

# Fast Food Cheat Sheet

LAST UPDATED  
MAY 2021

## **BURGER PATTY (NO BUN)**

90 calories/0g net carbs

## **DIET COKE**

0 calories/0g net carbs

## **EGG MCMUFFIN-BREAKFAST**

310 calories/28g net carbs

## **UNSWEETENED ICED TEA**

0 calories/0g net carbs

## **APPLE SLICES**

15 calories/4g net carbs

## **McDonald's**

## **PREMIUM ROAST COFFEE**

0 calories/0g net carbs

## **AMERICANO**

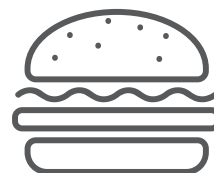
0 calories/0g net carbs

## **LATTE (SMALL)**

140 calories/12g net carbs

## **ICED LATTE (SMALL)**

90 calories/7g net carbs



## **McCafe**

## **BURGER PATTY (NO BUN)**

calories and carbs N/A

## **MOTT'S APPLESAUCE**

50 calories/12g net carbs

## **FAT FREE MILK**

90 calories/13g net carbs

## **DIET COKE, BARQS, SPRITE**

0-10 calories per diet soda

## **UNSWEETENED ICED TEA**

0 calories/0g net carbs

## **Burger King**

## **APPLE PECAN SALAD**

460 calories/21g net carbs  
(550cal w/dressing packet)

## **PARM CAESAR SALAD**

300 calories/2g net carbs  
(440cal w/dressing packet)

## **CHILI (SMALL)**

240 calories/15g net carbs

## **PLAIN BAKED POTATO**

270 calories/54g net carbs

## **Wendy's**

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## **STRAWBERRY POPPYSEED SALAD W/CHICKEN (WHOLE)**

360 calories/26g net carbs

## **CAESAR SALAD W/CHICKEN**

470 calories/17g net carbs

## **TEN VEGETABLE SOUP BOWL**

100 calories/11g net carbs

## **CHICK NOODLE SOUP BOWL**

180 calories/17g net carbs

## **TURKEY SANDWICH HALF**

260 calories/25g net carbs

## **Panera**

Lots of low cal salad and soup options here

## **AMERICANO (LARGE)\***

10 calories/2g net carbs

## **SKIM MILK LATTE (SMALL)\***

70 calories/10g net carbs

## **UNSWEETENED ICED TEA (L)\***

5 calories/2g net carbs

## **VEGGIE EGG WHITE OMELET**

290 calories/22g net carbs

## **POWER BREAKFAST SANDWICH**

420 calories/23g net carbs

## **Dunkin'**

\*no sweeteners or flavor shots

## **CHICKEN & QUINOA PROTEIN BOWL**

420 calories/33g net carbs

## **CHIK HUMMUS PROTEIN BOX**

300 calories/25g net carbs

## **EGG & CHEDDAR PROTEIN BOX**

470 calories/35g net carbs

## **RED PEPPER EGG WHITE BITES**

170 calories/11g net carbs

## **SIGGI'S VANILLA YOGURT**

110 calories/12g net carbs

## **Starbucks**

## **POWER MENU BOWL**

470 calories/43g net carbs

## **VEGGIE POWER MENU BOWL**

430 calories/47g net carbs

## **CRUNCHY TACO**

170 calories/10g net carbs

## **PEPSI ZERO**

0 calories/0g net carbs

## **BLACK BEANS**

50 calories/5g net carbs

## **Taco Bell**

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## CLASSIC CHEESE PIZZA SLICE

244 calories/30g net carbs

## OVEN ROASTED WINGS

510 calories/3g net carbs

## BUFFALO WINGS

510 calories/3g net carbs

## DIET PEPSI

0 calories/0g net carbs

## WATER

0 calories/0g net carbs

## Little Caesars

## GRILLED CHICKEN SALAD

270 calories/4g carbs

## ROASTED CHIK BITES SALAD

470 calories/14g carbs

## FAT-FREE ITALIAN DRESSING & CROUTONS

Add 75 calories to salad

## CHICKEN LEG

190 calories/8g carbs

## GREEN BEANS

20 calories/0g carbs

## Bojangles'

## PROTEIN BOWLS <400 CAL

choose ham, turkey, or  
oven roasted chicken

- top w/any one cheese
- add all veggies (no guac)
- mustard, vinegar, or  
Buffalo sauce

## SALADS <300 CAL

choose any fresh fit salad

- top w/any one cheese
- add all veggies
- vinaigrette or sweet  
onion sauce

## Subway

## EGG WHITE GRILL-BREAKFAST

290 calories/29g net carbs

## MARKET SALAD\*

540 calories/37g net carbs

## LEMON KALE CAESAR SALAD

470 calories/18g net carbs

## FRUIT CUP (MEDIUM)

60 calories/13g net carbs

## GRILLED NUGGETS (12)

200 calories/2g net carbs

## Chick-Fil-A

\*make it lighter with lite balsamic dressing



SUMMERYULE

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