



Olive Garden

- Olive Garden Grilled Chicken (salad topping) 0 points
- Olive Garden Steamed Broccoli 0 points
- Olive Garden light Italian dressing (2 tablespoons) 1 point
- Olive Garden Minestrone soup (1 order) 1 point
- Olive Garden Pasta e Fagioli soup (1 order) 2 points
- Olive Garden Italian dressing (2 tablespoons) 3 points
- Olive Garden Italian Kitchen Famous House Salad with signature Italian dressing (1 salad) 4 points
- Olive Garden Kitchen Sides Garlic Mashed Potatoes (1 order) 5 points
- Olive Garden Stellini Soup (1 order) 6 points
- Olive Garden Spaghetti with Tomato Sauce (kids, 1 order) 6 points
- Olive Garden Tastes of Mediterranean Chicken Piccata (lunch, 1 order) 7 points
- Olive Garden Early Dinner Duos Chicken Piccata (1 order) 7 points
- Olive Garden Gluten-Sensitive Herb-Grilled Salmon (1 order) 7 points
- Olive Garden Tastes of Mediterranean Chicken Piccata (dinner, 1 order) 8 points
- Olive Garden chicken and gnocchi soup (1 order) 8 points
- Olive Garden Zuppa Toscana soup (1 order) 8 points
- Olive Garden Tastes of Mediterranean Salmon Piccata (1 order) 8 points
- Olive Garden Tastes of Mediterranean Chicken Margherita (dinner, 1 order) 9 points
- Olive Garden Classic Recipes Spaghetti with Meat Sauce Mini Pasta Bowl (lunch) 11 points
- Olive Garden Tastes of Mediterranean Shrimp Scampi Mini Pasta Bowl (lunch, 1 order) 12 points
- Olive Garden Early Dinner Duos Grilled Chicken Parmigiana 12 points

Applebee's

Applebee's Grilled Chicken Breast (1 breast) 0 points
Applebee's Brewed Iced Tea 0 points
Applebee's Fat Free Italian Dressing 1 point
Applebee's Mixed Green Salad (no dressing, side salad) 1 point
Applebee's Southwest Steak and Black Bean Soup 2 points
Applebee's Cedar Salmon with Maple Mustard Glaze (1 fillet) 2 points
Applebee's Steamed Broccoli (1 order) 3 points
Applebee's Grilled Shrimp Skewer (add-on) 3 points
Applebee's House Salad (no dressing, side salad/lunch combo) 3 points
Applebee's 6 oz. USDA Select Top Sirloin 4 points
Applebee's Thai Shrimp Salad (lunch combo) 4 points
Applebee's House Salad with Fat Free Italian Dressing (1 salad) 4 points
Applebee's Chicken Tortilla Soup (1 cup) 4 points
Applebee's Chili Lime Vinaigrette 5 points
Applebee's Veggie Patty (burger substitution) 5 points
Applebee's Mexi Ranch Dressing 5 points
Applebee's Fire-Grilled Veggies (1 order) 5 points
Applebee's Breadstick (1) 6 points
Applebee's Garlicky Green Beans (1 order) 6 points
Applebee's 8 oz. USDA Select Top Sirloin 6 points
Applebee's Caesar Salad (side salad/lunch combo) 7 points
Applebee's Tomato Basil Soup (1 cup) 7 points
Applebee's Grilled Chicken Caesar Salad (lunch combo) 7 points
Applebee's Kid's Chicken Tenders 8 points
Applebee's Garlic Mashed Potatoes (1 order) 8 points
Applebee's House Salad with Chili Lime Vinaigrette 8 points
Applebee's Thai Shrimp Salad 8 points
Applebee's Boneless Wings (no sauce or dressing, sampler portion) 9 points
Applebee's House Salad with Buttermilk Ranch Dressing 10 points
Applebee's Fire Roasted Chicken Salad Wrap (lunch combo) 11 points
Applebee's Bourbon Street Chicken and Shrimp (1 order) 12 points
Applebee's French Onion Soup (1 cup) 12 points
Applebee's Chicken Wonton Tacos (sampler portion) 12 points

