Fast Food Guide

Meals under 500 calories with around 20g of protein



Subway

6' Turkey breast sandwich on 9-grain wheat bread

- **300–350 calories**
- **20g protein**



Chik-Fil-A

Grilled chicken sandwich

- **390 calories**
- **28g protein**

Spicy southwest salad (without dressing)

- **400 calories**
- **32g protein**



Arby's

Classic roast beef sandwich

- **350 calories**

22g protein



Wendy's

Summer strawberry salad with champagne vinaigrette dressing

- **430 calories**
- **38g protein (includes dressing)**

Double-stack cheeseburger

- **410 calories**
- **23g protein**



Taco Bell

Grilled chicken power bowl

- **460 calories**
- **26g protein**

Two chicken soft tacos

- **320 calories**
- **25g protein**



McDonald's

McCrispy sandwich

- **470 calories**
- **26g protein**

Egg McMuffin

- **310 calories**
- **17g protein**



Chipotle

Salad with chicken, pinto beans, guacamole, fajita vegetables, corn salsa, pico de gallo, and dressing on the side

- **440 calories**
- **44g protein**

CENTRAL HEALTH
TRAVIS COUNTY HOSPITAL DISTRICT



Starbucks

Spinach, feta, and
egg white wrap

- **290 calories**
- **20g protein**

Ham and swiss on baguette

- **500 calories**
- **25g protein**



KFC

Grilled chicken breast, side of green beans, side of macaroni and cheese

- **375 calories**
- **44g protein**

Original recipe thigh, side of mashed potatoes and gravy

- **410 calories**
- **22g protein**



Panera Bread

Avocado, egg white, spinach and cheese on sprouted grain bagel flat

- **350 calories**
- **19g protein**

Mediterranean bowl with chicken

- **550 calories**
- **26g protein**

Asian sesame chicken, whole

- **410 calories**
- **30g protein**

These are baseline calorie values.
Any beverages, dressings, or sauces will change these numbers.