

Fast Food Options

Arby's	
Classic Roast Beef Sand	1.5 starch + 1.5 protein
Roast Turkey and Swiss Wrap	2 carb + 2 protein + 1 fat
Horsey Sauce	1/2 fat
Farmhouse Salad with roast turkey	2 protein
Light Italian dressing (1 packet)	½ fat
Chick Fil A	
Egg white grill	2 protein + 1 starch
Bacon Egg Cheese Muffin	1 starch + 1 protein + 1 fat
Greek yogurt parfait	1 starch + 1 protein + 1/2 fruit
Chick Fil A Chicken Sandwich	2 starch + 2 protein + 1 fat
Chargrilled Chicken Sandwich	1.5 starch + 2 protein
Chargrilled Chicken Cool Wrap (no sauce)	2 protein + 1 starch
8 piece grilled nuggets	1 protein
8 piece nuggets	1/2 starch + 1 protein + 1 fat
Lemon Kale Caesar Salad with grilled nuggets	1 starch + 2 protein + 2 fat
Chick Fil A Grilled Market salad (no granola, no almonds)	1.5 protein + 1 fruit + 2 fat
Fresh Fruit Cup	1/2 fruit
Chicken Soup	1 starch + 1/2 protein
Ice Cream Cone	1 milk + 1 fruit
Kale Crunch Salad	1 fat
Buffalo Dipping Sauce	Free
Honey Mustard, Fat Free	1 fruit
Lite Italian	Free
Lite Balsamic Vinaigrette	1 fat
McDonald's	
Egg McMuffin	1 starch + 2 protein
Hash Brown	1 starch + 1 fat
Fruit and Maple Oatmeal	1 starch + 2 fruit
Vanilla Ice Cream Cone	1 milk + 1 fruit
Panera	
SALAD	
Asian Sesame with Chicken half	1/2 starch + 1 protein + 1/2 fat
Asian Sesame with Chicken whole	1 starch + 2 protein + 1 fat
Caesar with Chicken half	1/2 starch + 1 protein + 1/2 fat
Caesar with Chicken whole	1 starch + 2 protein + 1.5 fat
Citrus Asian Crunch with Chicken half	1 fruit + 1 protein + 1 fat
Fuji Apple with Chicken-no pecans half	1 fruit + 1 protein + 1/2 fat
Fuji Apple with Chicken-no pecans whole	1.5 fruit + 2 protein + 1 fat
Greek Goddess with Chicken- half	2 protein + 1 fat
Strawberry Poppyseed with Chicken- whole	1 fruit + 2 protein + 1/2 fat
SANDWICH	
Bacon Turkey Bravo half	2 starch + 2 protein + 1 fat
Chipotle Chicken Avocado Melt half	2 starch + 2 protein + 1 fat

Mediterranean Veggie half	2 starch + 1 protein
Roast Turkey and Avocado BLT half	2 starch + 2 protein + 1 fat
Toasted Smokehouse BBQ Chicken half	1 starch + 1 fruit + 2 protein
Toasted Frontega Chicken half	2 starch + 2 protein + 1 fat
Toasted Steak and White Cheddar half	2 starch + 2 protein + 1 fat
Tuna Salad half	2 starch + 2 protein + 1 fat
SIDES	
Whole Fruit (any)	1 fruit
Summer Fruit Cup	1/2 fruit
Greek Yogurt Berry Parfait	1 fruit + 1 protein + 1/2 fat
Tomato Basil Cucumber Salad	1 fat
Pickle Spear	free
SOUP	
Chicken Tikki Masala cup	1 starch + 1 protein
Chicken Tikki Masala bowl	2 starch + 2 protein
Cream of Chicken and Wild Rice cup	1 starch + 1/2 protein + 1/2 fat
Cream of Chicken and Wild Rice bowl	1 starch + 1 protein + 1 fat
Chicken Noodle cup	1/2 starch
Chicken Noodle bowl	1/2 starch + 1/2 protein
Ten Vegetable cup	1/2 starch
Ten Vegetable bowl	1 starch
Starbucks	
Impossible Breakfast Sandwich	2 starch + 2 protein + 1 fat
Sous Vide Egg Bites: Egg White & Red Pepper	1 starch + 1 protein
Turkey bacon, egg white sandwich	1 starch + 1 protein + 1/2 fat
Spinach egg white feta breakfast wrap	1.5 starch + 1.5 protein
Tomato and Mozzarella Panini	2 starch + 1 protein + 1 fat
Chicken and hummus box	1 starch + 1 protein + 1 fat
Chickpea bites and Avocado box	2 starch + 1 protein + 2 fat
Hippeas	1 bag = 1 starch
Kale Chips	1 bag = 1 fat + 1/2 starch
Jerky (turkey or beef)	1 bag = 1 protein
Subway	
6" Sub with ham/roast beef/turkey/chicken + Cheese	2 protein + 2 starch
6" Ham, Roast Beef, Turkey, Chicken (Double Meat, no cheese)	2 protein + 2 starch
6" Veggie Delite with cheese	1 protein + 2 starch

New Little Turkey Slider	1 protein + 1 starch
Salad with Turkey breast/Chicken/Roast beef (use 1 tbsp vinaigrette or olive oil blend for dressing)	2 protein + 1.5 fat
Cold Cut Combo bowl	1 protein + 1 fat + 1/2 starch
Turkey breast/oven roasted chicken/turkey and ham bowl	1 protein + 1/2 fat + 1/2 starch
Wendy's	
Grilled Chicken Sandwich (no sauce)	1.5 protein + 1.5 starch
Crispy Chicken Sandwich (no mayo)	1.5 starch + 1 protein + 1 fat
Jr. Hamburger	1 protein + 1 starch + 1/2 fat
Jr Cheeseburger	1 protein + 1 starch + 1 fat
6 pc Chicken Nugget	1 protein + 1/2 starch + 1 fat
Small Chili	1.5 protein + 1 starch
Parmesan Caesar Salad with Chicken	2 protein + 2 fat
Einstein Bros Bagels	
Veggie Egg White Egel	1 protein + 1/2 fat
3 Meat and Cheese Egel	1 protein + 1 fat
Santa Fe Thintastic Egg White	2 protein + 2 starch
Dunkin Donuts	
Egg White Veggie Sandwich on Multigrain thin	1 starch + 2 proteins
Turkey Sausage Wake Up Wrap	1 starch + 1 protein + 1/2 fat
Egg and Cheese Wake Up Wrap	1 starch + 1 protein
Veggie Sausage (or Bacon) Wake Up Wrap	1 starch + 1 protein
Veggie Egg White and Beyond Sausage Wake Up Wrap	1 starch + 1 protein + 1/2 fat
Veggie Egg White and Ham Wake up Wrap	1 starch + 1/2 protein