

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!

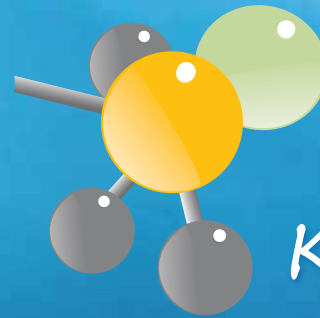
- **Quick fat loss**
- **Maintain muscle**
- **All natural, no drugs**
- **Increase energy**



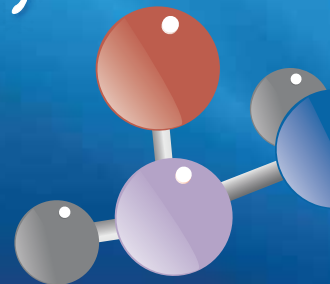
 **ITG Diet**™ **Plan. Nutrition. Life!**



Restaurant Menus for Step 1



*Keep your goals &
your social life!*



CARRABBA'S ITALIAN GRILL

Tuscan Grilled Sirloin

With sautéed broccoli and grilled asparagus.



Herb Grilled Salmon

Ask for plain broccoli or other steamed vegetables.



Bob Evans FARMS

Grilled Salmon Fillet

Ask for double portion of steamed broccoli as the side and a house salad, no croûtons, no cheese, no bacon, bring dressing or use olive oil and white or apple cider vinegar and salt and pepper.



Rotisserie Chicken

An all-natural rotisserie chicken is marinated perfection, but peel the skin off chicken. Sides: Order green beans or fresh steamed vegetables.



Grilled Pork Chop

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



Grilled Salmon

Wild Alaskan salmon served grilled on a bed of fresh spinach. Ask for no potatoes and double spinach or steamed veggies to replace potatoes. (No carrots)



Chicken Teriyaki

Chicken teriyaki entrée without the sauce. Mixed steamed vegetables. (Hold the carrots)



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.





6 oz. Sirloin With Grilled Avocado

100% USDA Choice sirloin with Southwestern spices & drizzled with spicy citrus-chili sauce, topped with grilled avocado slices, garlic roasted tomatoes & chopped cilantro. Served with fresco salad. Ask for no avocado and no sauce, add broccoli or other vegetable.



Chicken Under a Brick

Sage-roasted chicken, seasonal vegetables (no carrots, no potatoes). Ask for dinner salad, no croûtons, no bacon, no cheese. Bring dressing or use olive oil and lemon with salt and pepper. They offer broccolini for another side dish.



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.



Seasonal Greens Salad

Arugula, romaine, kale, tomatoes, onions and cucumbers. Half or full portion. Order without dressing and sub squeezed lemon or Walden Farms dressing. Add grilled chicken.



Petite Sirloin

With fresh, grilled zucchini and roasted squash. Their salad bar has lots of fresh veggies, so load up. Use Walden Farms dressing or olive oil, lemon, salt and pepper.



Any Grilled Fish of Your Choice

Sides include fresh asparagus and steamed veggies.



The Angler's Steak Special

11 oz. wood-grilled USDA Choice.



Rock Lobster Tail

Order with broccoli or mixed vegables.





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.



Grilled Salmon

Order with plain broccoli, steamed spinach.



8 oz. Top Sirloin

Order with steamed broccoli and southern green beans.



Shrimp & Veggie Skewers

Large shrimp skewered with fresh red bell peppers, red onion, yellow squash and zucchini, char-grilled with steamed broccoli (instead of rice).



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

