



Food 4 Success, LLC

Fast-Food Best Bets

In a hurry? On the road? Limited options?

You can stay on track by picking some of these lower calorie options.

McDonalds:

Fruit and Maple Oatmeal (watch dried fruit serving for added carbohydrates)

Premium Grilled Chicken Classic Sandwich, with fruit and walnuts.

Southwest Salad with Grilled Chicken (choose lime juice or balsamic vinaigrette for dressing)

Fruit-N-Yogurt Parfait

Honey Mustard Grilled Chicken Snack Wrap

Asian Salad with Grilled Chicken

Egg McMuffin

Subway:

Western Egg White and Cheese Muffin Melt

Egg White Sandwich (ask for egg whites on their Egg and Cheese Sandwich, ask for English muffin, and add tomato, spinach, peppers, avocado)

6 inch Turkey sub on 9 grain wheat bread – load with veggies and use mustard instead of mayo.

KFC:

Grilled chicken drumsticks, green beans, and mashed potatoes. Use gravy sparingly.

Honey BBQ KFC Snacker with side of Green Beans

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Burger King:

Whopper Jr. loaded with lettuce and tomato, with side salad. Choose low-fat dressings.

Tendergrill Chicken Sandwich (hold mayo)

4 piece chicken nuggets with side salad/fruit

Wendy's

Large cup of chili and side salad or cup of fruit.

Garden Sensation Salads with a light dressing (Balsamic Vinaigrette, Fat-free French, or Light Classic Ranch)

Jr. Hamburger (opt mandarin oranges, a plain baked potato, or a small chili in place of French fries)

Taco Bell

Fresco Soft or Crunchy Taco, chicken or steak

Breakfast Grilled Taco – Egg and Cheese

Crunchy Taco

Starbucks

Protein Artisan Snack Plate – Great for breakfast

Spinach and Feta Breakfast Wrap

Turkey and Swiss Sandwich

For Texans – Whataburger

Egg sandwich



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Breakfast on a bun (NOT biscuit. Bacon has less sodium than sausage)

Apple & cranberry grilled chicken salad

Garden salad with grilled chicken

Whatacatch sandwich

Whatachick'n sandwich

Grilled chicken sandwich

Whataburger junior

*can opt for whole grain bun on sandwiches