

# Healthy Fast Food Options with Macros



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



Ancient Grain Thinster  
bagel, 2 egg whites,  
turkey sausage, coffee  
**P: 17GM, C: 35GM, F: 8.5GM**



Chipotle Chicken Egg and  
Avo Wrap, hot coffee  
**P: 29GM, C: 32GM, F: 27GM**



Steak Power Bowl (without  
cheese and avo ranch sauce)  
**P: 21GM, C: 39GM, F: 12GM**



Hamburger, Chicken  
Fries, Small Sprite Zero  
**P: 25GM, C: 51GM, F: 25GM**



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

Greek yogurt w/mixed  
berries parfait, egg  
white patty, hot tea  
**P: 23GM, C: 27GM, F: 8GM**

Chicken Soft Taco,  
Chicken Supreme Burrito,  
Small Diet Baja Blast  
**P: 31GM, C: 66GM, F: 15GM**

Bowl of Turkey Chili w/  
beans, Ice Tea  
**P: 21GM, C: 31GM, F: 10GM**

3 Supreme Chicken soft  
tacos, Baja Blast Zero  
**P: 39GM, C: 54GM, F: 21GM**



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



Grilled Chicken Wrap  
(without ranch sauce)  
**P: 26GM, C: 39GM, F: 5GM**



Grilled Chicken Sandwich  
(without honey BBQ sauce)  
**P: 28GM, C: 41GM, F: 7GM**



Mcdouble (no cheese),  
small fry, medium iced  
tea/diet beverage  
**P: 23GM, C: 60GM, F: 26GM**



Grilled Chicken Wrap,  
Diet Cherry Limeade  
**P: 31GM, C: 42GM, F: 14GM**

Double Bacon Stack (no  
cheese), apple bites,  
water/diet drink  
**P: 24GM, C: 33GM, F: 23GM**

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**

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**



Egg White and Roasted Red  
Pepper Egg Bites, Grande  
light Iced Green Tea Latte  
**P: 14GM, C: 21GM, F: 12GM**

Small chili w/onions, diet coke  
**P: 16GM, C: 21GM, F: 11GM**



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

Spinach, Feta, and  
Egg White Wrap  
**P: 20GM, C: 34GM, F: 9GM**



Grilled Chicken Sandwich,  
Side cole slaw  
**P: 39GM, C: 48GM, F: 31GM**



Veggie Sausage Wake Up  
Wrap, Large Hot Coffee  
**P: 11GM, C: 16GM, F: 11GM**