

Restaurants	Specifications	Fat	Sodium	Carbs	Fiber	Sugar	Protein	Notes		
<b>Culvers</b>										
Crispy Chicken Sandwich		14	1110	56	1	6	25			
Grilled Chicken Sandwich		8	1070	40	1	6	41			
Original Chicken Tenders 2pc		12	920	21	1	1	20	add carbs if needed!		
Garden Fresco Salad w/Grilled Chicken		14	925	15	14	2	44			
Beef Pot Roast Dinner		16	1100	46	1	6	32	**questionable.... maybe delete?		
Beef Pot Roast Sandwich		13	740	40	1	8	31			
Mashed Potatos and Gravy		1	410	25	2	0	4			
Sm French Fry		9	350	35	3	0	4			
<b>Arbys</b>										
Double Roast Beef Sandwich		24	1610	38	2	5	38			
Classic Roast Beef Sandwich		14	970	37	2	5	23			
Chicken Tenders (3 count)		17	950	28	2	0	23			
<b>Estellas</b>										
Tacos-4oz protein	Flour or Corn tortilla (high carb.low)									
Quesadilla-4oz protein	13" Flour tortilla									
Nachos-4oz protein	hard corn tortilla chips, queso									
Burrito-4oz protein	13" Flour tortilla									
<b>Pancheros</b>										
Chicken Taco		7	445	20	0	0	15	*tortilla has 2g protein		
Bowl Lower carb	Chicken (double), cilantro lime rice, *one fat (sour cream, cheese OR guac)	18	1750	38	0	0	30	*salsa, lettuce, veggies free		
Bowl High Carb	Chicken (double), cilantro lime rice, black beans, *one fat (sour cream, cheese OR guac)	17	2225	79	14	0	34	*salsa, lettuce, veggies free		
Burrito (Most carbs)										
Chicken	Chicken= 2.8g per serving	3.5	320	1	0	0	13			
<b>Wendys</b>										
Grilled Chicken Wrap		16	1230	41	2	2	27			
Grilled Chicken Sandwich		8	850	35	2	7	33			
<b>Noodles and Company</b>										
Roasted Garlic Cream Tortelloni	*add chicken	22	1250	36	0	4	17			
Wisconsin Mac and Cheese Small	*add chicken	19	780	59	2	5	21			
Japanese Pan Noodles	*add chicken	6	1000	57	3	11	10			
*added chicken		10	820	8	0	0	20			
<b>Jimmy Johns</b>										
Turkey Tom 8 inch		19	1160	48	4	2	23	*bread alone has 9g protein		
Big John 8 inch		21	1110	47	4	2	26	*bread alone has 9g protein		
Extra Turkey		0.5	540	1	0	0	14			
Slim 4 (Turkey)		3	1250	68	4	0	27			
Little John 4 (Turkey)	*add extra turkey	10	580	24	2	1	12	*bread alone has 4g protein		
<b>Which Wich</b>										
Regular Turkey		4	1600	57	0	5	26			
Regular Chicken		2.5	1450	55	0	4	27			
Regular Roast Beef		5	1270	60	5	5	26			

Restaurants	Specifications	Fat	Sodium	Carbs	Fiber	Sugar	Protein	Notes		
Regular Tuna Salad		20	1050	55	4	4	30			
Regular Steak		17	1260	57		6	33			
<b>Panda Express</b>										
Mandarin Chicken with steamed rice	*only 1/2 rice serving (approx 4 oz)	16	740	51	0	8	41			
<b>Chick Fil A</b>										
Grilled Chicken Sandwich		12	770	44	3	12	28			
Grilled Nuggets and Greek Yogurt Parfait		9	520	36	1	27	38			
Chick Fil A Sandwich		18	1460	41	1	6	29			
ChickN Strips 4pc		19	1150	22	0	2	39			
Egg White Grill		8	1000	29	2	2	27			
<b>McDonalds</b>										
Egg Mc Muffin		12	820	30	2	3	18			
Premium Grilled Chicken Classic		9	820	41	4	8	27			
Premium Grilled Chicken Club		17	1200	43	4	9	31			
Prem Grilled Chicken Ranch BLT Sand		10	1000	41	4	9	31			
<b>Panera</b>										
Deli Turkey on Sourdough		19	1510	73	5	5	35			
Terriyaki Chicken and Broccoli Bowl		16	1630	70	5	27	46			
Turkey Sandwich		17	1310	53	4	4	32			
<b>Subway</b>										
Oven Roasted Turkey	6inch	3.5	840	40	5	6	22			
Oven Roasted Turkey + Ham	6inch	4	850	41	5	7	21			
Rotisserie-Style Chicken	6inch	6	760	39	5	6	23			