

# Fast Food

## CHEAT SHEET



### CHIPOTLE BURRITO BOWL

Chicken, Light Rice (brown or white), Light Beans (black or pinto), Fajita Veggies, Salsa (of choice), Lettuce. = 400 Calories & 39P

1 choice of cheese, sour cream or queso LIGHT = 455 Calories



### TACO BELL

Soft chicken taco = 160 Calories & 12P

Crunchy Taco = 170 Calories & 8P

Chicken Burrito Supreme = 370 Calories & 19P

Chicken Chipotle Melt = 190 Calories & 12P

Black Beans & Rice = 160 Calories & 4P



### MCDONALDS

Egg Mc Muffin = 310 Calories & 17P

McDouble & Kids Fries = 510 Calories & 22P

Classic Hamburger & small fry = 480 & 12P

McCrispy = 470 Calories & 26P

6 Piece Chicken Nuggets = 250 Calories & 14P

Apple Slices = 15 Calories

Kids Fry = 110 Calories

Small Fry = 230 Calories



### CHICK FIL A

Egg White Grill = 300 Calories & 28P

Grilled Chicken Sandwich = 390 Calories & 28P

Chick Fil A Nuggets = 250 Calories & 27P

Grilled Nuggets = 130 Calories & 25P

Chicken Noodle Soup = 170 Calories & 10P

Kale Crunch Side = 170 Calories & 4P

Small Fry = 320 Calories

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### WENDYS

Large Chili = 340 Calories & 22P

Junior Fry = 210 Calories

Parm Caesar Salad w/out dressing = 290 Calories & 31P. W/ dressing add 240 Calories.

Grilled Chicken Wrap = 420 Calories & 27P

6 Piece Nuggets = 270 Calories & 15P

JR. Bacon Cheese Burger = 370 Calories & 18P

JR Cheeseburger = 290 Calories & 14P



### SUBWAY

6 inch Multigrain All American (add any veggies except avocado & no cheese) = 340 Calories & 24P

6 inch Multi grain with Turkey & Bacon = 340 Calories & 25P

6 in Multigrain with Rotisserie Style Chicken = 290 Calories & 24P

6 in Multigrain with Grilled Chicken = 280 Calories & 25P

Add Sauce: Sweet onion = 30 Calories, Red Wine Vinegar = 0

Calories, Creamy Siracha = 40 Calories, Oil & Vinegar = 45 Calories



### SONIC

JR. BURGER = 330 Calories & 14P

CHICKEN SLINGER = 360 Calories & 15P

JUMBO POPCORN CHICKEN SMALL = 330 Calories & 16P

CRISPY TENDERS 3 PC = 260 Calories & 21P

ALL BEEF REGULAR HOT DOG = 260 Calories & 12P

SMALL FRY = 250 Calories



### BURGER KING

Honey Mustard Royal Crispy Wrap = 290 Calories & 15P

Royal Crispy Wrap = 310 Calories & 15P

8 Pc. Chicken Fries = 220 Calories & 13P

Whopper Jr. = 332 Calories & 15P

Cheeseburger = 290 Calories & 15P

Value Onion Rings = 200 Calories

Value Have-sies = 220 Calories

Value French Fries = 230 Calories

