



Restaurant Guide to

# Domino's

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## OVERVIEW

As one of the leaders in the pizza industry, Domino's sure knows how to do pizza right. One may think pizza is a no-no in the weight loss world, but it's simply not true. You can have your pizza and enjoy it with a nice side salad to balance out your meal.

## THIS PLACE IS KNOWN FOR



Good for Groups



Salads



Low Calorie



Bar & Cocktails



Pasta



Pizza



Fast Food



Mexican



Asia



Fish



Vegetables



Grill

### 3 QUICK TIPS FOR EATING HEALTHI AT DOMINO'S

- Load up with veggie toppings
- Pick meats with lower calories like chicken, ham, or the Philly Steak
- Choose salads to help fill you up

### FRIENDLY MENU ITEM'S AT DOMINO'S

#### APPETIZERS

It'll be best to steer clear from the heavy breads and dips here.

#### MAIN COURSE

Domino's famous pizza is famous for a reason! With multiple crust and topping choices, you can totally customize your meal to make it lighter and fit into your day.

Let's start with Thin Crust pizza's. These are mainly going to be your lower calorie options, since there's less crust!

Start with a small 10" thin crust. You can ask for light cheese for less calories if you like. Add a lighter meat option like ham, then your favorite veggies like onion and green peppers.

Another great option would be a loaded veggie pizza! Start with a 10" thin crust, regular cheese, green peppers, mushrooms, onions, tomatoes, black olives, banana peppers, and spinach.

Maybe you like a classic pepperoni. For this, order a 10" thin crust, light cheese, and pepperoni.

If you love grilled chicken on a pizza, try ordering a thin crust with regular cheese, chicken, spinach, and tomatoes.

*\*10" and 12" pizza nutritional info is per serving for ¼ pizza.*

| Thin Crust Pizza  | Calories  | Fat (g)   | Carbs (g) | Protein (g) |
|---|-----------|-----------|-----------|-------------|
| 10" / 12" thin crust, light cheese, ham, onions, green peppers  | 180 / 250 | 9g / 12g  | 17g / 23g | 7g / 10g    |
| 10" thin crust, regular cheese, ham, onions, green peppers  | 190 / 280 | 10g / 14g | 17g / 24g | 8g / 12g    |
| 10" thin crust, regular cheese, green peppers, mushrooms, onions, tomatoes, black olives, banana peppers, and spinach | 190 / 280 | 10g / 14g | 18g / 25g | 7g / 10g    |
| 10" thin crust, light cheese, and pepperoni   | 200 / 280 | 11g / 16g | 16g / 22g | 7g / 10g    |
| 10" thin crust, regular cheese, chicken, spinach, tomatoes  | 200 / 280 | 10g / 14g | 17g / 24g | 9g / 13g    |

Let's move on to Hand Tossed pizzas. These are going to be a bit higher in macros, but there are still options to customize and make them lighter!

You can opt for an individual 6" pizza, you know, when you don't want to share with others ;).

Start with a 6" or 14", then order light cheese, Philly Steak, onions, and green peppers.

You could also try their delicious and juicy chicken on your pizza. Start with a 6" or 14", regular cheese, chicken, spinach, and tomatoes. Yum! For a classic pepperoni, order a 6" or 14" hand tossed, light cheese, and pepperoni.

To order a lightened up veggie pizza, get the 6" or 14", light cheese, green peppers, mushrooms, onions, tomatoes, black olives, banana peppers, and spinach.

*\*6" pizza nutritional info is per serving for 2 slices or 1/2 the pizza. 14" pizza nutritional info is per serving for 1 slice or 1/8 of the pizza.*

| Hand Tossed   | Calories | Fat (g) | Carbs (g) | Protein (g) |
|---|----------|---------|-----------|-------------|
| 6"/14" Hand tossed, light cheese, Philly Steak, onions, green peppers | 240/240  | 8g/8g   | 32g/32g   | 9g/10g      |

| Hand Tossed   | Calories | Fat (g) | Carbs (g) | Protein (g) |
|---|----------|---------|-----------|-------------|
| 6"/14" Hand tossed, regular cheese, chicken, spinach, tomatoes  | 250/270  | 8g/9g   | 32g/32g   | 10g/12g     |
| 6"/14" Hand tossed, light cheese, pepperoni   | 260/270  | 10g/11g | 31g/31g   | 9g/10g      |
| 6"/14" Hand tossed, light cheese, green peppers, mushrooms, onions, tomatoes, black olives, banana peppers, spinach | 240/240  | 8g/8g   | 32g/33g   | 8g/9g       |

## SALADS

Salads are a great way to have your pizza, but also stay on track. Ordering a salad along with it will help you fill up on veggies. The dressings here are a bit heavy, so you could use your own from home to keep it light.

| Salads                          | Calories | Fat (g) | Carbs (g) | Protein (g) |
|---------------------------------|----------|---------|-----------|-------------|
| Chicken Caesar Salad(1 bowl)    | 220      | 8g      | 14g       | 18g         |
| Classic Garden Salad (1.5 cups) | 80       | 4g      | 8g        | 3g          |