Lower Calorie Fast Food Meal Options



Restaurant	Instead of	Try
Buffalo Wild Wings	Traditional or Boneless Wings (890 – 3240 calories)	Naked Tenders with your favorite sauces. You can ask for them tossed in the sauce if you prefer them that way. (4 tenders = 170 calories, not including sauces)
		Grilled Chicken Salad (430 calories, not including dressing)
		Grilled Chicken Sandwich (360 calories, not including sauce/condiments)
		Grilled Chicken Wrap (600 calories, not including sauce/condiments)
	Regular Fry with Cheese (560 calories)	Veggie Boat (90 calories without ranch)
		Side Salad (70 calories without dressing)
		Garlic Bread (250 calories)
		Regular-size "Buffalo Chips" – eat ½ of the portion (360 calories for whole, 180 calories for half)
		Lowest calorie sauces (50 calories per 1oz): Hot, Medium, Mild, Spicy Garlic, Teriyaki Sweet BBQ, Wild
		Fat-free Ranch Dressing (60 calories per 3oz)
Portillo's	Hot Dog and Cheese Fries (800 calories)	One regular Hot Dog with a Baked Potato (~500 calories). Adding Cheese Sauce or Butter to potato (+100 calories)
		Garden Salad with Light Ranch Dressing (200 calories)
McDonalds	Big Mac (540 calories)	Regular Hamburger (250 calories)
	Calories)	Regular Cheeseburger (300 calories)
		Artisan Grilled Chicken Sandwich (360 calories)
		McNuggets 6 pc (280 calories)
		Bacon, Egg, and Cheese with Egg Whites (400 calories)
		Premium Bacon Ranch Salad with Chicken (310 calories)

Wendy's	Baconator (960	6 pc Chicken Nuggets (320 calories)
	calories)	Ultimate Chicken Grill sandwich (340 calories)
		Grilled Chicken Sandwich (350 calories)
		Grilled Chicken Wrap (270 calories)
		Doublestack Cheeseburger (400 calories)
	Large Fry (530 calories)	Asian Cashew Chicken Salad – Full size (380 calories)
		Baked Potato with butter (320 calories)
		Small Chili (170 calories)
		Caesar Side Salad (250 calories)
Culvers	Culver's Chicken Tenders 4 piece	Original Butterburger with a Single patty (400 calories without condiments)
	(540 calories)	Beef Pot Roast Sandwich (410 calories without condiments)
	The Culver's Deluxe Burger (810 calories)	Grilled Chicken Sandwich (390 calories without condiments)
		Garden Fresco with Grilled Chicken Salad (360 calories without dressing)
	Chili Cheese Fry (670 calories)	Chicken Cashew with Grilled Chicken Salad (460 calories without dressing)
		George's Chili (300 calories)
		Green Beans (130 calories)
		Regular size Mashed Potatoes with Gravy (140 calories)
		Cheesy Chicken Tortilla Soup (150 calories)
		Vegetable Beef Soup (140 calories)
		Chicken Noodle Soup (110 calories)

		Tomato Soup (110 calories)
		Sesame Ginger Dressing (70 calories)
		Raspberry Vinaigrette Dressing (45 calories)
Starbucks	Venti Double Chocolate Chip Frappacino (540 calories)	Tall Java Chip Light Frappacino (150 calories) Grande Mocha Light Frapacino (140 calories)
Chipotle	Chicken Burrito (Chicken, White Rice, Black Beans, Mild Salsa, Corn Salsa, Sour Cream, Cheese, Guacamole, Lettuce, <u>1370</u> calories) Chips and Guacamole (800 calories)	Chicken Burrito Bowl (Chicken, Black Beans, Fajita Vegetables, Mild Salsa, Corn Salsa, Cheese, Lettuce, <u>525</u> calories) Steak Tacos (Tortillas, Steak, Fajita Vegetables, Mild Salsa, Sour Cream, <u>555</u> calories)
Potbelly	Original Italian Sandwich (657 calories) Chocolate Shake (750 calories) Chocolate Banana Smoothie (570 calories)	Grilled Chicken and Cheddar Flat (375 calories) Bowl of Chili (370 calories) Hammie Flat (335 calories) Grilled Chicken Salad (360 calories) Cup of Chicken Noodle Soup (100 calories)