



THE FAST FOOD SURVIVAL GUIDE

This e-book, "The Ultimate Macro-Friendly Fast Food Master List" is not intended for the treatment for prevention of disease, nor a substitute for medical treatment, nor as an alternative to medical advice.

Use of these guidelines herein is at the sole choice and risk of the reader.

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JULIE'S
PICK

Option A:

Roasted Turkey Farmhouse Salad + Snack Curly Fries + 22 Oz. Minute Maid Light Lemonade

Macros:

Protein: 26g; Carbs: 41g; Fat: 27g

Option B:

Turkey Gyro (No Tzatziki Sauce) + Snack Curly Fries + 22 Oz. Minute Maid Light Lemonade

Macros:

Protein: 27g; Carbs: 77g; Fat: 21g

Option C:

Classic Roast Beef Sandwich (No Mayonnaise) + Snack Curly Fries + 22 Oz. Minute Maid Light Lemonade

Macros:

Protein: 25g; Carbs: 66g; Fat: 27g

Option D:

Roast Turkey Ranch & Bacon Wrap (No Parmesan Peppercorn Ranch Sauce) + Snack Curly Fries + 22 Oz. Minute Maid Light Lemonade

Macros:

Protein: 39g; Carbs: 67g; Fat: 32g

JOSHUA'S PICK

Option E:

King's Hawaiian Sweet & Spicy Luau Chicken (No Pineapple Habanero Mustard) + Snack Curly Fries + 22 Oz. Minute Maid Light Lemonade

Macros:

Protein: 43g; Carbs: 93g; Fat: 36g

Option F:

Grand Turkey Club (No Mayonnaise) + Snack Curly Fries + 22 Oz. Minute Maid Light Lemonade

Macros:

Protein: 34g; Carbs: 67g; Fat: 24g

Not in mood for any meals above? [Click here](#) to build your meal!



JOSHUA'S PICK

Option A:

Naked Tenders (4 Pieces) + Buffalo Chips + Diet Pepsi

Macros:

Protein: 43g; Carbs: 38g; Fat: 15.5g

JULIE'S PICK

Option B:

Grilled Chicken Wrapped W/ Lettuce + Buffalo Chips + Diet Pepsi

Macros:

Protein: 27g; Carbs: 38g; Fat: 16g

Option C:

Grilled Chicken Salad (W/ Light Caesar Dressing On Side) + French Fries (1/2 Serving) + Water

Macros:

Protein: 32g; Carbs: 50g; Fat: 22.5g

Option D:

Grilled Chicken Sandwich (W/ Pepper Jack Cheese) + French Fries (1/2 Serving) + Water

Macros:

Protein: 34g; Carbs: 77g; Fat: 13.5g

VEGAN / VEGETARIAN

Option E:

Grilled Chicken Buffalitos + Caesar Salad (W/ Light Caesar Dressing On Side) + Water

Macros:

Protein: 52g; Carbs: 66g; Fat: 42g

Option F:

Black Bean Burger Patty (W/ Bun, Tomato, Lettuce, Onion & Add Avocado) + French Fries (1/2 Serving) + Water

Macros:

Protein: 17g; Carbs: 62g; Fat: 19.5g

Not in mood for any meals above? [Click here](#) to find your meal!



JULIE'S
PICK

Breakfast – Option A:

Egg White Grill + Fruit Cup + Diet Lemonade

Macros:

Protein: 25g; Carbs: 43g; Fat: 7g

JOSHUA'S PICK

Breakfast – Option B:

Bacon, Egg & Cheese Muffin + Hash Browns + Diet Lemonade

Macros:

Protein: 19g; Carbs: 54g; Fat: 32g

JULIE'S
PICK

Entree – Option A:

Grilled Nuggets (8 ct.) + Waffle Potato Fries (Medium) + Diet Lemonade

Macros:

Protein: 30g; Carbs: 45g; Fat: 21g

JOSHUA'S PICK

Entree – Option B:

Grilled Chicken Sandwich + Waffle Potato Fries (Medium) + Diet Lemonade

Macros:

Protein: 34g; Carbs: 79g; Fat: 24g

Entree – Option C:

Chick-n-Strips (3 ct.) + Waffle Potato Fries (Medium) + Diet Lemonade

Macros:

Protein: 33g; Carbs: 65g; Fat: 35g

Entree – Option D:

Grilled Chicken Cool Wrap + Side Salad + Fruit Cup + Diet Lemonade

Macros:

Protein: 44g; Carbs: 54g; Fat: 25g

Quick Tip: Waffle Fries

If you want your waffle fries to get crispy, ask to get your waffle fries “well done”.

