



FAST FOOD SURVIVAL GUIDE

- 1. Keep portions small:** resist the urge to super size and pick the small or kiddie burger size.
- 2. Choose healthier sides and dips:** load up on healthier sides like apple or orange slices, a baked potato, a fruit and yogurt parfait, steamed rice, or baked potato chips. Opt for low-fat dressings, balsamic vinaigrette, or oil and vinegar.
- 3. Go bun-less:** ask for an open-faced or take off half the bun on burgers or sandwiches.
- 4. Have a salad:** as a full meal with grilled chicken or shrimp or as a side. Avoid excess calories by throwing away the croutons, crunchy noodles, cheese, croutons, and full fat dressing.
- 5. Watch what you drink:** order water, diet soda, unsweetened iced tea, or sparkling water.
- 6. Ask for grilled, steamed, or broiled entrees:** avoid crispy or fried as much as possible.
- 7. Customize your meal:** do not hesitate to ask for substitutions. Ask for no bun or bread, no condiments, or to add veggies when possible.

MCDONALDS				
Egg White Delight McMuffin				
260 Cal	8g Fat	29g Carb	16g Pro	2g Fiber
Fruit & Maple Oatmeal (no brown sugar or cream)				
240 Cal	2.5g Fat	48g Carb	6g Pro	5g Fiber
Artisan Grilled Chicken Sandwich				
380 Cal	7g Fat	44g Carb	37g Pro	3g Fiber
Southwest Grilled Chicken Salad (no tortilla strips or lime glaze)				
260 Cal	7g Fat	15g Carb	36g Pro	5g Fiber
Sides – apple slices, Cuties, Go-GURT, side salad				

WENDYS				
Breakfast – egg sandwich with no hollandaise sauce and no bacon, steel cut oats with no brown sugar				
Grilled Chicken Wrap (with red onion and tomato)				
270 Cal	10g Fat	24g Carb	20g Pro	2g Fiber
Grilled Chicken Sandwich				
360 Cal	8g Fat	38g Carb	35g Pro	3g Fiber
Large Chili				
250 Cal	7g Fat	23g Carb	23g Pro	5g Fiber
Sides – apple slices, plain baked potato, side salad				

CHICK-FIL-A				
Egg White Grill				
300 Cal	7g Fat	35g Carb	25g Pro	1g Fiber
Grilled Chicken Nuggets (8 count)				
140 Cal	2.5g Fat	2g Carb	25g Pro	0g Fiber
Grilled Chicken Sandwich (on multigrain bun)				
310 Cal	6g Fat	36g Carb	29g Pro	3g Fiber
Market Salad with Grilled Chicken				
200 Cal	6g Fat	15g Carb	25g Pro	4g Fiber
Sides - fruit cup, superfood side, chicken soup, side salad				

SUBWAY				
Breakfast – ham, egg, and cheese; steak, egg, and cheese; egg and cheese. Tip – load up on veggies				
Turkey Breast on Multigrain (6in, with cheese)				
230 Cal	7g Fat	47g Carb	20g Pro	5g Fiber
Oven Roasted Chicken on Multigrain (6in, with cheese)				
245 Cal	8g Fat	46g Carb	25g Pro	5g Fiber
Oven Roasted Chicken with Vinaigrette				
396 Cal	12g Fat	14g Carb	19g Pro	4g Fiber
Sides – apple slices, baked chips, black bean soup, chicken noodle soup				

TACO BELL (order "Fresco")				
Black Bean Burrito (with salsa, onions, cheese. No rice)				
400 Cal	10g Fat	63g Carb	16g Pro	13g Fiber
Chicken and Bean Soft Taco (w/salsa, onions, cheese. No rice)				
250 Cal	9g Fat	29g Carb	14g Pro	7g Fiber
Grilled Steak Soft Taco (no avocado ranch)				
170 Cal	6g Fat	16g Carb	12g Pro	1g Fiber
Power Menu Chicken Bowl (no sour cream or avocado ranch)				
450 Cal	15g Fat	51g Carb	27g Pro	8g Fiber
Sides – black beans, guacamole, onions, salsa, pico de gallo, seasoned rice				

