

What The Healthiest Choices Are on the Go!

Collected by SoreyFitness.com

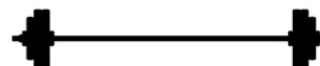
Each person's calories are different. To lose weight or maintain your weight, you will want to calculate your calories.

You only need 2,300-2,400 mg a day of Sodium!

**None of the material collected is the property of SoreyFitness.com. The authors of SoreyFitness are not medically endorsed. Any diet change should be discussed with your doctor.*

Choices:

Chick-Fil-A
Panera Bread
Salsarita's
Wendy's
Taco Bell
O' Charleys
Sonic
Pizza Hut
Chilli's
Outback
Subway



Chick-Fil-A

Chick-fil-A® Chargrilled Chicken Sandwich	270 Calories/3.5 Fat-/3 Fiber/28 Protein/Sodium 940mg
Chick-fil-A® Chicken Salad Sandwich	350 Calories/15g Fat/5 Fiber/20 Protein/880mg Sodium
Chick-fil-A Chick-n-Strips® (6-count)	310 Calories/15g Fat/1 Fiber/28 Protein/ 890mg Sodium
Spicy Chicken Cool Wrap	410 Calories/12g Fat/8 Fiber/35 Protein/ 1340mg Sodium
Chargrilled Chicken Cool Wrap	410 Calories/12g Fat/8 Fiber/34 Protein/ 1310mg Sodium
Chick-fil-A Chick-n-Strips® Salad	400 Calories/20g Fat/4 Fiber/34 Protein/ 1070mg Sodium
Chick-fil-A® Southwest Chargrilled Salad	240 Calories/8g Fat/5 Fiber/25 Protein/ 770mg Sodium
Chick-fil-A® Chargrilled Chicken Garden Salad	180 Calories/6g Fat/3 Fiber/22 Protein/ 620mg Sodium

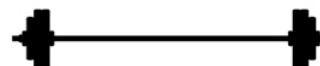
Honey Roasted BBQ Sauce 50 Calories/6g Fat/0 Fiber/0 Protein/90 mg Sodium

Sides:

Fruit Cup (small)	50 Calories/0g Fat/1 Fiber/0 Protein/ 0mg Sodium
Fruit Cup (medium)	70 Calories/0g Fat/2 Fiber/1 Protein/0mg Sodium
Carrot & Raisin Salad (small)	170 Calories/6g Fat/2 Fiber/1 Protein/110mg Sodium
Cole Slaw (small)	180 Calories/21g Fat/2 Fiber/2 Protein/220mg Sodium
Chicken Salad Cup	270 Calories/18g Fat/4 Fiber/19 Protein/790mg Sodium

Desserts:

Icedream® Cup (small cup)	240 Calories/6g Fat/0 Fiber/6 Protein/105mg Sodium
Icedream® Cone (small cone)	160 Calories/4g/4protein/80mg Na



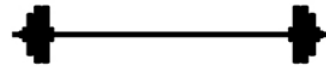
Panera

Salads:

Strawberry Poppyseed & Chicken Salad (full)	310 Calories/3.5g Fat/7 Fiber/29Protein/530mg Sodium
Asian Sesame Chicken Salad (full)	450 Calories/22g Fat/5 Fiber/32Protein/1030mg Sodium
Fuji Apple Chicken Salad (half)	285 Calories/15g Fat/2Fiber/16Protein/500mg Sodium
Grilled Salmon Salad (full)	340 Calories/14g Fat/6 Fiber/23Protein/820mg Sodium
Grilled Chicken Caesar Salad (half)	280 Calories/17gFat/2 Fiber/18Protein/635mg Sodium

Sandwiches:

Chicken Pomodoro Panini on Sesame Semolina - half portion	350 Calories/10gFat/3 Fiber/25Protein/1140mg Sodium
Frontega Chicken® Panini - half portion	440 Calories/21gFat/3 Fiber/24Protein/1150mg Sodium
Smokehouse Turkey® Panini on Three Cheese - half portion	350 Calories/11gFat/2 Fiber/24Protein/1190mg Sodium
Turkey Artichoke Panini - half portion	420 Calories/19gFat/4 Fiber/21Protein/1280mg Sodium
Portobello & Mozzarella Panini-HALF	375 Calories/18gFat/3 Fiber/13Protein/595mg Sodium
Asiago Roast Beef Sandwich-HALF	350 Calories/16gFat/2 Fiber/24Protein/650mg Sodium
Bacon Turkey Bravo® Sandwich - half portion	370 Calories/13gFat/2 Fiber/23Protein/1360mg Sodium
Sierra Turkey Sandwich - half portion	480 Calories/26gFat/2 Fiber/20Protein/1160mg Sodium
Chicken Caesar Sandwich on Three Cheese - half portion	380 Calories/15gFat/2 Fiber/22Protein/780mg Sodium
Mediterranean Veggie-Half	295 Calories/7gFat/5Fiber/12Protein/725mg Sodium
Smoked Turkey Breast Sandwich on Sourdough - half portion	230 Calories/8gFat/2 Fiber/15Protein/840mg Sodium



