DINING OUT
DIET PICKS

With these meal suggestions, you can eat away from home without making a mess of your diet—or your kitchen.

{FAST FOOD}

WENDY’S
- Half an Apple Pecan Chicken Salad with pomegranate vinaigrette, pecans, and water
  - 18 g fat, 4 g fiber, 19 g pro

BURGER KING
- Whopper Jr. with cheese (no mayo), apple slices, and diet soda
  - 14 g fat, 2 g fiber, 16 g pro

MCDONALD’S
- Honey Mustard Snack Wrap (grilled), side salad, packet of Italian dressing, and diet soda
  - 11 g fat, 3 g fiber, 18 g pro

CHICK-FIL-A
- Chargrilled Chicken Sandwich, small fruit cup, and small unsweetened iced tea
  - 4 g fat, 4 g fiber, 28 g pro

TACO JOHN’S
- Two Crispy Tacos, two packets mild sauce, and unsweetened iced tea
  - 20 g fat, 4 g fiber, 18 g pro

ARBY’S
- Jr Roast Beef Sandwich, apple slices, yogurt dip, packet Arby’s sauce, and diet soda
  - 7 g fat, 3 g fiber, 14 g pro
Vegetarian Sandwich (no mayo) and bottled water
9 g fat, 2 g fiber, 19 g pro

Broccoli Beef (no rice), two veggie spring rolls, fortune cookie, and diet soda
11 g fat, 7 g fiber, 14 g pro

JIMMY JOHN’S
386 calories

You-Pick-Two Asian Sesame Chicken Salad, Low-Fat Vegetarian Garden Vegetable with Pesto Soup, and unsweetened iced tea
16 g fat, 10 g fiber, 19 g pro

PANERA BREAD
330 calories

Burrito Bowl with brown rice, barbacoa, corn salsa (no sour cream, guacamole, and beans), and diet soda
12 g fat, 3 g fiber, 29 g pro

CHIPOTLE
400 calories

nutrition information from restaurant websites