

Best Restaurant Picks



- Low-fat Whitefish
- Low-fat Blackened Chicken Salad
- Lemon Chicken Pasta
- Chicken Rancho Roll-up



- Pasta w/ tomato sauce, marinara, or meatballs
- Shrimp Rosetta
- Grilled Chicken Diavolo
- Grilled Tuna



- Chicken Scampi w/wheat pasta
- Shrimp or Pasta Primavera
- Linguine alla marinara
- Swordfish piccata

Cheddar's

- Grilled Salmon
- Hawaiian Chicken Salad
- Smokehouse Chicken
- Baked Freshwater Catfish



- Guiltless Chicken Platter
- Guiltless Chicken Sandwich
- Margarita Grilled Chicken
- Citrus Fire and Shrimp
- Tuna Steak Sandwich



- Shrimp or Chicken Fajitas w/ no sour cream or cheese
- Pollo Cilantro
- Pico Chicken and Shrimp

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