



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	Commentary Alterations Substitutions <ul style="list-style-type: none"> 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! Occasionally, I splurge on the Hearty Wheat Pancakes or the seasonal fruit. The nutrition facts below relate to my suggestion. The information here is based on the suggestion in the first bullet point.
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	Commentary Alterations Substitutions <ul style="list-style-type: none"> Order a side of grilled zucchini instead of the English muffin. That will remove a lot of the carbs. The remainder of the carbs and sugar will be coming from the seasonal fruit. Keep in mind the information here is for the Fit Slam as it appears on the menu, without my suggested modifications.
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	Commentary Alterations Substitutions <ul style="list-style-type: none"> 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. It's important to note that the net carbs in this salad manage to be lower than the protein by 5 grams! 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. The nutrition facts here are based on the salad as it appears on the menu, without my suggested alterations.
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	Commentary Alterations Substitutions <ul style="list-style-type: none"> 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. The nutrition facts are for the items as they appear on the menu, without my suggested alterations.
Fat	24	
Sodium	145	
Carbs	575	
Sugar	3	
Fiber	2	
Protein	18	