



RAPIDFITNESS

NUTRITION SURVIVAL GUIDE TO

CHILIS

RESTAURANT SPECIFIC ADVICE

The appetizers are something to skip at Chilis, not because of taste, but because not one item is under 700 calories. Also, avoid the chips, which top over 900 calories. The best start to your meal would be to skip the appetizer or to order the regular house salad(80 calories) plus dressing.

If you order soup, make sure it is a cup and not a bowl(half the calories).

Several options are listed below so you can pick one and enjoy it!

If none of the options above sound tasty, try ordering another entree you'll love and get a to-go box when you order. When you receive your meal, just split the meal in half and take half to go!

If a burger sounds right up your alley, try ordering the burger without fries.

Lastly, just like one meal doesn't make for a healthy diet, one meal doesn't make for an unhealthy diet. Your relationship with food is incredibly important, so I created these guides to help the general population make a bit healthier decisions without overcomplicating the process. If you find yourself enjoying more food than normal, wake up the next day and get back on track. Don't sweat it! Successful dieters don't let one bad meal destroy their diet. Unsuccessful dieters let one bad meal turn into a bad day or a bad week where they fall off track indefinitely.



SOUPS: Get a 'Cup' and not a 'Bowl'

	CALORIES	FATS	CARBS	PROTEINS
Chicken Enchilada - Cup	210	13	12	10
Clam Chowder - Cup	170	12	10	5
Loaded Baked Potato - Cup	230	16	14	9
Southwest Chicken - Cup	120	5	14	5

SALADS:

	CALORIES	FATS	CARBS	PROTEINS
Caribbean Salad with Grilled Chicken (No Dressing)	490	10	73	32
House Salad (No Dressing)	80	3.5	8	3
Honey Lime Vinaigrette (1.5 oz)	130	12	6	0

**If you ordered the regular Caribbean Salad, it would include 200 calories of dressing. Order a side of salsa or order the dressing on the side so you can decide how much dressing goes on the salad. Another method of controlling how much dressing you use is dipping your fork in dressing before spearing the leaves of your salad.

ENTREES:

	CALORIES	FATS	CARBS	PROTEINS
Grilled Chicken Salad	430	23	22	36
Mango-Chile Chicken	490	19	49	34
6 oz. Classic Sirloin with Grilled Avocado	420	21	23	39
Ancho Salmon	630	30	42	48
Margarita Grilled Chicken	650	30	67	53
Sandwich Bacon Avocado Chicken (no chips/fries)	620	33	37	34
Center Cut Filet Mignon	520	29	39	27

SIDES:

	CALORIES	FATS	CARBS	PROTEINS
Black Beans	120	1	20	7
Cole Slaw	240	19	11	1
Mexican Rice	160	4.5	27	3
Steamed Broccoli	40	0	8	3
Sweet Corn on the Cob	220	7	32	5
Asparagus	35	1	5	3

1-200 CAL

201-300 CAL

301-400 CAL

401+ CAL