



| Chick-fil-A® | Cal | Fat (g) | Sat Fat (g) | Carb (g) |
|---|------------|-----------|-------------|-----------|
| Chargrilled Chicken Cool Wrap | 350 | 14 | 5 | 29 |
| Fat-free Honey Mustard Dressing (½ pkt) | 45 | 0 | 0 | 11 |
| Fruit Cup (small) | 45 | 0 | 0 | 12 |
| Total | 440 | 14 | 5 | 52 |

| Chick-fil-A® | Cal | Fat (g) | Sat Fat (g) | Carb (g) |
|-----------------------------|------------|-------------|-------------|-----------|
| Grilled Chicken Nuggets (8) | 140 | 3.5 | 1 | 2 |
| Sriracha sauce | 45 | 0 | 0 | 10 |
| Superfood Salad (small) | 150 | 9 | 1 | 18 |
| Total | 335 | 12.5 | 2 | 20 |

| Chick-fil-A® | Cal | Fat (g) | Sat Fat (g) | Carb (g) |
|----------------------------|------------|-----------|-------------|-----------|
| Grilled Market Salad | 200 | 6 | 2.5 | 15 |
| Light Balsamic Vinaigrette | 80 | 4 | 0 | 10 |
| Fruit Cup (small) | 45 | 0 | 0 | 12 |
| Total | 325 | 10 | 2.5 | 37 |

| Chipotle® | Cal | Fat (g) | Sat Fat (g) | Carb (g) |
|---|------------|------------|-------------|-----------|
| Burrito Bowl w/ Chicken, Black Beans, Fajita Veggies, Tomato Salsa (x2), Lettuce (x2) | 380 | 8.5 | 3 | 30 |
| Total | 380 | 8.5 | 3 | 30 |

| Corner Bakery® | Cal | Fat (g) | Sat Fat (g) | Carb (g) |
|---|------------|-----------|-------------|-----------|
| Harvest Salad w/ Roasted Chicken (use ½ of dressing served) | 350 | 16.5 | 5.5 | 33 |
| Focaccia Roll | 100 | 1.5 | 1 | 19 |
| Seasonal Fruit Medley | 60 | 0 | 0 | 15 |
| Total | 510 | 18 | 6.5 | 67 |

| Corner Bakery® | Cal | Fat (g) | Sat Fat (g) | Carb (g) |
|---|------------|-----------|-------------|-----------|
| Uptown Turkey Avocado on Harvest Wheat Bread (half) | 370 | 18 | 4.5 | 32 |
| Baby Carrots | 35 | 0 | 0 | 8 |
| Total | 405 | 18 | 4.5 | 40 |

| Pei Wei® | Cal | Fat (g) | Sat Fat (g) | Carb (g) |
|---------------------------|------------|----------|-------------|-----------|
| Spicy Tuna Rolls (8count) | 250 | 3 | 0 | 39 |
| Asian Slaw | 60 | 0 | 0 | 14 |
| Total | 310 | 3 | 0 | 53 |

| Pei Wei® | Cal | Fat (g) | Sat Fat (g) | Carb (g) |
|----------------------------------|------------|-----------|-------------|-----------|
| Kids Teriyaki / Shrimp (steamed) | 470 | .5 | 0 | 99 |
| Total | 470 | .5 | 0 | 99 |

| Spring Creek Barbecue® | Cal | Fat (g) | Sat Fat (g) | Carb (g) |
|--------------------------|------------|----------|-------------|-----------|
| Turkey Breast | 162 | 3 | 0 | 3 |
| Corn on the Cob | 80 | 1 | 0 | 18 |
| Green Beans | 91 | 3 | 1 | 11 |
| Barbecue Sauce (2 Tbsp.) | 30 | 0 | 0 | 7 |
| Total | 363 | 7 | 1 | 39 |

| Wendy's® | Cal | Fat (g) | Sat Fat (g) | Carb (g) |
|--|------------|----------|-------------|-----------|
| Power Mediterranean Chicken Salad (half) | 240 | 9 | 2.5 | 22 |
| Apple Slices (2 pkgs.) | 70 | 0 | 0 | 18 |
| Total | 310 | 9 | 2.5 | 40 |

