

FAST FOOD CHEAT SHEET



8 piece grilled nuggets

1g carbs, 3g fat, 25g protein, and
210 calories

Kale crunch salad

8g carbohydrates, 3g fat, 3g
protein, 120 calories



Egg White & Roasted Red Pepper Sous

Vide Egg Bites

11g carbs, 8g fat, 12g protein, and 170
calories



Bacon Ranch Grilled Chicken Salad

7g carbs, 12g fat, 14g protein, and
180 calories



Wendy's

**Southwest avocado chicken
salad**

13g carbs, 25g fat, 42g protein,
and 440 calories



Turkey breast chopped salad

11g carbs, 1.5g fat, 14g protein, and
110 calories



**TACO
BELL**

**Power Menu Bowl with Grilled
Chicken (no beans or rice)**

7g carbs, 7g fat, 21g protein 240
calories



Lifestyle Bowls

18g carbs, 26g fat, 19g protein, and 370 calories



Grilled Chicken Breast

0g carbs, 7g fat, 38g protein, and 210 calories



Egg White & Veggie Omelet Bites

7g carbs, 13g protein, 11g fat, and 180 calories



Plain Whopper

0g carbs, 20g protein, 18g fat and 240 calories

Green Goddess Salad with Chicken (half portion with Green Goddess dressing)

13g carbs, 19g protein, 14g fat and 250 calories

Caesar salad with chicken (half portion with dressing)

10g carbs, 16g protein, 13g fat and 220 calories