

Lower Calorie Fast Food Meal Options



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

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