

Top Rated Ideal Protein Friendly Restaurants

Top few include special menus

	Food
Attie's Bar and Grill at Stone Creek	low carb / IP diet menu section various salads
Green Jade Windsor Rd.	Diet Menu steamed veggies and protein can add soy sauce or light sauce on the side
I-Wok Savoy behind Transformations	Diet Menu steamed veggies and protein can add soy sauce or light sauce on the side
Minneci's	Ideal Protein Diet Menu various selections on a separate menu
Manzella's	Ideal Protein Diet Menu various selections on a separate men, including salads
Za's www.zasitaliancafe.com	"Create Your Own Salad" pick and choose size, lettuce, toppings, meat 8+ Salad entrees to choose from request NO cheese, croutons, dressing, fruit, bacon, or fried food
Flat Top Stir Fry Grill www.flattopgrill.com	Create your own stir fry featuring an ever-changing selection of fresh vegetables, proteins and sauces
Green Jade 1109 Windsor Rd, Champaign	Steamed fresh vegetables. Can add choice of protein. select the "select" vegetables, portion sizes, soy sauce for season
Texas Roadhouse www.texasroadhouse.com	Salads (5 entrée salads to choose from) NO cheese, croutons, bacon, dressing, NO fried/breaded chicken ask for grilled, pack your own dressing Cut of meat with choice of 2 sides sides: fresh vegetables, salad, double broccoli no butter meat: wide range, *mind portion, sauces, and toppings Country Veg Plate choose total of 4 side items (one salad only)
Outback Steakhouse www.outback.com	Salads (4 entrée salads to choose from) NO bacon, cheese, croutons, fruit, nuts, bacon, dressing Cut of Meat of Choice w/ side salad *grilled, mind sauces, toppings, dressings Freshly Made Sides steamed broccoli, green beans, mixed vegetables, asparagus side salads
Jimmy Johns www.jimmyjohns.com	JJ Unwich - Low Carb Lettuce Wrap Same ingredients and price of the sub or club without the bread. cukes, tomatos, sprouts *no mayo, mustard packets

Subway www.subway.com	<p align="center">Salads</p> <p align="center"><i>ex: veggie delight, oven roasted chicken</i> <i>use mustard, salt and pepper</i></p>
Ruby Tuesday www.rubytuesday.com	<p align="center">5 Garden Fresh Salads</p> <p align="center"><i>NO carrots,peas,cROUTONS,cheese,bacon,dressings</i> <i>ask for grilled chicken if wanting a protein</i></p> <p align="center">Veggie Trio & Garden bar</p> <p align="center"><i>Choose three sides</i> <i>plus choice of Endless Fresh Garden bar or Endless Garden Salad</i></p> <p align="center">Sides</p> <p align="center"><i>Grilled Zucchini, Steamed Broccoli, Green Beans, Grilled Asparagus</i></p> <p align="center">Sandwich (without bun) plus 2 sides</p> <p align="center"><i>ex. Turkey Burger, Grilled Chicken... NO mayo</i></p> <p align="center">Petite Sirloin</p> <p align="center"><i>NO butter, substitute sides for steamed vegetables</i></p>
T.G.I. Fridays www.tgifridays.com	<p align="center">Turkey Burger</p> <p align="center"><i>sub fries for side salad</i></p> <p align="center">Salads</p> <p align="center"><i>NO Balsamic, croutons,cheese,bacon,fruit,dressing</i> <i>Grilled Chicken or Plain Chicken</i></p> <p align="center">Petite Sirloin</p> <p align="center"><i>NO butter</i></p>
Old Chicago www.oldchicago.com	<p align="center">Salads</p> <p align="center"><i>NO Balsamic,carrots,cROUTONS,cheese,bacon,fruit,dressing,nuts</i></p> <p align="center">Sirloin (8 ounces)</p> <p align="center"><i>NO butter, substitute fries for vegetable or salad</i></p> <p align="center">Grilled Chicken Sandwich (without bun)</p> <p align="center"><i>NO avacado, cheese or range</i> <i>comes with side of vegetables or add on side salad</i></p>
Red Lobster www.redlobster.com	<p align="center">Lighthouse Menu Section</p> <p align="center"><i>Fresh Fish - Half-Portion. Broiled, or Wood-Grilled</i> <i>Salmon, Tilapia, Shrip</i></p> <p align="center"><i>*other entrees, order without butter or other sauces</i> <i>**ask for vinegar and oil if desired</i></p>
Hickory River www.hickoryriver.com	<p align="center">Low-Fat Smoked Turkey Breast with Side Salad</p>
Houlihan's www.houlihans.com	<p align="center">they have many entress or small plates to pick from</p> <p align="center"><i>the servers are very accomodating for what you need to do</i> <i>to change it to phase 1.</i></p>
301 Mongolia downtown Champaign	<p align="center">Create your own stir fry</p> <p align="center"><i>Variety of vegetables and protein to pick from</i> <i>**use garlic water, soy sauce</i></p>
Mas Amigas Springfield Ave.	<p align="center">Chicken Fajitas</p> <p align="center"><i>You can choose sub out the rice and beans for</i> <i>their veggie side which is zucchini, squash, onions (not cooked)</i></p>

Schnuck's Salad Bar	<i>Various selections of salad, veggies, & protein.</i>
Prairie Fire Restaurant	<i>Salad Bar & various protein selections</i>
Meatheads	<i>Chicken Sandwich with no Bun</i> <i>veggies can be added to the sandwich</i>
Jupiters	<i>Basic Salad Add Chicken for \$2.00</i> <i>It is one of the better and more reasonably priced salads I've had from out.</i>
Biaggi's http://www.biaggis.com/pdf/menus/ menu_dinner1.pdf	Salmon Salad <i>Other Salads just tell them what you don't want on it</i> Entrees - steak or fish, no sauce *use olive oil garnish w/lemon
Big Grove Tavern & Esquire downtown Champaign	Salad w/Protein <i>Greens w/option of adding salmon, chicken or steak</i>