

Item	Superfood(s)	Calories	Fat (g)	Saturated fat (g)	Fiber (g)	Carbs (g)	Protein (g)
MCDONALD'S							
Breakfast							
Fruit & Maple Oatmeal	Oats, apples	290	4.5	2	5	57	5
Egg McMuffin	Eggs	300	12	5	2	30	18
Lunch/dinner							
Premium Caesar Salad (With Grilled Chicken and Newman's Own Creamy Caesar Dressing)	Parmesan	410	24	6.5	3	16	32
Premium Caesar Salad (Without Chicken, With Newman's Own Creamy Caesar Dressing)	Parmesan	280	22	6	3	13	9
Snacks/desserts/extras							
Fruit 'n Yogurt Parfait	Yogurt, blueberries	160	2	1	1	3	14
Small Strawberry Banana Smoothie	Yogurt	210	0.5	0	2	49	2

Item	Superfood(s)	Calories	Fat (g)	Saturated fat (g)	Fiber (g)	Carbs (g)	Protein (g)
Small Wild Berry Smoothie	Yogurt	210	0.5	0	3	48	2
Snack Size Fruit & Walnut Salad	Apples, yogurt	210	8	1.5	2	31	4
Baked Hot Apple Pie	Apples	250	13	7	4	32	2
Apple Dippers With Low Fat Caramel Dip	Apples	100	0.5	0	0	23	0
BURGER KING							
Breakfast							
BK Kids Breakfast Muffin Sandwich	Eggs	240	11	4	N/A	23	9
BK Breakfast Burrito (With Potato, Egg, Cheese & Salsa)	Eggs	320	17	6	N/A	29	13
BK Breakfast Burrito (With Bacon, Egg, Cheese & Salsa)	Eggs	300	16	6	N/A	24	15
Snacks/desserts/extras							
BK Fresh Apple Fries	Apples	70	0.5	0	N/A	16	0

WENDY'S**Lunch/dinner**

Half of an Apple Pecan Chicken Salad (With Pomegranate Vinaigrette Dressing)	Apples, pomegranate	340	18	4,5	4	28	19
Berry Almond Chicken Salad (With Fat Free Raspberry Vinaigrette Dressing)	Blueberries	450	16	6	7	42	38
Broccoli and Cheese Potato	Brocoli	330	2	1	69	11	20

ARBY'S**Lunch/dinner**

Jr. Roast Beef Sandwich	Steak	210	8	3	1	24	12
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Snacks/desserts/extras

Applesauce	Apples	80	0	0	2	21	12
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Item	Superfood(s)	Calories	Fat (g)	Saturated fat (g)	Fiber (g)	Carbs (g)	Protein (g)
PIZZA HUT							
Lunch/dinner							
1 Slice of Thin Crust Pepperoni and Mushroom Pizza	Mushrooms	180	8	3.5	1	22	9
1 Slice of Fit 'n Delicious Pizza with Chicken, Mushroom, and Jalapeño	Mushrooms	170	4.5	1.5	1	22	11
1 Slice of Fit 'n Delicious Pizza with Diced Red Tomato, Mushroom, and Jalapeño	Mushrooms	150	4	1.5	2	23	6
1 Slice of Pepperoni and Mushroom Pizza (12" Medium Pan Pizza)	Mushrooms	240	10	4	1	27	10
1 Slice of Supreme Pizza (12" Medium Pan Pizza)	Mushrooms	290	14	5	2	27	12
1 Slice of Veggie Lover's Pizza (12" Medium Pan Pizza)	Mushrooms	230	9	3.5	2	28	9

1 Slice of Supreme Pizza (12" Medium Thin 'N Crispy Pizza)	Mushrooms	240	12	5	1	23	10
1 Slice of Pepperoni and Mushroom Pizza (12" Medium Thin 'N Crispy Pizza)	Mushrooms	180	8	3.5	1	22	9
1 Slice of Veggie Lover's Pizza (12" Medium Thin 'N Crispy Pizza)	Mushrooms	180	6	3	1	23	8
1 Slice of Supreme Pizza (12" Medium Hand-Tossed Style Pizza)	Mushrooms	260	12	5	1	26	12
1 Slice of Pepperoni and Mushroom Pizza (12" Medium Hand-Tossed Style Pizza)	Mushrooms	210	8	3.5	1	26	10
1 Slice of Veggie Lover's Pizza (12" Medium Hand-Tossed Style Pizza)	Mushrooms	200	6	3	1	26	14

