

Low Calorie Fast Food Options

Breakfast:

Dunkin Donuts: Wake Up Wrap
190 cal

Starbucks: Sous Vide Egg Bites
170 cal

Starbucks: Egg and Cheddar Sandwich
280 cal

McDonald's: Egg McMuffin
300 cal

Salads:

Arby's: Roast Turkey Farmhouse Salad
240 cal

Wendy's: Apple Pecan Chicken Salad
340 cal

Wendy's: Mediterranean Chicken Salad
320 cal

Panera Bread: Fuji Apple Salad With Chicken
280 cal

Chick-Fil-A: Grilled Market Salad
320 cal

Chick-Fil-A: Spicy Southwest Salad
260 cal

Dairy Queen: Grilled chicken BLT salad
270 cal

Soups:

Panera Turkey Chili
280 cal

Panera Chicken noodle soup
120 cal

Wendy's Chili Large
270 cal

Wraps, Sandwiches, Subs:

Chick-Fil-A: Grilled Chicken Cool Wrap
350 cal

McDonald's Artisan Grilled Chicken Sandwich
380 cal

Hardee's: Low Carb Charbroiled BBQ Chicken Sandwich
190 cal

Jimmy John's: Slim 2 Roast Beef Sub
480 cal

Jimmy John's: Club Lulu Unwich
320 cal

Burger King: Grilled Chicken Sandwich without Mayo
370 cal

Subway: Roast Beef Sandwich 6 inch
290 cal

Sonic: Grilled Chicken Wrap
440 cal

Five Guys: Veggie Sandwich
440 cal

Nuggets and Tenders:

Popeyes: 3 Piece Blackened Chicken Tenders
170 cal

Popeyes: Green Beans
55 cal

Chick-Fil-A: Grilled Chicken Nuggets
140 cal

Bowls:

Starbucks: Quinoa & Chicken Protein Bowl with Black Beans and Greens
420 cal

Panda Express: Broccoli Beef
150 cal

Tacos:

Taco Bell: Two fresco soft tacos with steak
300 cal

Taco Bell: Black beans & rice
190 cal

Pizza:

Papa John's: Mediterranean Veggie Pizza Slice
170 cal

Pizza Hut: Veggie Lover's Slice
230 cal