Not in mood for any meals above? [Click here](#) to find your meal!



JOSHUA'S PICK

Option A:

Burrito (Flour Tortilla, Chicken, Light Serving – Cilantro-Lime White Rice, Fajita Vegetables, Romaine Lettuce & Tomatillo Red Chili Sauce)

Macros:

Protein: 43g; Carbs: 78g; Fat: 18g

JULIE'S PICK

Option B:

Burrito Bowl (Chicken, Brown Rice, Fajita Vegetables, Fresh Tomato Salsa & Romaine Lettuce)

Macros:

Protein: 37g; Carbs: 46g; Fat: 13g

Option C:

Three Tacos (Flour Tortilla Taco, Steak, Cilantro-Lime Brown Rice, Fajita Vegetables, Fresh Tomato Salsa & Romaine Lettuce)

Macros:

Protein: 33g; Carbs: 87g; Fat: 20g

Option D:

Kids' B-Y-O (Flour Tortilla Taco, Chicken, Light Serving – Cilantro-Lime Brown Rice, Fajita Vegetables, Fresh Tomato Salsa & Romaine Lettuce)

Macros:

Protein: 21g; Carbs: 39g; Fat: 10g

VEGAN / VEGETARIAN

Option E:

Burrito (Flour Tortilla, Sofritas, Light Serving – Cilantro-Lime White Rice, Light Serving – Black Beans, Fajita Vegetables, Romaine Lettuce & Guacamole)

Macros:

Protein: 25g; Carbs: 104g; Fat: 44g

VEGAN / VEGETARIAN

Option F:

Three Tacos (Crispy Corn Tortilla, Sofritas, Light Serving – Cilantro-Lime Brown Rice, Light Serving – Black Beans, Fajita Vegetables, Romaine Lettuce & Guacamole)

Macros:

Protein: 17g; Carbs: 62g; Fat: 19.5g

Quick Tip: Tortilla Chips

Whole Serving: P-7g; C-73g; F-25g – Save macros by eating 1/2 serving: P-3.5g; C-36.5g; F-12.5g

Not in mood for any meals above? [Click here](#) to find your meal!



JOSHUA'S PICK

Option A:

ButterBurger "The Original" Single + Mashed Potatoes & Gravy + Diet Root Beer (Medium)

Macros:

Protein: 24g; Carbs: 63g; Fat: 18g

JULIE'S PICK

Option B:

Grilled Chicken Sandwich + Crinkle Cut Fries (Small) + Diet Root Beer (Medium)

Macros:

Protein: 45g; Carbs: 75g; Fat: 17g

Option C:

Wisconsin Swiss Melt (Single) + Crinkle Cut Fries (Small) + Diet Dr. Pepper (Medium)

Macros:

Protein: 51g; Carbs: 71g; Fat: 33g

Option D:

Garden Fresco W/ Grilled Chicken (No Dressing) + Crinkle Cut Fries (Small) + Diet Mountain Dew (Medium)

Macros:

Protein: 48g; Carbs: 50g; Fat: 23g

Option E:

Chicken Noodle Soup + Dinner Roll + Diet Dr. Pepper (Medium)

Macros:

Protein: 10g; Carbs: 34g; Fat: 4g

Option F:

Beef Pot Roast Sandwich + Crinkle Cut Fries (Small) + Diet Root Beer (Medium)

Macros:

Protein: 35g; Carbs: 75g; Fat: 22g

Quick Tip: Crinkle Cut Fries (Regular) & Coleslaw (Regular)

If you want to know the macros for fries: P-7g; C-53g; F-14 and coleslaw: P-1g; C-15g; F-16g.