| Wendy's® | Cal | Fat (g) | Sat Fat (g) | Carb (g) |
|------------------------------------|------------|-----------|-------------|-----------|
| BBQ Ranch Chicken Salad (1/2 size) | 210 | 8 | 4 | 17 |
| BBQ Ranch Dressing | 100 | 7 | 1 | 8 |
| Apple Slices | 35 | 0 | 0 | 9 |
| Total | 345 | 15 | 5 | 34 |

| Wendy's® | Cal | Fat (g) | Sat Fat (g) | Carb (g) |
|--|------------|----------|-------------|-----------|
| Baked Potato w/ Chives (no butter or sour cream) | 270 | 0 | 0 | 61 |
| Small Chili | 170 | 5 | 2 | 16 |
| Total | 440 | 5 | 2 | 77 |

| McDonalds® | Cal | Fat (g) | Sat Fat (g) | Carb (g) |
|--|------------|----------|-------------|-----------|
| Artisan Grilled Chicken Sandwich | 380 | 7 | 2 | 44 |
| Side Salad | 15 | 0 | 0 | 3 |
| Newman's own Low-fat Balsamic Vinaigrette (1pkt) | 35 | 2 | 0 | 6 |
| Total | 430 | 9 | 2 | 53 |

| McDonalds® | Cal | Fat (g) | Sat Fat (g) | Carb (g) |
|--|------------|-----------|-------------|-----------|
| Premium Southwest Salad w/ Grilled Chicken | 300 | 9 | 4 | 19 |
| Cilantro Lime Glaze | 50 | 3 | 0.5 | 8 |
| Cuties | 35 | 0 | 0 | 8 |
| Total | 385 | 12 | 4.5 | 35 |

| Sonic® | Cal | Fat (g) | Sat Fat (g) | Carb (g) |
|---------------------------|------------|-----------|-------------|-----------|
| Grilled Chicken Wrap | 430 | 14 | 4 | 42 |
| Apple Slices | 35 | 0 | 0 | 9 |
| Diet Cherry Limeade (med) | 20 | 0 | 0 | 3 |
| Total | 485 | 14 | 4 | 54 |

| Sonic® | Cal | Fat (g) | Sat Fat (g) | Carb (g) |
|----------------------------------|------------|-----------|-------------|------------|
| Grilled Classic Chicken Sandwich | 430 | 14 | 4 | 42 |
| Mango Diet Green Iced Tea (med) | 0 | 0 | 0 | 3 |
| Total | 450 | 17 | 2.5 | 4.7 |

| Subway® | Cal | Fat (g) | Sat Fat (g) | Carb (g) |
|--|------------|----------|-------------|-----------|
| Fresh Fit Choice 6" Rotisserie Style Chicken on Multigrain Flatbread | 340 | 8 | 1.5 | 38 |
| Lettuce, Tomato, Cucumbers, Red Onion | 20 | 0 | 0 | 3 |
| Apple Slices | 35 | 0 | 0 | 9 |
| Total | 395 | 8 | 1.5 | 50 |

| Subway® | Cal | Fat (g) | Sat Fat (g) | Carb (g) |
|---|------------|-------------|-------------|-----------|
| Fresh Fit Choice 6" Oven Roasted Chicken on 9 Grain Wheat | 300 | 4.5 | 1.5 | 42 |
| Lettuce, Tomato, Red Onions | 10 | 0 | 0 | 2 |
| Oil and Vinegar | 50 | 5 | 1 | 1 |
| Sun Chips® Original | 140 | 6 | 1 | 18 |
| Total | 500 | 15.5 | 3.5 | 63 |

| Panda Express® | Cal | Fat (g) | Sat Fat (g) | Carb (g) |
|--------------------------|------------|-------------|-------------|-----------|
| Grilled Teriyaki Chicken | 300 | 13 | 4 | 8 |
| Mixed Vegetables (Full) | 80 | 0.5 | 0 | 16 |
| Fortune Cookie | 32 | 0 | 0 | 7 |
| Total | 412 | 13.5 | 4 | 31 |

