

# FAST FOOD GUIDE

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## PANERA

**Avocado, Egg White, Spinach & Cheese Breakfast Sandwich** (350 cal, 19g protein, 39g carbs, 14g fat, 5g fiber)

**Scrambled Egg & Cheese on Artisan Ciabatta** (380 cal, 20g protein, 40g carbs, 16g fat, 2g fiber)

**Mediterranean Bowl** (630 cal, 19g protein, 75g carbs, 29g fat, 10g fiber)

**Strawberry Poppseed with Chicken** (whole) (340 cal, 24g protein, 35g carbs, 14g fat, 7g fiber)

**Mediterranean Veggie Sandwich on Tomato Basil** (whole) (680 cal, 26g protein, 117g carbs, 13g fat, 9g fiber)

**Napa Almond Chicken Salad Sandwich on Sourdough** (half) (310 cal, 12g protein, 38g carbs, 13g fat, 2g fiber)

**Turkey on Country Rustic Sourdough** (whole) (590 cal, 34g protein, 70g carbs, 19g fat, 5g fiber)

**Sides:** apple, banana, summer fruit cup, ten vegetable soup, homestyle chicken noodle

## FIREHOUSE SUBS

**Engineer** (medium) (690 cal, 38g protein, 60g carbs, 35g fat, 6g fiber)

**Turkey Bacon Ranch** (small) (420 cal, 20g protein, 32g carbs, 24g fat, 6g fiber)

**New York Steamer** (small) (360 cal, 20g protein, 24g carbs, 20g fat, 1g fiber)

**Smoked Turkey Breast** (small) (340 cal, 18g protein, 30g carbs, 17g fat, 2g fiber)

**Firehouse Salad** (with light Italian salad dressing) (260 cal, 10g protein, 12g carbs, 19g fat, 5g fiber)

**Turkey Salsa Verde** (430 cal, 30g protein, 50g carbs, 15g fat, 2g fiber)

**Sides:** side salad, firehouse chili

## GROCERY STORE BUFFETS

### WEGMANS PREPARED MEALS

**Grilled Lemon Garlic Chicken Breast** (1 piece) (240 cal, 35g protein, 2g carbs, 12g fat, 0g fiber)

**Roasted Turkey Breast** (4 oz serving) (90 cal, 18g protein, 3g carbs, 2g fat, 0g fiber)

**Kikka Spicy Tuna Avocado Roll** (410 cal, 15g protein, 73 carbs, 7g fat, 3g fiber)

### SIDES:

**Herb Roasted Brussel Sprouts** (120 cal, 7g protein, 40g carbs, 4g fat, 8g fiber)

**Kikka Boiled Soybeans (edamame)** (140 cal, 12g protein, 11 carbs, 5g fat, 4g fiber)

## CHIPOTLE

**Steak Burrito (brown rice, black beans, fajita veggies, salsa, corn salsa, lettuce)** (940 cal, 45g protein, 135g carbs, 24g fat)

**Sofritas Burrito Bowl (brown rice, pinto beans, fajita veggies, salsa, cheese, lettuce)** (650 cal, 27g protein, 77g carbs, 26g fat)

**3 Chicken Tacos (brown rice, black beans, fajita veggies, mild & corn salsa, lettuce [no cheese, or sour cream])** (830 cal, 50g protein, 108g carbs, 25g fat)

**Veggie Salad Bowl (lettuce, brown rice, pinto beans, guac, mild & corn salsa, fajita veggies [no sour cream, or vinaigrette])** (700 cal, 18g protein, 92g carbs, 31g fat)

**Quesadilla (tortilla, cheese, fajita vegetables, salsa)** (670 cal, 27g protein, 58g carbs, 33g fat)

**CHICK-FIL-A**

**Grilled Chicken Sandwich** (380 cal, 28g protein, 44g carbs, 11g fat, 2g fiber)

**Grilled Nuggets** (130 cal, 25g protein, 1g carbs, 3g fat, 0g fiber)

**Egg White Grill Sandwich** (290 cal, 26g protein, 30g carbs, 8g fat, 1g fiber)

**Sides:** fruit cup, side salad, chicken noodle soup, kale crunch side, applesauce

**FIVE GUYS**

**Little Hamburger** (with ketchup, mustard, tomato, lettuce, onion, pickle) (598 cal, 23g protein, 50g carbs, 26g fat, 3g fiber)

**Cheese Veggie Sandwich** (424 cal, 16g protein, 48g carbs, 21g fat, 6g fiber)

**Veggie Sandwich** (284 cal, 8g protein, 46g carbs, 9g fat, 6g fiber)

**FIRST WATCH**

**Healthy Turkey Sandwich** (580 cal, 50g protein, 71g carbs, 13g fat, 7g fiber)

**Power Wrap** (580 cal, 36g protein, 84g carbs, 11g fat, 6g fiber)

**Smoked Salmon Benedict** (630 cal, 35g protein, 46g carbs, 30g fat, 3g fiber)

**Sides:** fresh fruit, lemon dressed organic mixed greens, clam chowder, hearty vegetable soup

**CAVA**

**Tahini Caesar** (550 cal, 37g protein, 28g carbs, 31 fat, 4g fiber)

**Greek Chicken Pitas** (895 cal, 48g protein, 67 carbs, 46g fat, 9g fiber)

**Build Your Own (basmati rice, spinach, tzatziki, grilled chicken, veggies, pickled onions, feta, corn, yogurt dill dressing)** (745 cal, 42g protein, 73g carbs, 25g fat, 6g fiber)

**MIDNIGHT OPTIONS****IHOP**

**Build Your Own Omelette** (egg whites, ham, pepper & onion, sautéed spinach, fresh tomato; with side salsa and fresh fruit) (375 cal, 36g protein, 33g carbs, 18 g fat, 3g fiber)

**Protein Power Pancakes** (without syrup) (580 cal, 21g protein, 55g carbs, 31g fat, 4g fiber)

**Classic Avocado Toast** (350 cal, 8g protein, 37g carbs, 21g fat, 10g fiber)

**Grilled Tilapia** (430 cal, 43g protein, 40g carbs, 11g fat, 6g fiber)

**2 x 2 x 2** (buttermilk pancakes, scrambled egg whites & ham) (440 cal, 30g protein, 41g carbs, 19g fat, 2g fiber)

**Quick 2 Egg Breakfast** (fried eggs, turkey sausage, whole wheat toast) (630 cal, 33g protein, 58g carbs, 29g fat, 7g fiber)

**Sides:** avocado, grits, fresh fruit, side salad, broccoli florets, sourdough toast

**7-ELEVEN**

**Tuna Salad Sandwich** (470 cal, 23g protein, 50g carbs, 20g fat, 4g fiber)

**Strawberry-Blueberry Parfait** (210 cal, 6g protein, 43g carbs, 2g fat, 2g fiber)

**Sides:** banana, garden side salad, fruit blend, 7-Select hard-boiled eggs, Chobani Greek yogurt, Wonderful pistachios

**MCDONALDS**

**Egg McMuffin** (310 cal, 17g protein, 30g carb, 13g fat, 2g fiber)

**Fruit & Maple Oatmeal** (320 cal, 6g protein, 64g carb, 4.5g fat, 4g fiber)

**Sausage Burrito** (310 cal, 13g protein, 25g carb, 17g fat, 1g fiber)

**Grilled Chicken Salad** (133 cal, 22g protein, 6g carb, 1g fat, 2g fiber)

**Sides:** apple & grapefruit bag, cucumber sticks, side salad