

How Can We Help You Slim Down?

Our professional support and one-on-one weight loss service will help you achieve the results you've always wanted! We take the time to walk you through each step of the weight loss process with education, nutritional information, tasty food and a dedicated coach! Learn the in depth information that helps you make the right choices to attain your weight loss goals!

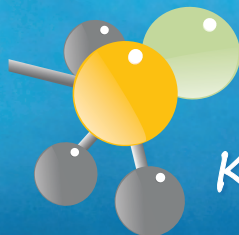
- **Quick fat loss**
- **Maintain muscle**
- **All natural, no drugs**
- **Increase energy**



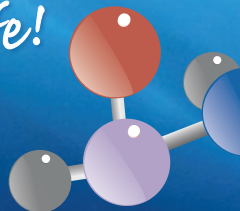
 **ITG Diet**[®] Plan. Nutrition. Life!



Restaurant Guide for Step 1



*Keep your goals &
your social life!*



Restaurant Guide for Step 1

CARRABBA'S ITALIAN GRILL

Simply Grilled Mahi

Ask for no potato, no butter; substitute broccoli or asparagus.



Tuscan Grilled Sirloin

7 oz. sirloin, ask for no topping on steak and substitute potato with vegetable.

Bob Evans FARMS®

Grilled to Perfection Chicken

Two grilled chicken breasts served with choice of two sides, as for no dinner rolls.



ROCKER BARREL Old Country Store

Grilled Pork Chop

With cucumber, tomato n' onion salad (with lemon, salt and pepper, olive oil) fresh steamed broccoli.



Olive Garden ITALIAN RESTAURANT

Herb Grilled Salmon

Ask for plain broccoli or other steamed vegetables.



BOSTON MARKET Honey, Soda, Mustard

Chicken Caesar Salad

Rotisserie chicken, romaine lettuce, ask for no cheese, no croutons, and use oil and vinegar or your own healthy dressing.



ADRIAN'S

Atlantic Salmon

8 oz. filet, grilled, blackened or broiled. Add choice of two vegetable sides.



THE CAPITAL GRILLE

Fillet Mignon

Sliced fillet mignon with cipollini onions and wild mushrooms. Ask for salad with field greens, tomatoes and fresh herbs and grilled asparagus with lemon oil.





Ancho Salmon

Searched chile-rubbed Atlantic salmon with broccoli, ask for no sauce or queso fresco; no rice, substitute extra vegetable.



Crispy Brussels Sprouts

Crispy sprout halves, ask for no balsamic and a side of lemon to squeeze on top.

Steak + Potatoes

10 oz. sirloin, sautéed broccolini, ask for no potato and substitute another vegetable.



Victoria's Filet Mignon

With fresh steamed broccoli or seasonal mixed vegetables.



Perfectly Grilled Salmon

Seasoned and wood-fire grilled and served with fresh seasonal mixed veggies.



Caesar Salad with Chicken

Chicken, romaine; ask for no cheese, no croutons, and use oil and vinegar or your own healthy dressing.



Use Gluten Free Menu

Many entrees feature a protein and vegetable.

Mahi-Mahi & Shrimp

Wood-grilled Mahi-Mahi paired with five jumbo shrimp and two sides, ask for double seasonal vegetables.



Rock Lobster Tail

Order with broccoli or mixed vegetables.



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Renegade Sirloin 8 oz.

Served with choice of side, a mixed green salad, fresh vegetable medley, fresh steamed asparagus.

(No carrots)



Skinnylicious Grilled Salmon

Served with assorted fresh vegetables.



Grilled Salmon Salad

Mixed greens, grape tomatoes, green beans and red onions. (Order with no linguine crisps and no dressing.)

Use Walden Farms or oil & vinegar dressing. Substitute chicken or shrimp for salmon.



Speared & Seared

6 oz. sirloin, grilled shrimp skewers; ask for no whiskey glaze, add sides of vegetables or choice of house salad.



8 oz. Top Sirloin

Order with steamed broccoli and southern green beans.



Forrest's Surf & Turf

10 oz. boneless ribeye, grilled shrimp, ask for no potato and extra vegetable.



Quick Tips for Going Out

- When ordering, always make sure your lean protein is up to 8 ounces (grilled, or sautéed, not breaded or fried.)
- When ordering a salad, remember to order it without croûtons, cheese or bacon. Oil & vinegar are acceptable (except balsamic or red wine vinegar), but it's best to bring your own healthy dressing.
- Any entrée can be ordered with double veggies instead of potatoes or starchy food (refer to select vegetable list.)
- Tell the waiter or waitress not to bring bread to the table.