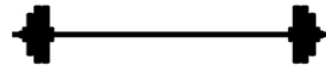
Smoked Ham & Swiss Sandwich on Stone-Milled Rye - half portion	380 Calories/16gFat/3 Fiber/22Protein/1200 Sodium
Chicken Salad Sandwich on Whole Grain-HALF	290 Calories/13gFat/8Fiber/14Protein/785 Sodium
Tuna Salad Sandwich on Honey Wheat-HALF	360 Calories/22gFat/2 Fiber/13Protein/805 Sodium

Crispani's

Pesto Chicken Crispani®	340 Calories/13gFat/2 Fiber/19Protein/570 Sodium
BBQ Chicken Crispani®	380 Calories/15gFat/2 Fiber/19Protein/960 Sodium
Italian Meat Classic Crispani®	340 Calories/18gFat/2 Fiber/17Protein/990 Sodium
Pepperoni Crispani®	380 Calories/18gFat/2 Fiber/17Protein/870 Sodium
Roasted Wild Mushroom Crispani®	340 Calories/16gFat/2 Fiber/13Protein/600 Sodium
Three Cheese Crispani®	340 Calories/15gFat/2 Fiber/15Protein/590 Sodium

Choose Bread for 180 or less! Just one serving though—
about 2 ounces.

Avoid: Ciabatta Bread, Passion Fruit Bagel, and the sweets.



Wendy's

Sandwiches:

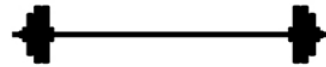
Single w/ Everything	430 Calories/20gFat/2 Fiber/25Protein/900 Sodium
Ultimate Chicken Grilled Sandwich	320 Calories/7gFat/2 Fiber/28Protein/950 Sodium
Spicy Chicken Filet Sandwich	440 Calories/16gFat/3 Fiber/28Protein/1320 Sodium
Homestyle Chicken Filet Sandwich	430 Calories/16gFat/2 Fiber/25Protein/1140 Sodium
Crispy Chicken Sandwich	360 Calories/14gFat/1 Fiber/16Protein/730 Sodium
Ham and Swiss Fescata	460 Calories/19gFat/4 Fiber/27Protein/1470 Sodium
Turkey and Swiss Fescata	470 Calories/20gFat/4 Fiber/25Protein/1520 Sodium
Fescata Club	430 Calories/17gFat/4 Fiber/22Protein/1560 Sodium

Sides:

Baked Potato (Plain) (with butter add 50)	270 Calories/0gFat/7 Fiber/7Protein/25 Sodium
Large Chilli (Crackers add 25--cheese add 75)	330 Calories/9gFat/8 Fiber/25Protein/1170 Sodium

Treat yourself: Jr. Frosty! 160 Calories for Chocolate/150 Vanilla

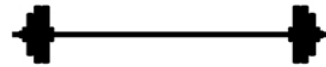
AVOID: the fries....a Small is 330 if you have to have them.



Taco Bell

Bean Burrito	320 Calories/7gFat/9 Fiber/12Protein/1200 Sodium
7-Layer Burrito	380 Calories/8gFat/9 Fiber/13Protein/1190 Sodium
Crunch Wrap Supreme	560 Calories/9gFat/5 Fiber/17Protein/1430 Sodium
Nachos Supreme	450 Calories/9gFat/14 Fiber/26Protein/600 Sodium

You can pretty much order 1 of any other item. Just be careful of your sodium intake or don't eat here everyday!

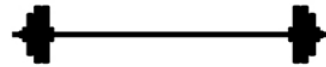


O' Charleys

OC Bacon & Cheese Trio Chicken Sandwich	800 Calories/40gFat/3 Fiber/55Protein/1440 Sodium
OC Caribbean Coconut Shrimp	650 Calories/26gFat/2 Fiber/17Protein/290 Sodium
OC Cedar-Planked Salmon	590 Calories/7gFat/1 Fiber/63Protein/950 Sodium
OC Chipotle BBQ Salmon, 6 oz.	430 Calories/22gFat/1 Fiber/38Protein/410 Sodium
OC Teriyaki Chicken	500 Calories/6gFat/1 Fiber/51Protein/600 Sodium
OC Whiskey Creek Salmon, 6 oz.	500 Calories/26gFat/1 Fiber/39Protein/680 Sodium

Desserts

OC Caramel Pie Ice Cream Scoop	160 Calories/7gFat/0 Fiber/3Protein/90 Sodium
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Sonic

Sandwiches:

