



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"> • If you have a small eating capacity, skip the salad they offer beforehand. • Be sure to ask the server not to bring breadsticks or to only bring enough for the # of people at the table minus you! • 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.
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"> • If you have a small eating capacity, skip the salad they offer beforehand. • Be sure to ask the server not to bring breadsticks or to only bring enough for the # of people at the table minus you! • 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.
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	Commentary Alterations Substitutions <ul style="list-style-type: none"> To cut down on the carbs, order a side of grilled zucchini instead of mashed potatoes. Ask for light seasoning on the steak, which will cut down on some of the sodium. You'll need to box at least some of the sirloin, so ask the server to bring a container with your food! The nutrition information here is for the item as it appears on the menu and does not reflect the suggested alterations.
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	Commentary Alterations Substitutions <ul style="list-style-type: none"> 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. 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. The nutrition information here is for the item as it appears on the menu and does not reflect the suggested alterations.
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	Commentary Alterations Substitutions <ul style="list-style-type: none"> 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. 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. The nutrition information here is for the item as it appears on the menu and does not reflect the suggested alterations.
Fat	24	
Sodium	1460	
Carbs	11	
Sugar	3	
Fiber	4	
Protein	61	