



HEALTHY EATING IN BOWLING GREEN

RESTAURANT GUIDE



TIPS

- LOOK AT THE MENU ONLINE AHEAD OF TIME
- OPT FOR WATER INSTEAD OF SODA
- PRIORITIZE VEGETABLES AND PROTEIN
- OPT FOR GRILLED VERSUS FRIED FOODS
- ASK FOR SAUCES AND DRESSINGS ON THE SIDE
- STOP EATING WHEN YOU'RE FULL - ASK FOR A TO-GO BOX
- DRINK WATER THROUGHOUT YOUR MEAL
- FOCUS ON EATING SLOWLY
- DON'T GO OVERLY HUNGRY

Chick-fil-A



Grilled Chicken
Nuggets



Grilled Chicken
Sandwich



Cool Wrap



Fruit Cup



Yogurt Parfait



English Muffin



Egg White Grill

Griff's Deli



Whole Wheat
Turkey Club



Whole Wheat
Deli Club



The Suzie-Q
Panini



The Wise
Guy Panini



Turkey Wrap



The Ragun
Cajun Wrap

Chipotle



Burrito Bowl

Include protein and beans of choice, brown rice and any of the following toppings: fajita vegetables, lettuce, guacamole, and tomatillo salsa. Add little to no sour cream and cheese.



Salad Bowl

Include protein and beans of choice, brown rice and any of the following toppings: fajita vegetables, lettuce, guacamole, and tomatillo salsa. Add little to no sour cream, cheese and salad dressing.

Panera Bread



Mediterranean Veggie Sandwich



Napa Almond Chicken Salad



Chicken and Broccoli Bowl



Greek Salad



Citrus Asian Crunch Salad w/ Chicken



Roasted Turkey & Avocado BLT



Green Goddess Cobb Salad with Chicken



Green Passion Smoothie

Cheddar's



Grilled White Fish



Top Sirloin Steak



Lemon Pepper Chicken



Grilled Salmon

El Mazatlan



Bartley Bowl



12oz. T-Bone Mexicano



La Costa Special



Fajitas

Shogun



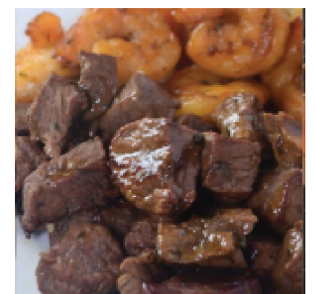
Grilled Portabella Chicken



Salad w/ Seafood or Chicken



Sushi (Not Fried, No Sauces or Cream Cheese)



Hibachi w/ Steak, Seafood or Chicken (Light Rice & Sauce)

Corner Bakery



Veggie
Scrambler



Power Greens
and Grains Bowl



Turkey Bacon
Ham Stack



Chicken
Pomodori



BBLT & Egg
Sandwich



Berry & Almond
Overnight Oats

Wild Eggs



Farmer's Market
Skillet



Breakfast
Sammie



Surfer Girl
Omelet



Grilled Chicken
Salad



Chef Salad

Tropical Smoothie Cafe



Island Green Smoothie



Chicken Pesto Flatbread



Thai Chicken Wrap



Chipotle Chicken Flatbread



Hummus Veggie Toasted Wrap



Buffalo Chicken Wrap

Anna's Greek Restaurant



Grilled Salmon



Gyro Salad



Greek Salad



Vegetarian Briamai



Chicken Spinach

Mellow Mushroom



Chicken Hoagie



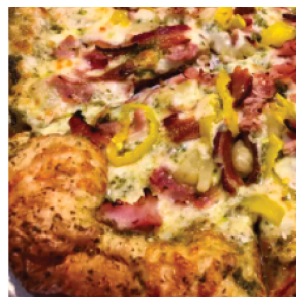
Avocado Hoagie



California Club



Cosmic Karma



Pacific Rim Pizza



Veg Out Pizza

Olive Garden



6oz Sirloin



Grilled Chicken
Margherita



Herb-Grilled
Salmon

Pub by Novo

Greek salad
Cucumber-tomato salad
Magnolia salad
Grilled salmon
Chicken caesar wrap
Shrimp or fish tacos

Spencer's Coffee

Chicken Salad
Quinoa Bowl
Ocarina Sandwich
Big Salad
Avocado Toast
Granola Parfait

Kyoto Gardens

Vegetable entree
Grilled Chicken and
veggie entree
Shrimp and veggie
entree
Fish and veggie entree

Dunkin' Donuts

Veggie egg white omelet
sandwich
Power breakfast sand-
wich
Egg and cheese on
english muffin
Multigrain bagel
Oatmeal
Turkey sausage on
english muffin
Egg white and veggie
omelet bites

Cambridge Market

Marinated chicken
breast
Veggie plate
Cambridge salmon
Smoked turkey club
Power house salad with
chicken