| Panda Express® | Cal | Fat (g) | Sat Fat (g) | Carb (g) |
|-------------------------|------------|-----------|-------------|-----------|
| Mushroom Chicken | 170 | 9 | 2 | 11 |
| Brown Rice (half) 5 oz. | 210 | 2 | 0.5 | 43 |
| Total | 380 | 11 | 2.5 | 54 |

| Firehouse Subs® | Cal | Fat (g) | Sat Fat (g) | Carb (g) |
|-----------------------------------|------------|-----------|-------------|-----------|
| Turkey Salsa Verde Sub w/ no mayo | 360 | 8 | 2.5 | 48 |
| Sun Chips® Garden Salsa | 140 | 6 | 1 | 18 |
| Total | 500 | 14 | 3.5 | 66 |

| Firehouse Subs® | Cal | Fat (g) | Sat Fat (g) | Carb (g) |
|--|------------|-----------|-------------|-----------|
| Canadian Chopped Salad w/ Grilled Chicken (Under 500 cal Menu) | 270 | 12 | 4.5 | 15 |
| Light Italian Dressing | 90 | 9 | 1.5 | 1 |
| Total | 360 | 21 | 6 | 16 |

| Schlotzky's® | Cal | Fat (g) | Sat Fat (g) | Carb (g) |
|-----------------------------------|------------|----------|-------------|-----------|
| Turkey Guacamole Sandwich (small) | 320 | 7 | 1.5 | 50 |
| Garden Salad (side) | 40 | 2 | 0 | 9 |
| Balsamic Vinegar Dressing | 5 | 0 | 0 | 2 |
| Total | 365 | 9 | 1.5 | 61 |

| Schlotzky's® | Cal | Fat (g) | Sat Fat (g) | Carb (g) |
|-------------------------------|------------|-----------|-------------|-----------|
| 10" Fresh Veggie Pizza (half) | 460 | 18 | 6 | 60 |
| Total | 460 | 18 | 6 | 60 |

| Wingstop® | Cal | Fat (g) | Sat Fat (g) | Carb (g) |
|------------------------------|------------|-------------|-------------|-----------|
| Cajun Jumbo Wings (4 wings)* | 336 | 16 | 4 | 28 |
| Coleslaw (half) | 99 | 5.5 | 1 | 12 |
| Veggie Sticks (carrots) | 17 | 0 | 0 | 4 |
| Total | 452 | 21.5 | 5 | 44 |

| Whataburger® | Cal | Fat (g) | Sat Fat (g) | Carb (g) |
|-----------------|------------|-----------|-------------|-----------|
| Whataburger Jr. | 310 | 11 | 4 | 37 |
| Apple Slices | 30 | 0 | 0 | 7 |
| Total | 340 | 11 | 4 | 44 |

*Remove the cheese to decrease saturated fat content

| Whataburger® | Cal | Fat (g) | Sat Fat (g) | Carb (g) |
|----------------------|------------|-----------|-------------|-----------|
| Grilled Chicken Melt | 390 | 12 | 4 | 37 |
| Apple Slices | 30 | 0 | 0 | 7 |
| Total | 420 | 12 | 4 | 44 |

| KFC® | Cal | Fat (g) | Sat Fat (g) | Carb (g) |
|------------------------|------------|----------|-------------|-----------|
| Grilled Chicken Breast | 180 | 6 | 2 | 0 |
| Green Beans | 25 | 0 | 0 | 4 |
| Corn on the Cob (3") | 70 | 1 | 0.5 | 16 |
| Total | 275 | 7 | 2.5 | 20 |

| Panera® | Cal | Fat (g) | Sat Fat (g) | Carb (g) |
|--|------------|-----------|-------------|-----------|
| BBQ Salad w/ Chicken (half) | 220 | 10 | 1.5 | 3 |
| BBQ Ranch Dressing | 70 | 6 | 1 | 4 |
| Low-fat Vegetarian Black Bean Soup (cup) | 90 | 1 | 0 | 27 |
| Total | 380 | 17 | 2.5 | 34 |