Not in mood for any meals above? [Click here](#) to find your meal!



**JULIE'S
PICK**

Option A:

Hamburger W/ Protein Style Bun + 1/2 French Fries
+ Either Minute Maid Light Lemonade or Diet Coke
(16 oz.)

Macros:

Protein: 20g; Carbs: 65g; Fat: 35g

Option B:

Hamburger W/ Mustard & Ketchup (No Spread) +
1/2 French Fries + Either Minute Maid Light
Lemonade or Diet Coke (16 oz.)

Macros:

Protein: 23g; Carbs: 95g; Fat: 28g

JOSHUA'S PICK

Option C:

Cheeseburger W/ Protein Style Bun + 1/2 French
Fries + Either Minute Maid Light Lemonade or Diet
Coke (16 oz.)

Macros:

Protein: 25g; Carbs: 65g; Fat: 43g

Option D:

Cheeseburger W/ Mustard & Ketchup (No Spread)
+ 1/2 French Fries + Either Minute Maid Light
Lemonade or Diet Coke (16 oz.)

Macros:

Protein: 29g; Carbs: 95g; Fat: 36g

Option E:

Double Double W/ Mustard & Ketchup (No Spread)
+ 1/2 French Fries + Either Minute Maid Light
Lemonade or Diet Coke (16 oz.)

Macros:

Protein: 44g; Carbs: 95g; Fat: 50g

Option F:

Double Double W/ Protein Style Bun + 1/2 French
Fries + Either Minute Maid Light Lemonade or Diet
Coke (16 oz.)

Macros:

Protein: 40g; Carbs: 65g; Fat: 57g

Quick Tip: French Fries

Each serving of French Fries is ~ 125 grams (weigh): P-7g; C-54; F-18g. If you want full serving: P-14g; C-108g; F-36g.

Not in mood for any meals above? [Click here](#) to find your meal!



**JULIE'S
PICK**

Option A:

Slim 4 (French Bread, Turkey & No Mayonnaise) +
Thinny Chips (1/2 Bag) + Either Diet Coke or Minute
Maid Light Lemonade

Macros:

Protein: 31g; Carbs: 84g; Fat: 8g
Unwich Version: P-16g; C-12g; F-5.5g

Option B:

Slim 2 (French Bread, Roast Beef & No Mayonnaise)
+ Jumbo Kosher Dill Pickle + Either Diet Coke or
Minute Maid Light Lemonade

Macros:

Protein: 32g; Carbs: 77g; Fat: 6g
Unwich Version: P-17g; C-5g; F-3g

JOSHUA'S PICK

Option C:

#5 Vito (French Bread 8", Salami, Capicola &
Provolone, Onion, Lettuce, Tomato, Oregano – Basil
& No Oil And Vinegar) + Jumbo Kosher Dill Pickle +
Either Diet Coke or Minute Maid Light Lemonade

Macros:

Protein: 34g; Carbs: 64g; Fat: 22g
Unwich Version: P-23g; C-11g; F-20g

Option D:

#1 The Pepe (French Bread 8", Ham & Provolone,
Lettuce, Tomato & No Mayonnaise) + Jumbo Kosher
Dill Pickle + Either Diet Coke or Minute Maid Light
Lemonade

Macros:

Protein: 31g; Carbs: 63g; Fat: 13g
Unwich Version: P-20g; C-10g; F-11g

VEGAN / VEGETARIAN

Option E:

#4 Turkey Tom (Turkey, Lettuce, Tomato, Sprouts &
No Mayonnaise) + Jumbo Kosher Dill Pickle + Either
Diet Coke or Minute Maid Light Lemonade

Macros:

Protein: 26g; Carbs: 61g; Fat: 20g
Unwich Version: P-15g; C-8g; F-18

Option F:

#6 The Veggie (French Bread 8", Provolone &
Avocado, Cucumber, Lettuce, Tomato & No Mayo) +
Jumbo Kosher Dill Pickle + Either Diet Coke or
Minute Maid Light Lemonade

Macros:

Protein: 29g; Carbs: 64g; Fat: 22g

Quick Tip: Jimmy Chip (Any Flavor) + Thinny Chips

Macros (1/2 serving) for Jimmy Chip (Any flavor): P-2g; C-17g; F-8g. Macros For Thinny Chips: P-2g; C-20g; F-5g.

