Cheese
2. Chili
3. Garden Veggie Pita with Low Cal Ranch
4. 5-piece Chicken Nuggets with BBQ Sauce
5. Chicken Club Sandwich
6. Grilled Chicken Caesar Salad With Low Cal Dressing



1. Six' Club Sub on Wheat with Cheese & Mustard or Low Cal Dressing (no Mayo unless lite)
2. Roasted Chicken Breast Salad with Low Cal Dressing
3. Six" Roast Beef Sub on Wheat with Cheese & Mustard or Low Cal Dressing (no Mayo unless lite)
4. Turkey Breast Club on Wheat With Cheese & Mustard or Low Cal Dressing (no Mayo unless lite)

You can add Lettuce or any fresh vegetables



1. Sandwich or wrap (wheat or Rye) with 3 oz of Meat & 1-2 Slices of Cheese
2. One Tablespoon Regular Mayo or two Tablespoons of Lite Mayo
3. Mustard Unlimited
4. Any and All Vegetables of Choice



1. Any Broth~Based Soup
2. Unfried Entrees: Chicken or Shrimp with Broccoli or any mixed vegetables
3. One Egg Roll
4. One Cup of lo Mein Chicken or Shrimp
5. One Cup White Rice