| Panera® | Cal | Fat (g) | Sat Fat (g) | Carb (g) |
|--|------------|-----------|-------------|-----------|
| Turkey Breast Sandwich (half) | 280 | 9 | 1.5 | 32 |
| Seasonal Greens Salad | 90 | 6 | 1 | 10 |
| Reduced Fat Balsamic Vinaigrette (1.5 Tbsp) | 60 | 5 | 1 | 5 |
| Total | 430 | 20 | 3.5 | 47 |

| Panera® | Cal | Fat (g) | Sat Fat (g) | Carb (g) |
|---|------------|-----------|-------------|-----------|
| Low Fat Black Bean Soup (cup) | 90 | 1 | 0 | 27 |
| Roasted Turkey & Caramelized Kale Panini (half) | 300 | 11 | 3 | 30 |
| Apple | 80 | 1 | 0 | 21 |
| Total | 470 | 13 | 3 | 78 |

| Jason's Deli® | Cal | Fat (g) | Sat Fat (g) | Carb (g) |
|--|------------|-----------|-------------|-----------|
| Nutty Mixed Up Salad (lighter portion) | 290 | 9 | 2.5 | 39 |
| Fire Roasted Tortilla Soup | 150 | 7 | 1.5 | 15 |
| Total | 440 | 16 | 4 | 54 |

| Jason's Deli® | Cal | Fat (g) | Sat Fat (g) | Carb (g) |
|--------------------------|------------|-----------|-------------|-----------|
| Mediterranean Wrap- Half | 340 | 10 | 0 | 45 |
| Fruit Cup | 60 | 0 | 0 | 14 |
| Total | 400 | 10 | 0 | 59 |

| Jason's Deli® | Cal | Fat (g) | Sat Fat (g) | Carb (g) |
|--|------------|----------|-------------|-----------|
| Lean Green Sweet Potato (lighter portion) | 480 | 5 | 2.5 | 98 |
| Total | 480 | 5 | 2.5 | 98 |
| Omit cheese to save | 50 | 5 | 2.5g | 0 |

| Jason's Deli® | Cal | Fat (g) | Sat Fat (g) | Carb (g) |
|------------------------|------------|-----------|-------------|-----------|
| Wild Salmonwich (half) | 320 | 17 | 2.5 | 24 |
| Steamed Veggies | 60 | 0 | 0 | 11 |
| Total | 380 | 17 | 2.5 | 35 |

| Au Bon Pain® | Cal | Fat (g) | Sat Fat (g) | Carb (g) |
|---|------------|-----------|-------------|-----------|
| Chipotle Turkey and Avocado Sandwich (half) | 340 | 15 | 3.5 | 31 |
| Fruit Cup (medium) | 60 | 0 | 0 | 15 |
| Total | 400 | 15 | 3.5 | 46 |

| Au Bon Pain® | Cal | Fat (g) | Sat Fat (g) | Carb (g) |
|----------------------------|------------|----------|-------------|-----------|
| Veggie Soup (small) | 120 | 4 | 0 | 18 |
| Tuna Salad Sandwich (half) | 230 | 5 | 1 | 30 |
| Total | 350 | 9 | 1 | 48 |

| Au Bon Pain® | Cal | Fat (g) | Sat Fat (g) | Carb (g) |
|--|------------|-----------|-------------|-----------|
| Warm Chicken Avocado Sandwich (half) | 330 | 14 | 3 | 30 |
| Chickpea and Roasted Tomato Petite Plate | 150 | 6 | 0.5 | 19 |
| Total | 480 | 20 | 3.5 | 49 |

| Noodles & Company® | Cal | Fat (g) | Sat Fat (g) | Car (g) |
|----------------------------------|------------|----------------|--------------------|----------------|
| Whole Grain Tuscan Fresca - half | 350 | 14 | 3.5 | 42 |
| Grilled chicken breast | 90 | 2 | 0 | 0 |
| Total | 440 | 16 | 3.5 | 42 |

