



<b>Chick-fil A®</b>	<b>Cal</b>	<b>Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Carb (g)</b>
Egg White Grill	300	7	3	31
Fruit Cup (small)	45	0	0	12
<b>Total</b>	<b>350</b>	<b>7</b>	<b>3</b>	<b>43</b>

<b>Subway®</b>	<b>Cal</b>	<b>Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Carb (g)</b>
3" Egg White Flatbread w/ tomatoes and spinach	180	6	1	23
Pepperjack cheese	30	2	1	0
Apple Slices	35	0	0	9
<b>Total</b>	<b>245</b>	<b>8</b>	<b>2</b>	<b>32</b>

<b>Wendy's®</b>	<b>Cal</b>	<b>Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Carb (g)</b>
Steel Cut Oatmeal (w/o brown sugar or raisins)	290	12	1	48
1% White Milk Carton	90	2	1.5	10
<b>Total</b>	<b>380</b>	<b>14</b>	<b>2.5</b>	<b>58</b>

Not included in total:  
Brown Sugar (40 cal), Raisins (60 cal)

<b>Einstein's®</b>	<b>Cal</b>	<b>Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Carb (g)</b>
Bacon, Tomato, Avocado, Egg White on Thin Wheat	410	19	3.5	42
<b>Total</b>	<b>410</b>	<b>19</b>	<b>3.5</b>	<b>42</b>

<b>Einstein's®</b>	<b>Cal</b>	<b>Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Carb (g)</b>
Egg White, Asparagus, Mushroom, Swiss on Thin Wheat	390	17	5	40
<b>Total</b>	<b>390</b>	<b>17</b>	<b>5</b>	<b>40</b>

<b>Panera Bread®</b>	<b>Cal</b>	<b>Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Carb (g)</b>
Avocado Egg White and Spinach Power Sandwich	410	14	6	52
<b>Total</b>	<b>410</b>	<b>14</b>	<b>6</b>	<b>52</b>

<b>Panera Bread®</b>	<b>Cal</b>	<b>Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Carb (g)</b>
Steel Cut Oatmeal w/ almonds, quinoa and honey	300	6	1	52
Seasonal Fruit Cup	60	0	0	17
<b>Total</b>	<b>360</b>	<b>6</b>	<b>1</b>	<b>69</b>

<b>McDonalds®</b>	<b>Cal</b>	<b>Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Carb (g)</b>
Egg White Delight (w/o butter)	230	5	2.5	29
Fruit N' Yogurt Parfait	150	2	1	30
<b>Total</b>	<b>380</b>	<b>7</b>	<b>3.5</b>	<b>59</b>

<b>McDonalds®</b>	<b>Cal</b>	<b>Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Carb (g)</b>
Fruit & Maple Oatmeal (w/o brown sugar)	260	4	1.5	49
McCafe Latte w/ skim milk (medium)	120	0	0	18
<b>Total</b>	<b>480</b>	<b>4</b>	<b>1.5</b>	<b>67</b>

Not included in total: brown sugar (50 cal)

<b>McDonalds®</b>	<b>Cal</b>	<b>Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Carb (g)</b>
Egg McMuffin w/o cheese or butter	280	10	4.5	30
Apple Slices (2 pkgs)	30	0	0	8
<b>Total</b>	<b>310</b>	<b>10</b>	<b>4.5</b>	<b>38</b>

Not included in total: cheese (50 cal)

<b>Corner Bakery®</b>	<b>Cal</b>	<b>Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Carb (g)</b>
Farmer's Scramble w/ Egg Whites	220	10	6	6
Steel Cut Oatmeal (w/o brown sugar) (Breakfast Combo portion)	130	1.5	0.5	27
<b>Total</b>	<b>350</b>	<b>11.5</b>	<b>6.5</b>	<b>33</b>

<b>Corner Bakery®</b>	<b>Cal</b>	<b>Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Carb (g)</b>
Power Flatbread – Egg Whites, Spinach, and Avocado	290	12	4.5	27
Salsa	15	0	0	3
Seasonal Fruit Medley	60	0	0	15
<b>Total</b>	<b>365</b>	<b>12</b>	<b>4.5</b>	<b>31.5</b>

<b>Sonic®</b>	<b>Cal</b>	<b>Fat (g)</b>	<b>Sat Fat (g)</b>	<b>Carb (g)</b>
Jr. Breakfast Burrito	280	15	7	23
Apple Slices	35	0	0	7
<b>Total</b>	<b>330</b>	<b>15</b>	<b>7</b>	<b>32</b>