Quick tips for making every meeting healthy:

- Ask for light dressings, sauces, dips, or spreads, and always order on the side.
- Whole-grain/multigrain/whole-wheat contains more fiber, protein, and other nutrients. Ask for this when ordering crackers, bagels, muffins, sandwiches, rolls, tortillas, etc.
- Broth-based soups contain less fat and calories compared to cream-based soups.
- Order half-sized sandwiches to provide reasonable portions, and always ask for the condiments to be kept on the side.
- If sweets or desserts are ordered, always ask that the portions be kept small. Do the same with muffins and bagels.
- Use serving utensils that help demonstrate proper portion sizes.

For more tips and resources, visit www.healthybydesignyellowstone.org
Examples of local options

Breakfast:

**Great Grains of Montana** (406) 259-7142 — $ HF, LF, VG
Granola (served with vanilla yogurt & fresh fruit) or Oatmeal. **Toppings:** Raisins, cranberries, almonds, pecans, fresh fruit

**Get Juiced** (406) 534-3170 — $$$ HF, LF, VG
Yogurt Parfaits **Choose:** Original Granola, fresh fruit

**Red Rooster Café** (406) 839-2884 — $$$ HF, VG
Wholewheat / Buckwheat Pancakes, Garden Omelets, Raisin Walnut Bran Muffins **Sides:** Homemade Turkey Sausage link, avocado, veggies, salsa

**Great American Bagel** (406) 656-6618 — $ HF, LF, VG
Bagel Tray (Fat-free cream cheese), Bits-O-Bagels Tray. **Ask For:** Half of assorted bagels to contain 4-Grain Honey or Whole Wheat

Lunch/Dinner:

**Rocket Burrito** : (406) 248-5231 — $ HF, VG, VN
Mediterranean or Wrapper Platter, Wrap Sampler (request “naked”), Seasonal Side Salads

**Subway** : www.subwaycatering.com — $ HF, LF, VG, LS
Fresh Fit Platter or Subway to Go meals (Turkey, Roast Beef, Vegetarian, or Chicken Breast). Choose as many fresh veggie toppings as desired. **Sides:** apple slices

**Kreative Kapers Catering** : 406-256-5469 — $$
Sliced turkey on whole wheat bread with lettuce and tomato, fresh fruit side. **Ask for:** no dessert, and water for beverage

**Back Porch Deli** : 406-254-9519 — $$$ VG
Half Sandwich Combo Meal. **Bread:** Whole Wheat or Multigrain **Sides:** Salads, Soups or Chili. **Dessert:** Fruit bowl

**Greens & More** : (406) 867-0888 — $$$ GF, LF, LS, HF, LG, VG, VN
Any “Specialty Greens,” “Gold Standard Greens,” “Vintage Greens,” Rice Bowls or Panini. **Bread:** Multigrain Sunflower Panini bread. **Sides:** broth-based soups

**Jimmy John’s** : www.jimmyjohns.com — $$ VG, LS
8” Sub/Box Lunches (#2 Big John, #3 Totally Tuna, #4 Turkey Tom, #6 Veg). **Sides:** “Thinny Chips.” **Dessert:** Oatmeal Raisin Cookies

**Qdoba** : (406) 656-5500 — $$$ GF, LF, LS, VG, VN
Naked Burritos, Naked Salads, 3-corn Tacos (Chicken, Steak, or Grilled Vegetables), Mexican Gumbo. **Sides:** Brown rice

**Chalet Market** : (406) 656-6600 — $$$ GF
Sub Sandwich (Chicken Salad, Tuna Salad, Crab Salad), Deli Sandwich (Veggie, Roast Beef, Turkey). **Sides:** Yankee Pot Roast Soup or Potato Salad

**Indian Grill** : (406) 652-9700 — $$$ GF, LS, VG
Indian Salad, Caesar Salad, Tandoori or Tikka (grilled) options, Saagwala options (spinach dish) **Avoid:** cream-based sauces (Masala, Coconut, Curry)

**Olive Garden** : http://www.olivegarden.com/catering — $$$ GF, VG
Soup, Salad and Breadstick Combo (House Salad, Minestrone or Pasta Fagioli soup), Garlic Rosemary Chicken Combo. **Side:** Broccoli, Spaghetti

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$ = less than $5/person
$$ = greater than $5/person

Restaurant offers these options: **GF** = Gluten Free, **LF** = Low Fat,
**LN** = Low Sodium, **HF** = High Fiber, **LS** = Low Sugar, **VG** = Vegetarian, **VN** = Vegan