Not in mood for any meals above? [Click here](#) to find your meal!



**JULIE'S
PICK**

Option A:

Artisan Grilled Chicken Sandwich + World Famous Fries (Small) + Diet Coke

Macros:

Protein: 39g; Carbs: 65g; Fat: 17g

Option B:

Cheeseburger + World Famous Fries (Small) + Diet Coke

Macros:

Protein: 18g; Carbs: 62g; Fat: 23g

JOSHUA'S PICK

Option C:

McDouble (No Cheese) + World Famous Fries (Small) + Diet Coke

Macros:

Protein: 23g; Carbs: 61g; Fat: 25g

Option D:

Bacon Ranch Grilled Salad + World Famous Fries (Small) + Diet Coke

Macros:

Protein: 45g; Carbs: 37g; Fat: 25g

Breakfast – Option A:

Egg White Delight McMuffin + Hash Browns + Water

Macros:

Protein: 17g; Carbs: 45g; Fat: 17g

Breakfast – Option B:

Sausage McMuffin (No Cheese & Salted Butter) + Hash Browns + Water

Macros:

Protein: 13g; Carbs: 44g; Fat: 28g

Quick Tip: World Famous Fries (You Can Save Macros By Cutting It In 1/2) + Vanilla Cone (Swap Fries With This)

Macros for Fries (Small): P-3g; C-29g; F-11g & (Medium): P-4g; C-44g; F-16g. Vanilla Cone: P-5g; C-32g; F-5g.

Not in mood for any meals above? [Click here](#) to find your meal!



JULIE'S
PICK

Option A:

Close Talker (Chicken, Chopped Romaine, Cilantro, Grilled Onions, Peppers, Mushrooms, Cucumber, Diced Olives & Pico De Gallo) + Water

Macros:

Protein: 26g; Carbs: 18g; Fat: 18g

JOSHUA'S PICK

Option B:

Joey Bag Of Donuts (Whole Grain Tortilla, Chicken, Seasoned Rice, Cilantro, Diced Tomatoes, Diced Cucumber & Shredded Lettuce) + Water

Macros:

Protein: 34g; Carbs: 88g; Fat: 17g

Option C:

Wrong Doug (Corn Tortillas, Cheese, Steak, Pinto Beans, Fresh Jalapeños, Cilantro, Grilled Peppers, Lettuce & Pico De Gallo) + Water

Macros:

Protein: 43g; Carbs: 50g; Fat: 27g

Option D:

Ear Muffs (Abobo Chicken, Seasoned Rice, Diced Onions, Diced Tomatoes, Grilled Onions, Black Olives, Shredded Lettuce & Pico De Gallo) + Water

Macros:

Protein: 39g; Carbs: 84g; Fat: 24g

VEGAN / VEGETARIAN

Option E:

2 Tacos (5.5" Crispy Corn Tortilla, Double Tofu, Shredded Cabbage, Pickled Red Onions, Chopped Cilantro & Guacamole) + Water

Macros:

Protein: 28g; Carbs: 34g; Fat: 26g

VEGAN / VEGETARIAN

Option F:

Close Talker (Double Tofu, Chopped Romaine, Black Beans, Cilantro, Diced Tomatoes, Pickled Jalapeños, Diced Cucumbers, Diced Olives & Lime Wedge) + Water

Macros:

Protein: 29g; Carbs: 64g; Fat: 22g

Quick Tip: Chips & Salsa

Macros For Chips: P-4g; C-44g; F-19g (You can save macros by eating half) + Macros For Salsa: P-0g; C-0g; F-1g.

