



# RESTAURANT *guide*

## Olive Garden

While Olive Garden will *a/ways* be a splurge, there are some options for you. Check them out! [And here's their full nutritional guide.](#)

### LUNCH MENU

#### Chicken Margarita

Grilled chicken breast topped with fresh tomatoes, mozzarella, basil pesto and a lemon garlic sauce. Served with parmesan crusted zucchini.

Calories	370	Commentary   Alterations   Substitutions <ul style="list-style-type: none"> <li>• If you have a small eating capacity, skip the salad they offer beforehand.</li> <li>• Be sure to ask the server not to bring breadsticks or to only bring enough for the # of people at the table minus you!</li> <li>• You may need to pack half of this right away. If you have a small eating capacity, be sure to ask your server to bring a box with your meal.</li> </ul>
Fat	22	
Sodium		
Carbs	8	
Sugar	3	
Fiber	2	
Protein	37	

#### Herb Grilled Salmon

Filet grilled to perfection and topped with garlic-herb butter. Served with parmesan-garlic broccoli.

Calories	460	Commentary   Alterations   Substitutions <ul style="list-style-type: none"> <li>• If you have a small eating capacity, skip the salad they offer beforehand.</li> <li>• Be sure to ask the server not to bring breadsticks or to only bring enough for the # of people at the table minus you!</li> <li>• You may need to pack half of this right away. If you have a small eating capacity, be sure to ask your server to bring a box with your meal.</li> </ul>
Fat	28	
Sodium	330	
Carbs	8	
Sugar	3	
Fiber	4	
Protein	43	



## Tuscan Sirloin (order the gluten-free option)

Grilled 11 oz sirloin topped with garlic herb butter. Served with garlic-parmesan mashed potatoes and broccoli.

Calories	570	<a href="#">Commentary</a>   <a href="#">Alterations</a>   <a href="#">Substitutions</a> <ul style="list-style-type: none"> <li>To cut down on the carbs, order a side of grilled zucchini instead of mashed potatoes.</li> <li>Ask for light seasoning on the steak, which will cut down on some of the sodium.</li> <li>You'll need to box at least some of the sirloin, so ask the server to bring a container with your food!</li> <li>The nutrition information here is for the item as it appears on the menu and does not reflect the suggested alterations.</li> </ul>
Fat	18	
Sodium	1720	
Carbs	26	
Sugar	6	
Fiber	7	
Protein	77	

## Tilapia Piccata

Delicate white fish baked in a lemon garlic butter sauce topped with sundried tomatoes and capers. Served with parmesan-crusting zucchini.

Calories	420	<a href="#">Commentary</a>   <a href="#">Alterations</a>   <a href="#">Substitutions</a> <ul style="list-style-type: none"> <li>To cut down on the fat, ask that your tilapia be grilled using non-stick cooking spray instead of oil and for them to go light on the sauce.</li> <li>Going light on the sauce will also cut down the sodium as will asking for light seasoning on the fish and skipping, or going light on, the capers.</li> <li>The nutrition information here is for the item as it appears on the menu and does not reflect the suggested alterations.</li> </ul>
Fat	28	
Sodium	1210	
Carbs	11	
Sugar	3	
Fiber	2	
Protein	46	

## Chicken Piccata

Grilled chicken topped with a lemon garlic butter sauce, sundried tomatoes and capers. Served with parmesan-crusting zucchini.

Calories	500	<a href="#">Commentary</a>   <a href="#">Alterations</a>   <a href="#">Substitutions</a> <ul style="list-style-type: none"> <li>To cut down on the fat, ask that your chicken be grilled using non-stick cooking spray instead of oil and for them to go light on the sauce.</li> <li>Going light on the sauce will also cut down the sodium as will asking for light seasoning on the fish and skipping, or going light on, the capers.</li> <li>The nutrition information here is for the item as it appears on the menu and does not reflect the suggested alterations.</li> </ul>
Fat	24	
Sodium	1460	
Carbs	11	
Sugar	3	
Fiber	4	
Protein	61	