Outback Steakhouse

- Outback Steakhouse Grilled Chicken Add-On (for salad) 0 points
- Outback Steakhouse Steak Mates Grilled Onions 1 point
- Outback Steakhouse Premium Sides Grilled Asparagus (1 side) 1 point
- Outback Steakhouse Grilled Shrimp Add-On (for salads) 1 point
- Outback Steakhouse Center Cut Sirloin (6 oz) 3 points
- Outback Steakhouse Light Balsamic Vinaigrette (1 1/2 oz) 3 points
- Outback Steakhouse House Salad (no dressing) 3 points
- Outback Steakhouse Classic Sides Fresh Steamed Broccoli (1 side) 3 points
- Outback Steakhouse Steak Mates Sauteed 'Shrooms 4 points
- Outback Steakhouse Bacon Bourbon Salmon (7 oz) 4 points
- Outback Steakhouse Steak Mates Grilled Shrimp (1 order) 4 points
- Outback Steakhouse Victoria's Filet Mignon (6 oz) 4 points
- Outback Steakhouse Classic Sides Fresh Mixed Veggies (1 side) 4 points
- Outback Steakhouse Grilled Chicken On The Barbie (no sides) 4 points
- Outback Steakhouse Center Cut Sirloin (9 oz, sides not included) 5 points
- Outback Steakhouse Chicken Tortilla Soup (cup) 6 points
- Outback Steakhouse Victoria's Filet (8 oz) 6 points
- Outback Steakhouse 7 oz Perfectly Grilled Salmon with Fresh Mixed Vegetables 7 points
- Outback Steakhouse Victoria's Filet Mignon (9 oz) 7 points
- Outback Steakhouse House Salad with Tangy Tomato Dressing 7 points
- Outback Steakhouse House Salad with Light Balsamic Dressing 7 points
- Outback Steakhouse Center Cut Sirloin (no sides, 12 oz) 7 points
- Outback Steakhouse Signature Steaks (sides not included) 6 oz Sirloin with Grilled Shrimp on the Barbie 7 points
- Outback Steakhouse Side Caesar Salad (with dressing) 9 points
- Outback Steakhouse Chicken Tortilla Soup (bowl) 9 points
- Outback Steakhouse Grilled Chicken On The Barbie (5 oz) with Fresh Mixed Vegetables 9 points
- Outback Steakhouse Steamed Lobster Tail (5 oz) 10 points
- Outback Steakhouse House Salad with Ranch Dressing 11 points
- Outback Steakhouse Baked Potato Soup (cup) 11 points
- Outback Steakhouse Signature Baked Potato (includes all toppings) 13 points

Red Lobster

- Red Lobster Seasoned Fresh Broccoli 0 points
- Red Lobster Create Your Own Lunch Bay Scallops (oven broiled) 0 points
- Red Lobster Wood-Grilled Shrimp Skewer (add-on) 1 point
- Red Lobster Seafood Feast & Combinations Wild Caught Flounder Oven Broiled (create your own, 1 order) 1 point
- Red Lobster Seafood Feast & Combinations Fresh Wood Grilled Tilapia (create your own, 1 order) 1 point
- Red Lobster Perfect Pairings Wood Grilled Sea Scallops 1 point
- Red Lobster Endless Wood Grilled Shrimp Skewer (refill) 1 point
- Red Lobster Seaside Starters Signature Jumbo Shrimp Cocktail (with cocktail sauce) 2 points
- Red Lobster Fresh Asparagus (seasonal) 3 points
- Red Lobster Salmon (lunch, 1 order) 3 points
- Red Lobster Champagne Vinaigrette Dressing (1 serving) 3 points
- Red Lobster Create Your Own Lunch Garlic Shrimp Scampi (1 order) 3 points
- Red Lobster Classic Fish Oven Broiled Wild Caught Flounder Dinner 3 points
- Red Lobster Garden Salad (without dressing) 3 points
- Red Lobster Sides & Additions Coleslaw 4 points
- Red Lobster Rice Pilaf 5 points
- Red Lobster Sides & Additions Tomato Mozzarella Caprese 5 points
- Red Lobster Create Your Own Lunch Hand-Breaded Shrimp (with cocktail sauce) 5 points
- Red Lobster Roasted Green Beans (1 order) 5 points
- Red Lobster Perfect Pairings Topped Maine Lobster Tail Add-On 5 points
- Red Lobster Cheddar Bay Biscuit (1 biscuit) 6 points
- Red Lobster Create Your Own Lunch Wood Grilled Shrimp Skewer (with rice pilaf) 6 points
- Red Lobster Signature Shellfish Wood Grilled Shrimp (no sides, 1 order) 6 points
- Red Lobster Baked Potato 6 points
- Red Lobster Seafood-Stuffed Flounder (lunch) 6 points
- Red Lobster Mashed Potatoes (1 serving) 7 points
- Red Lobster Lighthouse Rock Lobster Tail (1 order) 7 points
- Red Lobster Seafood Feast & Combinations 7 oz. Wood Grilled Sirloin 7 points
- Red Lobster Maple Glazed Chicken Dinner (with rice pilaf) 8 points
- Red Lobster Sides & Additions Caesar Salad 10 points
- Red Lobster Salmon New Orleans (half-no sides) 10 points

