



# RESTAURANT *guide*

## Chili's

Chili's is, of course, famous for their babyback ribs ("I want my babyback, babyback, babyback..."), but the restaurant serves a wide variety of American and Mexican-inspired "pub food," including burgers, wings, fajitas, and enchiladas. Plus, they have a lighter fare menu!

I've outlined your best choices below!

### Lighter Choices Menu

In total there are seven choices on this menu, but many of them are very high in carbs and sodium. To cut down on the carbs on any of their Lighter Choices menu options, skip the rice or other starch offered and opt for double veggies. You're likely to pack at least half the protein anyway, so with double veggies you get a bonus meal! For less sodium, you can ask that any of your dishes have light seasoning.

#### 6 oz. Sirloin with Grilled Avocado

100% USDA Choice sirloin with Chili's seasoning & drizzled with spicy citrus-chile sauce, topped with grilled avocado slices, garlic roasted tomatoes & chopped cilantro. Served with fresco salad.

Calories	420	Commentary   Alterations   Substitutions <ul style="list-style-type: none"> <li>The sugar here seems to come from the sauce on top of the sirloin. If you are sugar-sensitive, you can ask for this item with no sauce.</li> <li>Without the sauce, and with the fiber count, the carb count on this is really good - just 17g net carbs! (For restaurant food that's an excellent number.)</li> </ul>
Fat	20 g	
Sodium	1610 mg	
Carbs	23 g	
Sugar	7 g	
Fiber	6 g	
Protein	39 g	

## Grilled Chicken Salad

Grilled chicken breast topped with fresh diced tomatoes, house-made corn & black bean salsa, 3-cheese blend & honey-lime vinaigrette.

Calories	440	<a href="#">Commentary</a>   <a href="#">Alterations</a>   <a href="#">Substitutions</a> <ul style="list-style-type: none"> <li>The sugar is mostly coming from the honey-lime vinaigrette. They have lower sugar dressings (like the Avocado Ranch) but those are pretty high in fat, so you can decide your own trade-off! Most of their dressing offerings are not low-calorie.</li> <li>To cut down on the sodium, you can ask for your chicken lightly seasoned.</li> <li>The nutrition information listed is for the item as it appears on the menu, not incorporating any of my suggestions.</li> </ul>
Fat	20 g	
Sodium	1110 mg	
Carbs	23 g	
Sugar	11 g	
Fiber	4 g	
Protein	39	

## Spicy Chile Chicken

Grilled chicken breast topped with a smoky pasilla-honey chile sauce and house-made corn & black bean salsa. Served with warm quinoa & wheatberry blend and steamed broccoli.

Calories	420	<a href="#">Commentary</a>   <a href="#">Alterations</a>   <a href="#">Substitutions</a> <ul style="list-style-type: none"> <li>This is a solid choice for folks who incorporate whole grains into their diets. Both wheatberry and quinoa are packed with good-for-you nutrients.</li> <li>The sodium can be reduced by asking for light sauce on the chicken.</li> <li>The nutrition information listed is for the item as it appears on the menu, not incorporating any of my suggestions.</li> </ul>
Fat	11 g	
Sodium	1750 mg	
Carbs	43	
Sugar	11 g	
Fiber	9 g	
Protein	39 g	