



FAST FOOD GUIDE

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PANERA

Avocado, Egg White, Spinach & Cheese Breakfast Sandwich (350 cal, 19g protein, 39g carbs, 14g fat, 5g fiber)

Scrambled Egg & Cheese on Artisan Ciabatta (380 cal, 20g protein, 40g carbs, 16g fat, 2g fiber)

Mediterranean Bowl (630 cal, 19g protein, 75g carbs, 29g fat, 10g fiber)

Strawberry Poppseed with Chicken (whole) (340 cal, 24g protein, 35g carbs, 14g fat, 7g fiber)

Mediterranean Veggie Sandwich on Tomato Basil (whole) (680 cal, 26g protein, 117g carbs, 13g fat, 9g fiber)

Napa Almond Chicken Salad Sandwich on Sourdough (half) (310 cal, 12g protein, 38g carbs, 13g fat, 2g fiber)

Turkey on Country Rustic Sourdough (whole) (590 cal, 34g protein, 70g carbs, 19g fat, 5g fiber)

Sides: apple, banana, summer fruit cup, ten vegetable soup, homestyle chicken noodle

FIREHOUSE SUBS

Engineer (medium) (690 cal, 38g protein, 60g carbs, 35g fat, 6g fiber)

Turkey Bacon Ranch (small) (420 cal, 20g protein, 32g carbs, 24g fat, 6g fiber)

New York Steamer (small) (360 cal, 20g protein, 24g carbs, 20g fat, 1g fiber)

Smoked Turkey Breast (small) (340 cal, 18g protein, 30g carbs, 17g fat, 2g fiber)

Firehouse Salad (with light Italian salad dressing) (260 cal, 10g protein, 12g carbs, 19g fat, 5g fiber)

Turkey Salsa Verde (430 cal, 30g protein, 50g carbs, 15g fat, 2g fiber)

Sides: side salad, firehouse chili

GROCERY STORE BUFFETS

WEGMANS PREPARED MEALS

Grilled Lemon Garlic Chicken Breast (1 piece) (240 cal, 35g protein, 2g carbs, 12g fat, 0g fiber)

Roasted Turkey Breast (4 oz serving) (90 cal, 18g protein, 3g carbs, 2g fat, 0g fiber)

Kikka Spicy Tuna Avocado Roll (410 cal, 15g protein, 73 carbs, 7g fat, 3g fiber)

SIDES:

Herb Roasted Brussel Sprouts (120 cal, 7g protein, 40g carbs, 4g fat, 8g fiber)

Kikka Boiled Soybeans (edamame) (140 cal, 12g protein, 11 carbs, 5g fat, 4g fiber)

CHIPOTLE

Steak Burrito (brown rice, black beans, fajita veggies, salsa, corn salsa, lettuce) (940 cal, 45g protein, 135g carbs, 24g fat)

Sofritas Burrito Bowl (brown rice, pinto beans, fajita veggies, salsa, cheese, lettuce) (650 cal, 27g protein, 77g carbs, 26g fat)

3 Chicken Tacos (brown rice, black beans, fajita veggies, mild & corn salsa, lettuce [no cheese, or sour cream]) (830 cal, 50g protein, 108g carbs, 25g fat)

Veggie Salad Bowl (lettuce, brown rice, pinto beans, guac, mild & corn salsa, fajita veggies [no sour cream, or vinaigrette]) (700 cal, 18g protein, 92g carbs, 31g fat)

Quesadilla (tortilla, cheese, fajita vegetables, salsa) (670 cal, 27g protein, 58g carbs, 33g fat)

CHICK-FIL-A

Grilled Chicken Sandwich (380 cal, 28g protein, 44g carbs, 11g fat, 2g fiber)

Grilled Nuggets (130 cal, 25g protein, 1g carbs, 3g fat, 0g fiber)

Egg White Grill Sandwich (290 cal, 26g protein, 30g carbs, 8g fat, 1g fiber)

Sides: fruit cup, side salad, chicken noodle soup, kale crunch side, applesauce

FIVE GUYS

Little Hamburger (with ketchup, mustard, tomato, lettuce, onion, pickle) (598 cal, 23g protein, 50g carbs, 26g fat, 3g fiber)

Cheese Veggie Sandwich (424 cal, 16g protein, 48g carbs, 21g fat, 6g fiber)

Veggie Sandwich (284 cal, 8g protein, 46g carbs, 9g fat, 6g fiber)

FIRST WATCH

Healthy Turkey Sandwich (580 cal, 50g protein, 71g carbs, 13g fat, 7g fiber)

Power Wrap (580 cal, 36g protein, 84g carbs, 11g fat, 6g fiber)

Smoked Salmon Benedict (630 cal, 35g protein, 46g carbs, 30g fat, 3g fiber)

Sides: fresh fruit, lemon dressed organic mixed greens, clam chowder, hearty vegetable soup

CAVA

Tahini Caesar (550 cal, 37g protein, 28g carbs, 31 fat, 4g fiber)

Greek Chicken Pitas (895 cal, 48g protein, 67 carbs, 46g fat, 9g fiber)

Build Your Own (basmati rice, spinach, tzatziki, grilled chicken, veggies, pickled onions, feta, corn, yogurt dill dressing) (745 cal, 42g protein, 73g carbs, 25g fat, 6g fiber)

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MIDNIGHT OPTIONS

IHOP

Build Your Own Omelette (egg whites, ham, pepper & onion, sautéed spinach, fresh tomato; with side salsa and fresh fruit) (375 cal, 36g protein, 33g carbs, 18 g fat, 3g fiber)

Protein Power Pancakes (without syrup) (580 cal, 21g protein, 55g carbs, 31g fat, 4g fiber)

Classic Avocado Toast (350 cal, 8g protein, 37g carbs, 21g fat, 10g fiber)

Grilled Tilapia (430 cal, 43g protein, 40g carbs, 11g fat, 6g fiber)

2 x 2 x 2 (buttermilk pancakes, scrambled egg whites & ham) (440 cal, 30g protein, 41g carbs, 19g fat, 2g fiber)

Quick 2 Egg Breakfast (fried eggs, turkey sausage, whole wheat toast) (630 cal, 33g protein, 58g carbs, 29g fat, 7g fiber)

Sides: avocado, grits, fresh fruit, side salad, broccoli florets, sourdough toast

7-ELEVEN

Tuna Salad Sandwich (470 cal, 23g protein, 50g carbs, 20g fat, 4g fiber)

Strawberry-Blueberry Parfait (210 cal, 6g protein, 43g carbs, 2g fat, 2g fiber)

Sides: banana, garden side salad, fruit blend, 7-Select hard-boiled eggs, Chobani Greek yogurt, Wonderful pistachios

MCDONALDS

Egg McMuffin (310 cal, 17g protein, 30g carb, 13g fat, 2g fiber)

Fruit & Maple Oatmeal (320 cal, 6g protein, 64g carb, 4.5g fat, 4g fiber)

Sausage Burrito (310 cal, 13g protein, 25g carb, 17g fat, 1g fiber)

Grilled Chicken Salad (133 cal, 22g protein, 6g carb, 1g fat, 2g fiber)

Sides: apple & grapefruit bag, cucumber sticks, side salad