Red Robin

Red Robin Steamed Broccoli (side) 0 points
Red Robin Side Salad (no dressing) 0 points
Red Robin Freckled Fruit Salad (side) 0 points
Red Robin Black Beans (side) 0 points
Red Robin Sauteed Onions (1 serving) 0 points
Red Robin Fried Egg (1 serving) 1 point
Red Robin Sauteed Mushrooms (1 serving) 1 point
Red Robin Bottomless Steak Fries (per serving) 1 points
Red Robin Red's Chili Chili (cup) 3 points
Red Robin House Salad (1 order) 3 points
Red Robin Ensenada Chicken Platter (one chicken breast) 4 points
Red Robin Balsamic Vinegar Dressing (2 oz.) 4 points
Red Robin Lite Ranch Dressing (1 serving) 5 points
Red Robin Sear-ious Salmon 5 points
Red Robin Simply Grilled Chicken Salad 5 points
Red Robin Red's Chili Chili (bowl) 6 points
Red Robin Ensenada Chicken Platter (1 order) 6 points
Red Robin Simply Grilled Chicken Sandwich (no sides) 7 points
Red Robin Chicken Tortilla Soup (cup) 7 points
Red Robin French Onion Soup (cup) 7 points
Red Robin Coleslaw (1 order) 7 points
Red Robin Caesar Salad (1 salad) 7 points
Red Robin Kids Red's Cheeseburger (chicken) 7 points
Red Robin Veggie Vegan Burger 9 points
Red Robin Kids Red's Burger (beef) 9 points
Red Robin Clamdigger's Clam Chowder (cup) 9 points
Red Robin Mac 'n' Cheese (side) 11 points
Red Robin Kids Red's Cheeseburger 11 points
Red Robin Keep It Simple Burger (veggie) 11 points
Red Robin Avo-Cobb-O-Salad 12 points

P.F. Chang's

- P.F. Chang's Edamame (1 order) 0 points
- P.F. Chang's Kids Steamed Carrots 0 points
- P.F. Chang's Salmon (salad add-on) 1 point
- P.F. Chang's Shrimp (salad add-on) 1 point
- P.F. Chang's Buddha's Feast Steamed (1 order) 1 point
- P.F. Chang's Egg Drop Soup (cup) 1 point
- P.F. Chang's Hot & Sour Soup (cup) 1 point
- P.F. Chang's Wok-Seared Spinach with Garlic (1 order) 2 points
- P.F. Chang's Chicken (salad add-on) 2 points
- P.F. Chang's Wonton Soup (cup) 3 points
- P.F. Chang's Brown Rice (side, 1 order) 5 points
- P.F. Chang's Handmade Shrimp Dumplings Steamed (4) 5 points
- P.F. Chang's White Rice (side, 1 order) 6 points
- P.F. Chang's Handmade Shrimp Dumplings Pan Fried (4) 6 points
- P.F. Chang's Ginger Chicken with Broccoli (1 order) 7 points
- P.F. Chang's Buddha's Feast Stir-Fried 7 points
- P.F. Chang's Hot & Sour Soup (bowl) 7 points
- P.F. Chang's Egg Drop Soup (bowl) 7 points
- P.F. Chang's Ginger Chicken with Broccoli (Gluten Free, 1 order) 8 points
- P.F. Chang's Spicy Tuna Roll (1 order) 8 points
- P.F. Chang's Wok Charred Brussels Sprouts (1 order) 8 points
- P.F. Chang's Handmade Shrimp Dumplings Steamed (6) 8 points
- P.F. Chang's Handmade Pork Dumplings Steamed (4) 9 points
- P.F. Chang's Shrimp with Lobster Sauce 9 points
- P.F. Chang's Miso Glazed Salmon 10 points
- P.F. Chang's Vegetable Spring Rolls (2) 10 points
- P.F. Chang's Chicken Lettuce Wraps (Gluten Free, 1 order) 11 points
- P.F. Chang's Lobster Avocado Roll (1 order) 11 points
- P.F. Chang's Handmade Pork Dumplings Pan Fried (4) 11 points
- P.F. Chang's Kids Chicken Lo Mein 12 points
- P.F. Chang's Spicy Chicken Noodle Soup Bowl 12 points
- P.F. Chang's Asian Caesar Salad (no protein, 1 order) 12 points