Not in mood for any meals above? [Click here](#) to find your meal!



JULIE'S
PICK

Option A:

Black Pepper Chicken + Veggie Spring Rolls (2) +
Minute Maid Light Lemonade (22 oz.)

Macros:

Protein: 16g; Carbs: 42g; Fat: 27g

JOSHUA'S PICK

Option B:

1/2 Chow Mein + Wok Fried Shrimp + Minute Maid
Light Lemonade (22 oz.)

Macros:

Protein: 23.5g; Carbs: 59g; Fat: 15g

Option C:

Super Greens (Side) + Kung Pao Chicken + Hot &
Sour Soup + Water

Macros:

Protein: 29g; Carbs: 38g; Fat: 26.5g

Option D:

1/2 Brown Steamed Rice + Broccoli Beef + Water

Macros:

Protein: 13.5g; Carbs: 56g; Fat: 24.5g

VEGAN / VEGETARIAN

Option E:

1/2 White Steamed Rice + Eggplant Tofu + Water

Macros:

Protein: 10.5g; Carbs: 66.5g; Fat: 24g

VEGAN / VEGETARIAN

Option F:

1/2 Fried Rice + Super Greens (Entree) + Water

Macros:

Protein: 8.5g; Carbs: 47.5g; Fat: 21.5g

Not in mood for any meals above? [Click here](#) to find your meal!

**JULIE'S
PICK**

Option A:

Burrito (Flour Tortilla, Chicken, Light Serving – Cilantro-Lime White Rice, Fajita Vegetables, Shredded Lettuce & Salsa Roja)

Macros:

Protein: 44g; Carbs: 80g; Fat: 18g

JOSHUA'S PICK

Option B:

Burrito Bowl (Chicken, Brown Rice, Fajita Vegetables, Shredded Lettuce & Salsa Roja)

Macros:

Protein: 38g; Carbs: 46g; Fat: 13g

Option C:

Three Tacos (Flour Tortilla Taco, Steak, Brown Rice, Fajita Vegetables, Shredded Lettuce & Salsa Roja)

Macros:

Protein: 34g; Carbs: 87g; Fat: 20g

Option D:

Kid's Meals – Tacos (Flour Tortilla Taco, Chicken, Light Serving – Cilantro-Lime Brown Rice, Fajita Vegetables, Shredded Lettuce & Salsa Roja)

Macros:

Protein: 22g; Carbs: 43g; Fat: 9g

VEGAN / VEGETARIAN

Option E:

Burrito (Flour Tortilla, Light Serving – Brown Rice, Light Serving – Black Beans, Fajita Vegetables, Shredded Lettuce & Guacamole)

Macros:

Protein: 17g; Carbs: 93g; Fat: 35g

VEGAN / VEGETARIAN

Option F:

Three Tacos (Flour Tortilla, Light Serving – Brown Rice, Light Serving – Black Beans, Fajita Vegetables, Shredded Lettuce & Guacamole)

Macros:

Protein: 16g; Carbs: 83g; Fat: 34g

Quick Tip: Corn Tortilla Chips & Salsa Roja

Macros For Chips: P-7g; C-75g; F-26g (You can save macros by eating half) + Macros For Salsa: P-0g; C-4g; F-1g.

Not in mood for any meals above? [Click here](#) to find your meal!



JULIE'S
PICK

Option A:

JR Burger + Small Fries + Diet Dr. Pepper (Medium)

Macros:

Protein: 18g; Carbs: 65g; Fat: 28g

JOSHUA'S PICK

Option B:

Sonic® Cheeseburger W/ Mustard + Small Fries +
Diet Coke (Medium)

Macros:

Protein: 34g; Carbs: 87g; Fat: 40g

Option C:

Corn Dog + Small Fries + Diet Dr. Pepper (Medium)

Macros:

Protein: 9g; Carbs: 56g; Fat: 25g

Option D:

Classic Grilled Chicken Sandwich + Small Fries +
Diet Coke (Medium)

Macros:

Protein: 33g; Carbs: 72g; Fat: 34g

VEGAN / VEGETARIAN

Option E:

JR Breakfast Burrito + Tree Top Apple Sauce + Tots
(Small) + Water

Macros:

Protein: 14g; Carbs: 65g; Fat: 30g

Option F:

Veggie Burger W/ Mustard + Small Fries + Sprite
Zero (Medium)

Macros:

Protein: 17g; Carbs: 102g; Fat: 23g

Quick Tip: Vanilla Cone

The macros for vanilla cone: P-4g; C-30g; F-12g (You can substitute small fries with this!)

