



# RESTAURANT *guide*

## Denny's

No matter what time of day, Denny's is always open! That makes it a convenient place to grab a quick bite. Here are your best choices.

### BREAKFAST

#### Build Your Own Grand Slam

This menu item allows you to choose four items from a list. See my suggestions below.

Calories	345	<a href="#">Commentary</a>   <a href="#">Alterations</a>   <a href="#">Substitutions</a> <ul style="list-style-type: none"> <li>Get the scrambled egg whites, two chicken sausage patties, and a side of turkey bacon. If you have a small eating capacity, immediately bag half the eggs, one turkey bacon slice and one chicken sausage for later!</li> <li>Occasionally, I splurge on the Hearty Wheat Pancakes or the seasonal fruit. The nutrition facts below relate to my suggestion.</li> <li>The information here is based on the suggestion in the first bullet point.</li> </ul>
Fat	23	
Sodium	1,051	
Carbs	3	
Sugar	1	
Fiber	0	
Protein	34	

#### Fit Slam

Scrambled egg whites with spinach and grape tomatoes, two slices of turkey bacon strips, a toasted English muffin and seasonal fruit.

Calories	390	<a href="#">Commentary</a>   <a href="#">Alterations</a>   <a href="#">Substitutions</a> <ul style="list-style-type: none"> <li>Order a side of grilled zucchini instead of the English muffin. That will remove a lot of the carbs.</li> <li>The remainder of the carbs and sugar will be coming from the seasonal fruit.</li> <li>Keep in mind the information here is for the Fit Slam as it appears on the menu, without my suggested modifications.</li> </ul>
Fat	10	
Sodium	890	
Carbs	54	
Sugar	17	
Fiber	6	
Protein	24	

## LUNCH/DINNER

### Cranberry Apple Chicken Salad

Seasoned chicken breast, glazed pecan, apple slices, and dried cranberries on spring mix with balsamic vinaigrette dressing.

Calories	360	<a href="#">Commentary</a>   <a href="#">Alterations</a>   <a href="#">Substitutions</a> <ul style="list-style-type: none"> <li>To cut down the sugar, ask for your salad without the glazed pecans and ask what other kind of low-fat dressings they have. If they have a low-fat Italian, that's your best choice to cut down sugar.</li> <li>It's important to note that the net carbs in this salad manage to be lower than the protein by 5 grams!</li> <li>The sodium is probably coming from two main sources: the seasoning on the chicken (and you can order it without seasoning or with light seasoning if you like) and from the dressing.</li> <li>The nutrition facts here are based on the salad as it appears on the menu, without my suggested alterations.</li> </ul>
Fat	9	
Sodium	1060	
Carbs	36	
Sugar	24	
Fiber	5	
Protein	36	

### Cup of Chili + a side of grilled zucchini

The three meat chili comes in a bowl or a cup. The cup should be more than enough!

Calories	450	<a href="#">Commentary</a>   <a href="#">Alterations</a>   <a href="#">Substitutions</a> <ul style="list-style-type: none"> <li>To cut down the fat, ask that your zucchini be grilled using non-stick cooking spray instead of oil. You can also ask that your chili not be topped with cheese.</li> <li>The nutrition facts are for the items as they appear on the menu, without my suggested alterations.</li> </ul>
Fat	24	
Sodium	145	
Carbs	575	
Sugar	3	
Fiber	2	
Protein	18	