

# FAST FOOD

HIGH PROTEIN

LOW CALORIE ORDERS



## CHICKEN KALE CRUNCH SALAD + COOL WRAP

- Kale Crunch Salad
- 8 Piece Chicken Nugget + Zesty Buffalo Sauce
- Cool Chicken Wrap + Fat-Free Honey Mustard

**Instructions:** Mix chicken nuggets and buffalo sauce into salad. On the cool wrap only use 1/2 honey mustard packet as sauce.

P: 65g. | C: 55g. | F: 26g. | Calories: 660

## GRILLED CHICKEN SANDWICH

Add Fat-Free Honey Mustard or Buffalo

P: 31g. | C: 42g. | F: 12g. | Calories: 400



## CHICKEN POWER BOWL

+Extra Chicken

P: 38g. | C: 34g. | F: 22g. | Calories: 520



## GRILLED CHICKEN WRAP + SMALL CHILI

No Ranch & Plain Chili

P: 42g. | C: 63g. | F: 21g. | Calories: 610



## VEGGIE BURRITO

+Add Chicken

P: 31g. | C: 54g. | F: 18g. | Calories: 515



## 2 GRILLED CHICKEN TACOS

+Extra Chicken

P: 33g. | C: 28g. | F: 25g. | Calories: 480



## BOWL - TERIYAKI CHICKEN

Half Rice/Half Steamed Veggies + Extra Teriyaki Chicken

P: 41g. | C: 50g. | F: 21g. | Calories: 560

**NEXT**  
LEVEL NUTRITION

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**POPEYES**



## CHICKEN TENDERS & MASHED POTATOES

- Blackened Chicken Tenders (5pc.)
- Mashed Potatoes (Large)

**Note:** To reduce calories/carbs order a small mashed potatoes.

P: 52g. | C: 57g. | F: 15g. | Calories: 613

## SANDWICH + EGG BITES

- Turkey Bacon, Cheddar & Egg White Sandwich
- Egg White and Roasted Pepper Egg Bites (2 orders)

P: 39g. | C: 54g. | F: 20g. | Calories: 570

## WRAP + SANDWICH

- Spinach, Feta & Egg White Wrap
- Turkey Bacon, Cheddar & Egg White Sandwich

P: 36g. | C: 61g. | F: 15g. | Calories: 520

**NEXT**  
LEVEL NUTRITION