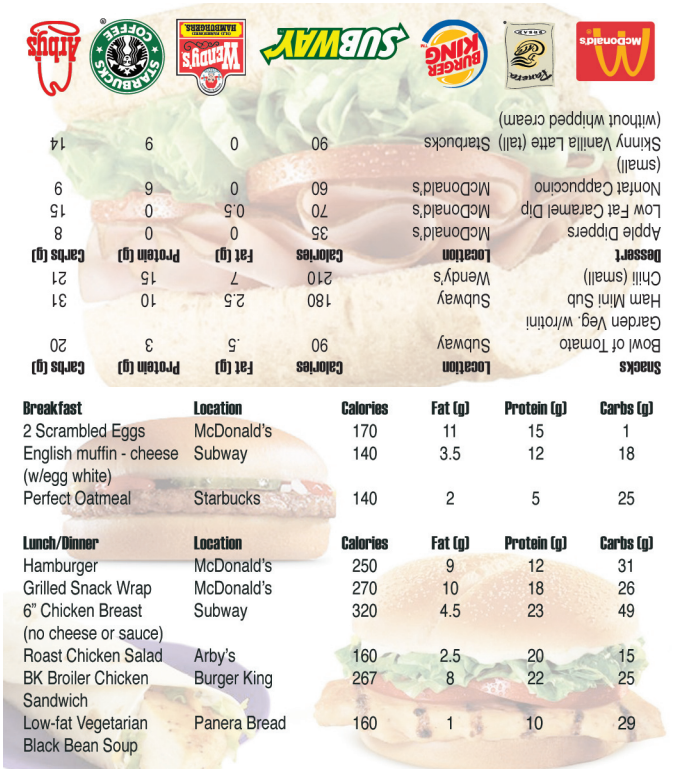
Pocket Restaurant Guide

Print, trim at guides, then fold in half.

Fold



Breakfast	Location	Calories	Fat (g)	Protein (g)	Carbs (g)
2 Scrambled Eggs	McDonald's	170	11	15	1
English muffin - cheese (w/egg white)	Subway	140	3.5	12	18
Perfect Oatmeal	Starbucks	140	2	5	25

Lunch/Dinner	Location	Calories	Fat (g)	Protein (g)	Carbs (g)
Hamburger	McDonald's	250	9	12	31
Grilled Snack Wrap	McDonald's	270	10	18	26
6" Chicken Breast (no cheese or sauce)	Subway	320	4.5	23	49
Roast Chicken Salad	Arby's	160	2.5	20	15
BK Broiler Chicken Sandwich	Burger King	267	8	22	25
Low-fat Vegetarian Black Bean Soup	Panera Bread	160	1	10	29

Snacks	Location	Calories	Fat (g)	Protein (g)	Carbs (g)
Bowl of Tomato Garden Veg. w/rotini	Subway	90	1.5	3	20
Ham Mini Sub	Subway	180	2.5	10	31
Chili (small)	Wendy's	210	7	15	21
Dessert	**Location**	**Calories**	**Fat (g)**	**Protein (g)**	**Carbs (g)**
Apple Dippers	McDonald's	35	0	0	8
Low Fat Caramel Dip	McDonald's	70	0.5	0	15
Nonfat Cappuccino (small)	McDonald's	60	0	6	9
Skinny Vanilla Latte (tall) (without whipped cream)	Starbucks	90	0	9	14