

Healthy Fast Food Options with Macros

Wendy's

- Grilled Chicken Wrap (without ranch sauce)- P: 26gm, C: 39gm, F: 5gm
- Double Bacon Stack (no cheese), apple bites, water/diet drink- P: 24gm, C: 33gm, F: 23gm
- Small chili w/onions, diet coke- P: 16gm, C: 21gm, F: 11gm

Panda Express

- Grilled Chicken Teriyaki and Super Greens (without sauce)- P: 39gm, C: 24gm, F: 13gm

Chick-Fil-A

- Grilled Chicken Sandwich (without honey BBQ sauce)- P: 28gm, C: 41gm, F: 7gm
- Egg White Grill and Small Fruit Cup- P: 14gm, C: 21gm, F: 12gm
- 12pc Grilled Nuggets, side of fruit, diet lemonade- P: 39gm, C: 25gm, F: 4.5gm
- Grilled Chicken Wrap, Small fruit cup, large ice tea- P: 38gm, C: 41gm, F: 14gm
- Small Tortilla Soup, tortilla strip topping, diet lemonade- P: 23gm, C: 46gm, F: 10gm

Taco Bell

- Steak Power Bowl (without cheese and avo ranch sauce)- P: 21gm, C: 39gm, F: 12gm
- Chicken Soft Taco, Chicken Supreme Burrito, Small Diet Baja Blast- P: 31gm, C: 66gm, F: 15gm
- 3 Supreme Chicken soft tacos, Baja Blast Zero- P: 39gm, C: 54gm, F: 21gm ● McDonald's
- Mcdouble (no cheese), small fry, medium iced tea/diet beverage- P: 23gm, C: 60gm, F: 26gm
- Cheeseburger, small fries, diet coke- P: 18gm, C: 62gm, F: 23gm
- Sausage McMuffin (no cheese or butter), Hash brown, Coffee- P: 14gm, C: 46gm, F: 8.5gm

Burger King

- Hamburger, Chicken Fries, Small Sprite Zero- P: 25gm, C: 51gm, F: 25gm

Starbucks

- Egg White and Roasted Red Pepper Egg Bites, Grande light Iced Green Tea Latte- P: 14gm, C: 21gm, F: 12gm
- Spinach, Feta, and Egg White Wrap- P: 20gm, C: 34gm, F: 9gm

Sonic

- Grilled Chicken Wrap, Diet Cherry Limeade- P: 31gm, C: 42gm, F: 14gm

Panera

- Chipotle Chicken Egg and Avo Wrap, hot coffee- P: 29gm, C: 32gm, F: 27gm
- Greek yogurt w/mixed berries parfait, egg white patty, hot tea- P:23gm, C: 27gm, F: 8gm
- Bowl of Turkey Chili w/beans, Ice Tea- P:21gm, C: 31gm, F: 10gm

Dunkin'

- Veggie Sausage Wake Up Wrap, Large Hot Coffee- P: 11gm, C: 16gm, F: 11gm ●

Einstein Bros Bagels

- Ancient Grain Thinstert bagel, 2 egg whites, turkey sausage, coffee P: 17gm, C: 35gm, F: 8.5gm

Bojangles

- Roasted Chicken Bites, Small Cajun Pintos, Green Beans, Water- P: 52gm, C: 38gm, F: 14.5gm

Zaxby's

- Grilled Chicken Sandwich, Side cole slaw- P: 39gm, C: 48gm, F: 31gm

Slim Chickens

- 6 naked wings, side salad (no dressing), small hot sauce- P: 47gm, C: 24gm, F: 18gm

KFC

- 2 piece grilled chicken combo, side mashed potatoes and gravy, diet coke- P: 23gm, C: 23gm, F: 12gm