

<u>Restaurant</u>	<u>Menu Item</u>	<u>Calorie</u> <u>s</u>	<u>Protein</u>	<u>Carbs</u>
<b>Arby's</b>	Roast Turkey Farmhouse Salad with Light Italian Dressing	250	22	10
	Roast Beef Classic	360	23	37
	Prime Cut Chicken Tenders (3)	360	23	28
	Buffalo Dipping Sauce	10	0	2
	Ham and Swiss Croissant	320	18	39
<b>Burger King</b>	BK Veggie Burger (w/o mayo)	310	22	42
	Cheeseburger	270	13	27
	Double Hamburger	310	18	26
	Garden Grilled Chicken Salad with TenderGrill (w/o dressing and croutons)	320	36	16
	TenderGrill Chicken Sandwich (w/o mayo)	320	32	35
<b>Chick-fil-A</b>	Grilled Chicken Cool Wrap (w/o dressing)	350	37	29
	Grilled Chicken Sandwich	310	29	36
	Egg White Grill	300	25	31
	Spicy Southwest Salad	290	29	27
	Light Italian Dressing	25	0	3
	Light Balsamic Vinaigrette	80	0	10
	Chili Lime Vinaigrette	60	0	9
	Grilled Market Salad	200	25	15
	Nuggets (8)	260	28	9
	Strips (2)	250	22	13
	Grilled Nuggets (8)	140	25	2
	Chicken Noodle Soup	140	12	18
Side Salad (w/o dressing)	80	5	6	
<b>Chipotle</b>	Salad with Chicken or Steak, Pinto or Black Beans, Fajita Vegetables, and Fresh Tomato Salsa	338	35	29
	Kid's Tacos (2) with flour tortillas, chicken or steak, black or pinto beans, fajita vegetables, fresh tomato salsa, and lettuce (remove one tortilla and combine all ingredients into one)	280	25	33
<b>Hardee's</b>	¼ lb Low Carb Little Thickburger	220	15	6
	Charbroiled BBQ Chicken Sandwich	340	33	40
<b>Jack in the Box</b>	Chicken Fajita Pita made with Whole Grain with Salsa	330	24	35
	Grilled Chicken Salad	250	28	14
	Grilled Chicken Strips (4 piece)	250	43	5
	Chicken Club Salad with Grilled Chicken Strips	350	34	28
	Low-Fat Balsamic Vinaigrette	25	0	3
<b>KFC</b>	Kentucky Grilled Chicken Breast	210	38	0
	Kentucky Grilled Chicken Thigh	150	17	0
	Corn on the Cob	70	2	17
	Green Beans	25	1	4
	Mashed Potatoes with Gravy	120	2	19
	House Side Salad	15	1	3
	Hidden Valley Fat Free Ranch Dressing	35	1	8
	Marzetti Light Italian Dressing	15	0	2
	Parmesan Garlic Croutons	60	2	8
<b>McDonald's</b>	Artisan Grilled Chicken Sandwich	380	37	44
	Southwest Grilled Chicken Salad	350	37	27

	Egg McMuffin	300	18	30
	Egg White Delight McMuffin	260	16	29
	Bacon Ranch Grilled Chicken Salad	320	42	9
	Side Salad	15	1	3
	Newman's Own Low Fat Balsamic Vinaigrette	35	0	5
	Newman's Own Low Fat Italian Dressing	50	0	8
	Apple Slices	15	0	4
	Cuties	35	0	8
<b>Panera Bread</b>	Ham, Egg, and Cheese Breakfast Power Sandwich	340	23	30
	Bacon Turkey Bravo Sandwich on Tomato Basil (1/2 sandwich)	320	19	29
	Roasted Turkey and Avocado BLT on Sourdough (1/2 sandwich)	300	16	25
	Strawberry Poppyseed Salad with Chicken (whole salad)	340	25	31
	Caesar Salad with Chicken (whole salad)	450	30	17
	Reduced Fat Balsamic Vinaigrette (1.5 tablespoons)	60	0	5
	Caesar Dressing (1.5 tablespoons)	80	0	1
<b>Subway</b>	Carved Turkey with Bacon Salad	370	33	14
	Corned Beef Reuben Salad	370	33	20
	Rotisserie-Style Chicken Salad	170	23	12
	Vinaigrette	35	0	1
	Beef Chili Soup	350	21	20
<b>Steak 'n Shake</b>	Chicken Fingers (3)	370	21	26
	Grilled Chicken Salad	270	26	30
	Lite Ranch Dressing	70	0	<1
<b>Taco Bell</b>	Grilled Steak Soft Taco	200	12	17
	Chicken Soft Taco	170	10	16
	Black Beans	80	4	12
<b>Wendy's</b>	Grilled Chicken Sandwich	360	35	38
	Grilled Chicken Wrap	270	20	24
	Chicken Nuggets (4 piece)	180	10	10
	Power Mediterranean Chicken Salad (1/2 size)	250	22	23
	BBQ Ranch Chicken Salad (1/2 size)	310	21	25
	Rich and Meaty Chili (large)	250	23	23
	Rich and Meaty Chili (small)	170	15	16