

<u>Arby's®</u>	Calories	Fat (g)	Protein (g)	Carbs (g)
Baked Potato, Plain	240	2	6	50
Grilled Chicken Caesar	230	8	33	8
Light Grilled Chicken	280	5	23	33
Light Roast Chicken Deluxe	260	5	23	33
Light Roast Turkey Deluxe	260	5	23	33
Roast Chicken Salad	160	2.5	20	15
Grilled Chicken Salad	210	4.5	30	14
Garden Salad	70	1	4	14
Side Salad	25	0	2	5



<u>Blimpie®</u>	Calories	Fat (g)	Protein (g)	Carbs (g)
Best Sub, 6" on white	410	13	39	47
Club Sub, 6" on white or wheat	370	10	23	48
Ham & Swiss, 6" on white or wheat	410	14	25	50
Turkey Sub, 6" on white or wheat	330	6	19	48
Roast Beef, 6" on white or wheat	390	7	37	47
Grilled Chicken Hot Sub	400	9	28	52
Smokey Cheddar Beef Melt Hot Sub	380	12	23	42
Roast Turkey Cordon Blue Hot Sub	430	14	29	43
Chick Max on White	483	12	34	70
Grille Max on White	413	6	18	72
Vegi Max on White	403	7	24	61
Mexi Max on White	393	5	25	66

<u>Burger King®</u>	Calories	Fat (g)	Protein (g)	Carbs (g)
BK Broiler Chicken Sandwich	267	8	22	25
Frozen Yogurt, Vanilla	120	3	2	20
Frozen Yogurt, Chocolate	130	3	3	21
Salad, Chunky Chicken	142	4	20	8
Side Salad	25	0	1	5
Tendergrill Chicken Garden Salad (w/o cheese, w/ light Italian dressing)	300	16	33	13
BK Veggie Burger (w/o mayo)	340	8	23	46





<u>Chick-fil-A®</u>	Calories	Fat (g)	Protein (g)	Carbs (g)
Chargrilled Chicken Sandwich	280	7	25	29
Chargrilled Chicken Club Sandwich	360	13	30	31
Hearty Breast of Chicken Soup	100	1.5	9	13
Chargrilled Chicken Garden Salad	180	6	23	8
Spicy Chicken Cool Wrap	390	7	31	51
Chargrilled Chicken Cool Wrap	390	7	31	53
Chargrilled and Fruit Salad (w/ Reduced Fat Berry Balsamic Vinaigrette)	290	8	22	32

<u>Domino's Pizza®</u>	Calories	Fat (g)	Protein (g)	Carbs (g)
Hand-tossed (cheese only), 12" medium, 2 slices	375	11	15	55
Hand-tossed (cheese only), 14" large, 2 slices	516	15	21	75



<u>Jack In The Box®</u>	Calories	Fat (g)	Protein (g)	Carbs (g)
Hamburger	250	9	12	31
Chicken Fajita Pita	330	11	24	35
Asian Chicken Salad w/ Grilled Chicken Strips	160	1.5	22	18
Chicken Fajita Pita (w/o salsa)	300	9	23	33

<u>McDonald's®</u>	Calories	Fat (g)	Protein (g)	Carbs (g)
English Muffin	140	2	4	25
Chicken McGrill w/o mayo	340	7	26	45
Hamburger	280	10	12	35
Fruit and Yogurt Parfait	160	2	4	31



<u>Subway®</u>	Calories	Fat (g)	Protein (g)	Carbs (g)
6" Steak & Cheese	362	13	23	41
6" Ham Sub (w/o cheese)	261	4.5	17	39
6" Roast Beef (w/o cheese)	264	4.5	18	39
6" Roasted Chicken Breast (w/o cheese)	311	6	25	40
6" Subway Club® (w/o cheese)	294	5	22	40
6" Turkey Breast (w/o cheese)	254	3.5	16	39
6" Turkey Breast with Ham (w/o cheese)	267	4.5	18	40
6" Veggie Delight (w/o cheese)	200	2.5	7	37



<u>Taco Bell®</u>	Calories	Fat (g)	Protein (g)	Carbs (g)
Bean Burrito	350	9	14	54
Crunchy Taco "Fresco Style"	150	8	7	13
Ranchero Chicken Soft Taco "Fresco Style"	170	4	12	21

**NOTE: Any item on the menu can be ordered "fresco style" which eliminates fattening cheese and sauces and replaces them with pico del gallo, saving you many unwanted calories and fats without sacrificing flavor!**

<u>Wendy's®</u>	Calories	Fat (g)	Protein (g)	Carbs (g)
Jr. Hamburger	270	9	14	34
Chili, large	310	10	23	32
Chili, small	210	7	15	21
Baked Potato, Plain	310	0	7	72
Baked Potato, Broccoli & Cheese	470	14	9	80
Baked Potato, Sour Cream & Chives	370	5	7	72
Mandarin Chicken Salad (w/ almonds, w/o crispy noodles)	470	23	30	40
Ultimate Chicken Grill	320	7	28	36