| Golden Chick® | Cal | Fat (g) | Sat Fat (g) | Car (g) |
|--------------------------|------------|----------------|--------------------|----------------|
| Roast Chick Breast (1pc) | 257 | 11.5 | 3.9 | 2 |
| Fruit Salad | 87 | 0 | 0 | 21 |
| Green Beans | 47 | 0.5 | 0 | 8.5 |
| Total | 391 | 12 | ~4 | 31.5 |

| Noodles & Company® | Cal | Fat (g) | Sat Fat (g) | Car (g) |
|-------------------------------|------------|----------------|--------------------|----------------|
| Bangkok Curry- half | 280 | 11 | 6 | 38 |
| Shrimp | 60 | 0.5 | 0 | 0 |
| Total | 350 | 11.5 | 6 | 38 |

| Golden Chick® | Cal | Fat (g) | Sat Fat (g) | Car (g) |
|---------------------------|------------|----------------|--------------------|----------------|
| Chicken Tender Salad | 340 | 18 | 7 | 25 |
| Fat-free Italian dressing | 25 | 0 | 0 | 7 |
| Total | 365 | 18 | 7 | 32 |

| Noodles & Company® | Cal | Fat (g) | Sat Fat (g) | Car (g) |
|---------------------------------|------------|----------------|--------------------|----------------|
| The Med Salad w/ Chicken- Small | 240 | 9 | 3 | 17 |
| Baguette | 90 | 1 | 0 | 17 |
| Total | 330 | 10 | 3 | 34 |

| Taco del Mar® | Cal | Fat (g) | Sat Fat (g) | Car (g) |
|-------------------------------|------------|----------------|--------------------|----------------|
| Fish Tacos w/ flour tortilla | 310 | 19 | 5 | 26 |
| 2 tbsp of hot or medium salsa | 5 | 0 | 0 | 2-4 |
| 10-15 chips | 140 | 7 | 2 | 36 |
| Total | 455 | 26 | 7 | 64-6 |

| Starbucks® | Cal | Fat (g) | Sat Fat (g) | Car (g) |
|--------------------------------------|------------|----------------|--------------------|----------------|
| BBQ Chicken Power Slaw Bistro Box | 430 | 16 | 4.5 | 52 |
| 16 oz Teavana® Shaken Iced Black Tea | 0 | 0 | 0 | 0 |
| Total | 430 | 16 | 4.5 | 52 |

| Taco del Mar® | Cal | Fat (g) | Sat Fat (g) | Car (g) |
|--------------------------------------|------------|----------------|--------------------|----------------|
| Chicken Enchiladas (small) w/o sauce | 330 | 12 | 2.5 | 40 |
| 2 tbsp of hot or medium salsa | 5 | 0 | 0 | 2-4 |
| 10-15 chips | 140 | 7 | 2 | 36 |
| Total | 475 | 19 | 4.5 | 78-8 |

| Starbucks® | Cal | Fat (g) | Sat Fat (g) | Car (g) |
|---------------------------------------|------------|----------------|--------------------|----------------|
| Zesty Chicken & Black Bean Salad Bowl | 360 | 15 | 2.5 | 38 |
| 16 oz Cool Lime Refresher | 60 | 0 | 0 | 15 |
| Total | 420 | 15 | 2.5 | 53 |

| Zoes Kitchen | Cal | Fat (g) | Sat Fat (g) | Carb (g) |
|---------------------|------------|----------------|--------------------|-----------------|
| Balanced Bites | | | | |
| | | | | |
| Total | | | | |

| Taco Bell® | Cal | Fat (g) | Sat Fat (g) | Car (g) |
|-------------------------------|------------|----------------|--------------------|----------------|
| 2 Fresco Soft Tacos- Shredded | 280 | 7 | 2 | 32 |
| Black beans & Rice side | 180 | 4 | 0 | 30 |
| Total | 460 | 11 | 2 | 62 |

| Taco Bell® | Cal | Fat (g) | Sat Fat (g) | Car (g) |
|--------------------------|------------|----------------|--------------------|----------------|
| Power Menu Bowl- Chicken | 480 | 20 | 6 | 46 |
| 16 oz Unsweetened tea | 0 | 0 | 0 | 0 |
| Total | 480 | 20 | 6 | 46 |