

Fast Food Macro Cheat Sheet

We created this fast food macro cheat sheet to provide you with some options to choose from if you find yourself out and about and in need of food.

Sometimes, things happen and you find yourself out longer than intended. When this occurs, we want you to focus on what you **CAN** control, and that is the foods you choose to consume!

Restaurants in this Guide:

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|--------------|----------------|-----------------|-------------------|
| 1. Starbucks | 4. Dairy Queen | 7. A&W | 10. Booster Juice |
| 2. McDonalds | 5. Tim Hortons | 8. Pita Pit | 11. Jugo Juice |
| 3. Subway | 6. Wendys | 9. Chopped Leaf | 12. Opa |

Starbucks

Food

- **Spinach, Feta & Egg White Wrap**
290 cals: 20p/34c/8f
- **Reduced-Fat Turkey Bacon Egg White Sandwich**
230 cals: 17p/28c/5f
- **Egg White & Roasted Red Pepper Bites**
170 cals: 12p/11c/8f
- **Blueberry Greek Yogurt**
120 cals: 11p/18c/0f



Starbucks

Drinks

- **Grande Cafe Misto with NF Milk**
70 cals: 7p/10c/0f
- **Grande Flat White with Almond Milk**
100 cals: 3p/9c/6f
- **Grande Non Fat Sugar Free Vanilla Latte**
120 cals: 12p/18c/0f
- **Grande Nitro Cold Brew with Sweet Cream**
70 cals: 1p/4c/5f
- **Grande Iced Green Tea**
45 cals: 0p/11c/0f



McDonalds

- **Grilled Ranch Snack Wrap**
260 cals: 18p/22c/11f
- **Egg McMuffin**
290 cals: 16p/28c/11f
- **Grilled Chicken Sandwich**
400 cals: 31p/32c/16f
- **Hamburger**
240 cals: 12p/32c/8f



360 cal: 28p/48c/8f

Subway

- **Oven Roasted Chicken Breast Salad**
130 cal: 19p/9c/2.5f (no dressing)
- **6 Inch Oven Roasted Chicken Sandwich**
280 cal: 21p/42c/5f
- **Sweet Onion Chicken Teriyaki Salad**
220cal: 18p/30c/3f (With dressing)
- **6 Inch Sweet Onion Chicken Teriyaki Sandwich**
340 cal: 23p/51c/4f
- **6 Inch Turkey (double meat no cheese)**
360 cal: 28p/48c/8f
- **Low Calorie Sauce Options:**
Buffalo (5 cal), BBQ (25 cal), Light Mayo (50 cal), Sweet onion (35 cal)



Dairy Queen

- **Crispy Chicken Strips Salad**
380cal: 26p/27c/20f (no dressing)
- **Cheeseburger**
380 cal: 23p/35c/16f
- **Grilled Chicken Sandwich**
420 cal: 24p/44c/15f
- **Flamethrower/Spicy Grilled Chicken Wrap**
310 cal: 19p/21c/17f
- **Mini Strawberry Cheesecake Blizzard**
310 cal: 9p/47c/12f



Tim Hortons

- **Bacon English Muffin Sandwich**
330 cal: 17p/27c/16f
- **Large Chili** 430 cal: 27p/31c/22f
- **Reg Chili** 310 cal: 20p/23c/17f
- **Turkey Bacon Club Wrap**
420 cal: 30p/37c/17f
- **Chicken Bacon Ranch (grilled chicken)**
380 cal: 26p/39c/14f



Wendys

- **Double Stack burger**
410 cal: 23p/26c/24f
- **Grilled Chicken Sandwich**
370 cal: 34p/36c/10f
- **Cobb Salad**
420 cal: 36p/16/23f (no dressing)
- **Summer Strawberry Chicken Salad**
450 cal: 41p/25c/23f (no dressing)
- **Parmesan Chicken Caesar Salad**
290 cal: 31p/13c/12f (No dressing)
- **Bacon, Egg, & Cheese Breakfast Sandwich**
380 cal: 17p/30c/20f
- **Low Calorie Salad Dressings**
Light Classic Ranch (50 cal), Light Honey French (40 cal),
Pomegranate Vinaigrette Dressing (60 cal)



A&W

- **3 Piece Hand Breaded Chicken Tenders**
260cals: 40p/5c/9f
- **Lettuce Wrapped Mama Burger (No Cheese)**
250 cals: 15p/8c/17f



Pita Pit

- **Chicken Crave Pita (Large)**
309 cals: 31p/27c/10f
- **BBQ Bacon Pita (Large)**
388 cals: 31p/14c/26f
- **Mighty Chicken Caesar Pita (Large)**
422 cals: 34p/21c/15f
- **Chicken Shawarma (Large)**
363 cals: 25p/42c/10f



Chopped Leaf

- **Tuna Melt**
450 cals: 26p/32c/23f
- **Caesar Salad with Double Chicken**
400 cals: 40p/21c/14f (No dressing)
- **Kids Ranch Wrap**
400 cals: 25p/30c/19f



Booster Juice

- **Bananas A-Whey**
360cals: 28p/56c/3f
- **Strawberry Storm**
280 cals: 23p/40c/2.5f
- **Chicken Quesadilla**
340cals: 24p/35c/11f
- **Tuna Wrap**
350cals: 24p/33c/13f
- **Chipotle Steak Wrap**
390cals: 22p/37c/16f

Opa

- **Chicken Pita Wrap**
350 cals: 22p/51c/6.5f
- **Low carb Greek or Caesar Salad with protein of choice (add together)**
Greek Salad: 170cals: 2p, 12c, 13f
Caesar Salad: 120cals: 0p, 7c, 8.5f
Chicken Addon: 70cals: 12p, 1c, 2f
Shrimp Addon: 110cals: 21p, 0c, 2.5f
Beef Addon: 90cals: 12p, 2c, 3.5f
Tzatziki Addon: 50cals: 1p, 3c, 3.5f
- **Kids Meal: Shrimp, Greek Salad, White Pita, Tzatziki**
355 cals: 27p/31.5c/12f

Jugo Juice

- **Big Blueberry Protein**
322 cals: 27p/46c/3f
- **Tropical Green Protein**
366 cals: 26p/62c/2.5f
- **Turkey Bacon Club Wrap**
390 cals: 21p/30c/19f

