



Your Guide 2 Healthy Fast Food Lunches

MCDONALDS

Grilled chicken sandwich - no mayo, with fruit (apple slices)
Grilled nuggets with fruit
Southwest Salad with chicken - use 1/2 the dressing

STARBUCKS

Salads
Fruit and cheese protein box
Blueberry oatmeal
Sous Vides egg bites
Spinach, feta egg white wrap

SUBWAY

Chicken, turkey, ham, roast beef 6" sub (mustard, spinach, cucumbers, pickles, tomatoes, onions) baked chips
Can do double protein

WENDYS

Grilled chicken sandwich - no mayo (apple slices)
Apple Pecan Chicken salad - 1/2 the dressing
Power Mediterranean salad - 1/2 dressing
Chili

CHICK-FIL-A

Chargrilled chicken sandwich w/ fruit cup
Grilled nuggets w/ fruit cup
Egg white grill
Southwest Grilled chicken salad (1/2 dressing)
Light lemonade

PANERA BREAD

Steel cut oats with pecans

Fuji Chicken apple salad (dressing on the side)
Greek salad with chicken (dressing on the side)
Chicken noodle soup
Strawberry poppyseed chicken salad (dressing on the side)
Quinoa bowls
BBQ chicken flatbread (380 calories)

CHIPOTLE

Burrito bowls

SONIC

Jr burger and applesauce

WHATABURGER

Grilled Chicken Sandwich
Whataburger Jr. with apple slices
Chicken Fajita taco
Apple and cranberry salad (dressing on the side)

Taco Cabana

Chicken taco, shrimp taco, steak taco (200 each)
Black bean taco
Cabana bowl

Snap kitchen

Anything
Favorites include: turkey chili, beef lasagna, bison quinoa hash, naked chicken