CHIPOTLE				
Chicken Burrito Bowl (chicken, brown rice, black beans, fajita vegetables, salsa, lettuce)				
570 Cal	14.5g Fat	65g Carb	45g Pro	12g Fiber
Sofritas Taco Salad (black beans, salsa, vinaigrette)				
535 Cal	27.5g Fat	52g Carb	18g Pro	13g Fiber
Chicken Soft Tacos (chicken, corn tortilla, black beans, fajita vegetables, salsa, lettuce)				
570 Cal	10g Fat	71g Carb	44g Pro	13g Fiber
Sides – extra fajita vegetables, extra salsa, extra black beans (note: pinto beans have bacon = high in fat)				

SMOOTHIE KING				
Gladiator Chocolate, Vanilla, or Strawberry Smoothie (20oz)				
180 Cal	0g Fat	1g Carb	45g Pro	--g Fiber
Almond Mocha High Protein, Skinny Smoothie (20oz)				
320 Cal	12g Fat	25g Carb	31g Pro	3g Fiber
Vanilla Coffee High Protein, Skinny Smoothie (20oz)				
370 Cal	12g Fat	24g Carb	31g Pro	3g Fiber
Original High Protein Pineapple Smoothie (20oz)				
320 Cal	9g Fat	30g Carb	27g Pro	4g Fiber
Tip – add kale or carrot juice				

POPEYES				
Chicken & Sausage Jambalaya				
220 Cal	11 g Fat	20g Carb	10g Pro	1g Fiber
Naked Chicken Wrap				
200 Cal	6 g Fat	--g Carb	--g Pro	1g Fiber
Sides – corn on the cob, red beans and rice, cajun rice, green beans				

DUNKIN' DONUTS				
Turkey Sausage Wake-Up Wrap				
280 Cal	18g Fat	13g Carb	15g Pro	1g Fiber
Egg & Cheese Wake-Up Wrap				
180 Cal	11g Fat	13g Carb	8g Pro	1g Fiber
Egg White Veggie Wake-Up Wrap				
190 Cal	11g Fat	14g Carb	11g Pro	1g Fiber
Ham, Egg & Cheese Wake-Up Wrap				
200 Cal	11g Fat	14g Carb	10g Pro	1g Fiber

PANERA BREAD				
Avocado, Egg White & Spinach Breakfast Sandwich				
410 Cal	14g Fat	52g Carb	16g Pro	12g Fiber
Turkey Sausage, Egg White & Spinach Breakfast Sandwich				
380 Cal	11 Fat	45g Carb	6g Pro	17g Fiber
Turkey Breast Sandwich on Whole Grain (half sandwich)				
280 Cal	9g Fat	32g Carb	11g Pro	9g Fiber
Strawberry Poppyseed Salad with Chicken				
340 Cal	13g Fat	31g Carb	25g Pro	6g Fiber
Mediterranean Veggie Sandwich on Tomato Basil (whole)				
440 Cal	13g Fat	65g Carb	18g Pro	6g Fiber
Roasted Turkey & Avocado BLT on Sourdough (whole)				
650 Cal	34g Fat	50g Carb	25g Pro	29g Fiber
Sides – fruit cup, whole grain roll, chicken noodle soup, garden vegetable soup, black bean soup				

JERRY'S SUBS & PIZZA				
Grilled Chicken Salad with Fat-Free Ranch				
275 Cal	8g Fat	16g Carb	23g Pro	16g Fiber
Small Chicken Philly				
350 Cal	13g Fat	37g Carb	23g Pro	3g Fiber
Regular Grilled Chicken Sub				
552 Cal	8g Fat	76g Carb	41g Pro	6g Fiber
Regular Veggie Melt				
526 Cal	15g Fat	75g Carb	24g Pro	7g Fiber
Veggie Pizza (8 inch/small, "best" pizza option)				
552 Cal	21g Fat	99g Carb	23g Pro	12g Fiber
Sides – side salad				

Created by Megan Lautz, RDN, LDN, CPT