



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

Chick-fil-A
low-calorie options for weight loss

250 kcal	Egg White Grill Breakfast Sandwich w/o cheese , 27g protein
250 kcal	Bacon & Egg Muffin w/o cheese , 16g protein
70 kcal	Fruit Cup
215 kcal	Market Salad w/ Grilled Filet & Light Italian Dressing (w/o included topping packets & dressing), 28g protein
325 kcal	Cobb Salad w/ Grilled Filet & Light Italian Dressing (w/o included topping packets & dressing), 42g protein
250 kcal	Spicy Southwest Salad w/ Spicy Grilled Filet & 2 Jalapeno Salsas (w/o included topping packets & dressing), 33g protein
400 kcal	Deluxe Chicken Sandwich w/o cheese, unbuttered bun , 29g protein
270 kcal	Grilled Chicken Sandwich w/o sauce, unbuttered bun , 28g protein
350 kcal	Chick-fil-A Cool Wrap* (w/o included dressing), 43g protein
130 kcal	Grilled Nuggets , 25g protein
170 kcal	Kale Crunch Salad , 4g protein
170 kcal	Chicken Noodle Soup , 10g protein
270 kcal	Berry Parfait , 13g protein
45 kcal	Buddy Fruits Apple Sauce
25 kcal	Zesty Buffalo Sauce
25 kcal	Light Italian Dressing
5 kcal	Jalapeno Salsa
0 kcal	Freshly-Brewed Iced Tea Unsweetened
20 kcal	Sunjoy* (1/2 Unsweet Tea, 1/2 Diet Lemonade)
140 kcal	Chick-fil-A® Icedream® Cup

JARRELL WEIGHT MANAGEMENT SPECIALISTS