Not in mood for any meals above? [Click here](#) to find your meal!



JULIE'S
PICK

Option A:

Turkey Breast W/ 9-Grain Wheat Bread (6" Sub),
Lettuce, Tomatoes, Onions, Green Peppers &
Cucumbers.

Macros:

Protein: 18g; Carbs: 40g; Fat: 3g

JOSHUA'S PICK

Option B:

American Club Sandwich (Turkey Breast, Black
Forest Ham, Applewood Smoked Bacon, American
Cheese, Lettuce, Tomatoes & No Mayo)

Macros:

Protein: 21g; Carbs: 45g; Fat: 15g

Option C:

Rotisserie-Style Chicken Wrap (Chicken, Spinach
Wrap, Lettuce, Spinach, Tomatoes, Cucumbers,
Green Peppers & Red Onions)

Macros:

Protein: 49g; Carbs: 53g; Fat: 16g

Option D:

Oven-Roasted Chicken W/ 9-Grain Wheat Bread (6"
Sub), Lettuce, Tomatoes, Onions, Green Peppers &
Cucumbers

Macros:

Protein: 23g; Carbs: 40g; Fat: 3.5g

VEGAN / VEGETARIAN

Option E:

Classic Tuna (Use Light Mayonnaise) W/ 9-Grain
Wheat Bread (6" Sub), Lettuce, Tomatoes, Onions,
Green Peppers & Cucumbers

Macros:

Protein: 19g; Carbs: 38g; Fat: 19g

Option F:

Veggie Delite® (6" Sub) W/ Lettuce, Tomatoes,
Cucumbers, Onions, Green Peppers, Spinach &
Guacamole.

Macros:

Protein: 9g; Carbs: 42g; Fat: 8g

Not in mood for any meals above? [Click here](#) to find your meal!



JULIE'S
PICK

Breakfast – Option A:

Grilled Breakfast Burrito Fiesta Potato + Hash
Browns + Water

Macros:

Protein: 11g; Carbs: 56g; Fat: 26g

JOSHUA'S PICK

Breakfast – Option B:

Breakfast Quesadilla – Bacon + Hash Browns +
Water

Macros:

Protein: 25g; Carbs: 50g; Fat: 41g

Option A:

2 Crunchy Tacos + Chips & Guacamole + Water

Macros:

Protein: 11g; Carbs: 49g; Fat: 32g

Option B:

Double Decker Taco Supreme + Chips & Salsa +
Water

Macros:

Protein: 17g; Carbs: 63g; Fat: 23g

VEGAN / VEGETARIAN

Option C:

Power Menu Bowl – Veggie + Chips & Guacamole +
Water

Macros:

Protein: 17g; Carbs: 75g; Fat: 33g

VEGAN / VEGETARIAN

Option D:

Cheesy Quesadilla + Black Beans & Rice + Water

Macros:

Protein: 24g; Carbs: 72g; Fat: 30g

Quick Tip: Cinnamon Twists & Cinnabon Delights® 2 Pack

The macros for cinnamon twists: P-1g; C-27g; F-6g and the macros for Cinnabon Delights®: P-2g; C-17g; F-9g.

Not in mood for any meals above? [Click here](#) to find your meal!



