



RAPIDFITNESS

NUTRITION SURVIVAL GUIDE TO
OLIVE GARDEN
GARDEN

RESTAURANT SPECIFIC ADVICE

The soup and salad that The Olive Garden offers really isn't that bad! Stick to one bowl. Stick to one bread stick.

When it comes to pasta sauce, a majority of the sauces are super high in calories. A tomato based sauce would be best, or choose one of the options from page 3 of this guide!

There are good options for desserts! Make sure you order one of the mini desserts. The full sized desserts are very high in calories(unless you split with friends).

If you try to have a salad, an entree and a dessert, calories will add up! Choose to combine only two of the options(salad+dessert, entree+dessert, salad+entree).

If none of the options from this guide sound tasty, try ordering a different 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!

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.



APPETIZERS:

- 1 bowl of soup would have the following nutrition information.
- 1 breadstick would have the following information.
- These are bottomless. That means the waiter/waitress will ask if you want refills. Stick to one.

	CALORIES	FATS	CARBS	PROTEINS
Soup - Minestrone	110	1	17	5
Soup - Pasta e Fagioli	150	5	16	6
Soup - Zuppa Toscana	220	15	15	7
1 Breadstick	140	2	26	5
Garden-Fresh Salad with Low-Fat Dressing	90	3.5	11	2

ENTREES:

	CALORIES	FATS	CARBS	PROTEINS
Roasted Parmesan Asparagus	80	5	5	3
Chicken Meatballs	260	9	17	28
Baked Tilapia with Shrimp	360	12	12	52
Herb-Grilled Salmon	520	32	9	49
Garlic Rosemary Chicken	540	20	30	62
Center Cut Filet Mignon	440	22	21	42

DESSERTS: Dolcini Mini Desserts

	CALORIES	FATS	CARBS	PROTEINS
Chocolate Mousse	240	18	18	2
Strawberry & White Chocolate	190	11	23	1
Wild Berry Cheesecake	220	13	22	3

1-200 CAL	301-400 CAL
201-300 CAL	401+ CAL