Item	Superfood(s)	Calories	Fat (g)	Saturated fat (g)	Fiber (g)	Carbs (g)	Protein (g)
Veggie Lover's Pizza (6" Personal Pan Pizza)	Mushrooms	550	20	8	70	4	22
TACO BELL							
Lunch/dinner							
Fresco Grilled Steak Soft Taco	Steak	150	4	2	2	19	9
Fresco Burrito Supreme—Steak	Steak	340	8	2.5	7	50	15
Fresco Soft Taco—Beef	Steak	180	7	3	3	20	8
Gordita Baja—Steak	Steak	310	15	3.5	3	28	14
Gordita Nacho Cheese—Steak	Steak	260	11	2	2	29	12
Gordita Supreme—Steak	Steak	270	11	4	2	29	14
Chalupa Baja—Steak	Steak	380	23	4	3	28	13
Chalupa Nacho Cheese—Steak	Steak	330	19	2.5	3	30	12
CHIPOTLE							
Lunch/dinner							
Kid's Flour Tortilla Taco (with Steak, Cilantro-Lime Rice, Corn Salsa, and Lettuce)	Steak	220	6	1.5	1	28	14

Kid's Soft Corn Tortilla Taco (with Steak, Black Beans, Tomato Salsa, Guacamole, and Lettuce)	Steak, avocado	220	7.5	1	7	28	14.5
Steak Salad (with Lettuce, Black Beans, Steak, Fajita Vegetables, and Tomato Salsa)	Steak	360	8	2	13	35	42
Flour Tortilla Taco (with Cilantro-Lime Rice, Black Beans, Lettuce, Guacamole, and Green Tomatillo Salsa)	Avocados	505	19.5	3.5	19	70	14
DUNKIN' DONUTS							
Breakfast							
Blueberry Bagel	Blueberries	330	3	1	5	65	11
Egg White Turkey Sausage Flatbread	Eggs	280	8	3	3	32	19

Item	Superfood(s)	Calories	Fat (g)	Saturated fat (g)	Fiber (g)	Carbs (g)	Protein (g)
Egg White Turkey Sausage Wake-Up Wrap	Eggs	150	5	2.5	1	14	11
Egg White Veggie Wake-Up Wrap	Eggs	150	6	3	1	14	10
Egg & Cheese on English Muffin	Eggs	320	15	5	1	34	14
Egg White Veggie Flatbread	Eggs	280	10	4	3	32	16
Egg & Cheese Wake-Up Wrap	Eggs	180	11	4	1	14	8
Ham, Egg & Cheese Wake-Up Wrap	Eggs	200	11	4.5	1	14	11
PANDA EXPRESS							
Lunch/dinner							
Entrée of Mixed Veggies	Broccoli	35	0	0	3	7	2
Broccoli Beef	Broccoli, steak	130	4	1	3	13	10
Kobari Beef	Mushrooms, steak	210	7	1.5	2	20	15

Mushroom Chicken	Mushrooms	220	13	3	1	9	17
Kung Pao Chicken	Peanuts	280	18	3.5	2	12	18
Hot and Sour Soup	Eggs, mushrooms	100	3.5	0.5	1	12	4
CHICK-FIL-A							
Breakfast							
Yogurt Parfait	Yogurt	230	3	2	0	44	6
Yogurt Parfait with Granola	Yogurt	290	6	2	1	53	7
Lunch/dinner							
Chargrilled & Fruit Salad (with Reduced-Fat Berry Balsamic Vinaigrette Dressing)	Apples	290	8	4	4	34	22
Chargrilled Chicken Garden Salad (with Light Italian Dressing)	Broccoli	195	7	4	4	13	23
Snacks/sides							
Fruit Cup	Apples	70	0	0	2	17	1

Item	Superfood(s)	Calories	Fat (g)	Saturated fat (g)	Fiber (g)	Carbs (g)	Protein (g)
WHITE CASTLE							
Breakfast							
Egg and Cheese Slider	Eggs	160	8	3	1	13	10
Egg Slider	Eggs	140	6	2	1	12	9
Bacon, Egg, and Cheese Slider	Eggs	190	11	4	1	13	12
Bacon and Egg Slider	Eggs	200	11	3.5	1	12	12
Hamburger and Egg Slider	Eggs	200	11	4	1	12	13
SONIC							
Snacks/sides/desserts							
Apple Slices and Fat-Free Caramel Dipping Sauce	Apples	110	0	0	2	28	0