**JULIE'S
PICK**

Option A:

Build Your Own Bowl (White Chicken, White Rice, Oyako Broth, Broccoli, Carrots, Spinach & Green Onions) + Water

Macros:

Protein: 29g; Carbs: 84g; Fat: 3g

JOSHUA'S PICK

Option B:

Sushi Rolls (Joe's Roll – 4 pieces & California Roll – 4 pieces) + Chicken Skewers (1 Order) + Water

Macros:

Protein: 41g; Carbs: 57g; Fat: 39g

Option C:

Poke Bowl (Customized Order: Salmon, Brown Rice, Avocado, Cucumber, Mango, No Dressing, Wonton Strips, Sesame Seeds & Green Onions) + Water

Macros:

Protein: 28g; Carbs: 76g; Fat: 28g

Option D:

Signature Bowl – Surf & Turf + Water

Macros:

Protein: 44g; Carbs: 87g; Fat: 8g

VEGAN / VEGETARIAN

Option E:

Poke Bowl (Customized Order: White Rice, Cucumber, Edamame, Mango, Avocado, Traditional Hawaiian Dressing, Jalapeños, Sesame Seeds & Green Onions) + Water

Macros:

Protein: 17g; Carbs: 93g; Fat: 22g

VEGAN / VEGETARIAN

Option F:

Build Your Own Bowl (Tofu, Rice Noodles, Green Curry, Broccoli, Zucchini, Snap Peas, Spinach, Mushrooms, Green Onions & Avocado) + Water

Macros:

Protein: 23g; Carbs: 80.5g; Fat: 35g

Quick Tip: Adding Miso Soup To Your Order

Macros: P-6g; C-9g; F-3.5 – This is one of small ways to add volume to your meal w/o taking up a lot of macros! =)

Not in mood for any meals above? [Click here](#) to find your meal!

**Breakfast – Option A:**

Artisan Sandwich W/ Egg & Cheese + Small Seasoned Homestyle Breakfast Potatoes + Water

Macros:

Protein: 24g; Carbs: 80g; Fat: 37g

Breakfast – Option B:

Sausage & Egg Burrito + Small Seasoned Homestyle Breakfast Potatoes + Water

Macros:

Protein: 21g; Carbs: 63g; Fat: 44g

JULIE'S
PICK

Option A:

Apple Pecan Chicken Salad (Full) + Plain Baked Potato + Minute Maid Light Lemonade (Small)

Macros:

Protein: 42g; Carbs: 89g; Fat: 11g

JOSHUA'S PICK

Option B:

Grilled Chicken Sandwich + Small French Fries + Diet Coke (Small)

Macros:

Protein: 37g; Carbs: 77g; Fat: 25g

Option C:

Go Chicken Wrap W/ Grilled Chicken + Small French Fries + Water

Macros:

Protein: 23g; Carbs: 67g; Fat: 26g

Option D:

Jr. Hamburger + Small French Fries + Diet Coke (Small)

Macros:

Protein: 19g; Carbs: 67g; Fat: 26g

Quick Tip: Small French Fries Substituted For Small Vanilla Frosty

Small French Fries: P-4; C-42g; F-16 & Small Vanilla Frosty: P-7g; C-47g; F-7g.

Not in mood for any meals above? [Click here](#) to find your meal!



JULIE'S
PICK

Option A:

Turkey Stack + Seasoned Fresh Fruit + Water

Macros:

Protein: 38g; Carbs: 54g; Fat: 17g

JOSHUA'S PICK

Option B:

Grüben + Turmeric Rice + Water

Macros:

Protein: 47g; Carbs: 81g; Fat: 28g

Option C:

Greek Chicken Pita + Water

Macros:

Protein: 36g; Carbs: 44g; Fat: 17g

Option D:

Chicken Kabobs + Water

Macros:

Protein: 41g; Carbs: 5g; Fat: 11g

VEGAN / VEGETARIAN

Option E:

Baked Falafel Pita Without Tzatzki Sauce & Feta +
Water

Macros:

Protein: 17g; Carbs: 63g; Fat: 17g

VEGAN / VEGETARIAN

Option F:

Side Baked Falafel (Without Tzatzki Sauce) + Power
Grains + Water

Macros:

Protein: 21g; Carbs: 92g; Fat: 10.5g

Not in mood for any meals above? [Click here](#) to find your meal!