



Quick Bites, Better Choices

Fast Food Edition

Discover how to make informed decisions when dining out, focusing on low-calorie, high-protein, and low-sugar selections. With these tips, you can maintain a balanced diet while on the move, aligning with your health goals effortlessly.



Chick-Fil-A

1. Grilled Chicken Nuggets (8-Count): 140 calories, 25g protein, 1g sugar.
2. Grilled Chicken Cool Wrap: 350 calories, 37g protein, 9g sugar (without dressing).
3. Spicy Southwest Salad (Grilled Chicken): 450 calories, 33g protein, 6g sugar (without dressing).



McDonald's

1. Grilled Chicken Sandwich (No Bun): 120 calories, 28g protein, 1g sugar.
2. Artisan Grilled Chicken Salad (No Dressing): 180 calories, 32g protein, 5g sugar.
3. Egg McMuffin (No Cheese, No Canadian Bacon): 210 calories, 13g protein, 2g sugar.



Taco Bell

1. Power Menu Bowl with Chicken (No Rice, No Beans, Extra Veggies): Approximately 200 calories, 25g protein, 2g sugar.
2. Fresco Soft Taco with Grilled Steak: 140 calories, 12g protein, 1g sugar.
3. Veggie Power Menu Bowl (No Rice, No Cheese, Extra Black Beans): Approximately 180 calories, 10g protein, 3g sugar.



Chipotle

1. Salad Bowl with Chicken, Fajita Veggies, Black Beans, Salsa, and Lettuce: Approximately 350 calories, 30g protein, 6g sugar.
2. Burrito Bowl with Steak, Brown Rice, Pinto Beans, Tomato Salsa, and Guacamole: Approximately 400 calories, 28g protein, 4g sugar.
3. Sofritas Bowl with Tofu, Brown Rice, Fajita Veggies, Fresh Tomato Salsa, and Romaine Lettuce: Approximately 400 calories, 20g protein, 5g sugar.



Starbucks

1. Spinach, Feta & Cage-Free Egg White Breakfast Wrap: 230 calories, 19g protein, 3g sugar.
2. Turkey & Swiss Protein Box: 450 calories, 28g protein, 7g sugar.
3. Chicken & Quinoa Protein Bowl with Black Beans and Greens: 420 calories, 23g protein, 2g sugar.



Dunkin

1. Egg White Dunkin' Bowl (No Cheese, No Bacon): Approximately 150 calories, 13g protein, 2g sugar.
2. Veggie Egg White Flatbread (No Cheese): Approximately 210 calories, 9g protein, 2g sugar.
3. Turkey Sausage, Egg, and Cheese Wake-Up Wrap (No Cheese): Approximately 160 calories, 9g protein, 1g sugar.



Five Guys

1. Bunless Little Hamburger (No Cheese, No Bun): Approximately 220 calories, 14g protein, 2g sugar.
2. Bunless Little Bacon Burger (No Cheese, No Bun): Approximately 290 calories, 15g protein, 2g sugar.
3. Bunless Little Cheeseburger (No Bun): Approximately 220 calories, 11g protein, 2g sugar.



Subway

1. 6-Inch Turkey Breast Sub (No Cheese, No Dressing): Approximately 280 calories, 18g protein, 3g sugar.
2. 6-Inch Rotisserie-Style Chicken Sub (No Cheese, No Dressing): Approximately 350 calories, 29g protein, 6g sugar.
3. 6-Inch Veggie Delite Sub (No Cheese, No Dressing): Approximately 230 calories, 6g protein, 3g sugar.