Jr. Burger	320 Calories/16gFat/2 Fiber/15Protein/610Sodium
Corn Dog	250 Calories/15gFat/2 Fiber/5Protein/80Sodium
Grilled Cheese	390 Calories/17gFat/2 Fiber/14Protein/1010Sodium
Grilled Chicken Wrap	380 Calories/11gFat/4 Fiber/27Protein/1300Sodium
Chicken Strip Wrap	480 Calories/20gFat/5 Fiber/20Protein/1170Sodium
Jumbo Popcorn Chicken-SNACK size	370 Calories/21gFat/2 Fiber/19Protein/1270Sodium
Ham, Egg, and Cheese Breakfast Bistro	430 Calories/21gFat/2 Fiber/25Protein/1640Sodium
Bacon, Egg, and Cheese Breakfast Bistro	470 Calories/27gFat/2 Fiber/21Protein/1370Sodium
Burrito	370 Calories/20gFat/3 Fiber/11Protein/520Sodium

Sides:

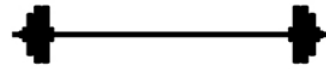
Small Tater Tot/Fry	220 Calories...don't go over!
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If you've got to splurge...get a Fruit Tea (5-10 calories) or Limeade (around 170). NO milkshakes!! Try a ice cream cone (160) instead!



Pizza Hut

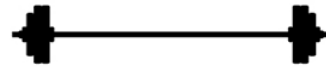
Ham and Pineapple Personal Pan	570 Calories/26gFat/3 Fiber/28Protein/1370Sodium
Pepperoni and Mushroom Personal Pan	600 Calories/15gFat/2 Fiber/5Protein/80Sodium



Chili's

Whole wheat bun (unbuttered) with black bean burger patty	290Calories/4gFat/21 Fiber/24Protein/1030Sodium
Guiltless Salmon	480 Calories/14gFat/10 Fiber/54Protein/80Sodium
Sizzle & Spice Firecracker Tilapia Combo w/ Veggies then pick either corn on the cob (unbuttered), Rice, OR Black beans	Tilapia = Veggies- 60/1gfat/3Fiber/4pro/110Sodium Rice- 210/2gFat/1Fiber/4Pro/1020Sodium Black Beans-115 Cal/0gFat/10 Fiber/6Pro/640Sodium
Sizzle & Spice Garlic & Lime Grilled Shrimp Combo (Same sides apply)	260 Calories/13gFat/0 Fiber/24Protein/1000Sodium
Sizzle & Spice Margarita Grilled Chicken Combo (Same Sides apply)	320 Calories/13gFat/2 Fiber/36Protein/1170Sodium
Quesadilla with Rice, Black Beans, Sour Cream, & Pico de Gallo (Boat)	480 Calories/5gFat/3 Fiber/8Protein/310Sodium
Grilled Caribbean Salad	440 Calories/10gFat/6 Fiber/33Protein/1410Sodium

Choose Chicken Noodle Soup (90 cal a bowl) or Tortilla Soup (140)...but budget it into your lunch calories!!



Outback

****Calories are not listed online so the choices are based on description****

Shrimp and Veggie Griller

Prepare without butter or glaze during preparation. Order with wild rice medley and pineapple if your program allows. Order a House Salad as above

Chicken and Veggie Griller

Prepare without butter or glaze during preparation. Order with wild rice medley and pineapple if your program allows. Order a House Salad as above

Steak and Veggie Griller

Prepare without butter or glaze during preparation. Order with wild rice medley and pineapple if your program allows. Order a House Salad as above

Victoria's Filet

Order with House Salad as above Jacket or Sweet Potato.
Steamed Vegetables or steamed green beans without butter.

Outback Special

Order with House Salad as above Jacket or Sweet Potato.
Steamed Vegetables or steamed green beans without butter.

Outback Lamb

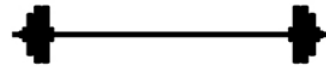
Order with House Salad as above Jacket or Sweet Potato.
Steamed Vegetables or steamed green beans without butter.
Ask for no sauce during preparation

Chicken on the Barbie

Order with House Salad as above. Order Jacket or Sweet Potato
Steamed Vegetables without butter. Order without butter or BBQ sauce

Fresh Fish of the Day

Order prepared without butter. Order with cocktail sauce or fresh lemon instead of Remoulade Sauce



Salmon

Order prepared without butter or seasoning
Order with cocktail sauce or fresh lemon instead of Remoulade Sauce

Pork Chops

Order with House Salad as above. Order Jacket Potato and Steamed Vegetables (instead of apples). Ask for no butter during preparation.

BBQ Chicken & Bacon Sandwich

Order prepared without butter or BBQ sauce
Order without the bacon and cheese
Request with bun if your program allows
Substitute baked potato, steamed vegetables, or steamed green beans

Grilled Chicken & Swiss Sandwich

Order prepared without butter
Order without the bacon and cheese
Request with bun if your program allows
Substitute baked potato, steamed vegetables, or steamed green beans

Salads & Sides

Dressings: Tangy Tomato Dressing (fat free), Vinegar, Fresh Lemon or Olive Oil & Red Wine Vinegar

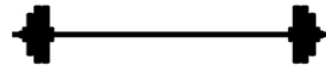
House Salad - Order without cheese and croutons

Steamed vegetables or Steamed Green Beans - Order without seasoned butter

Jacket Potato - Order without toppings
(Our Jacket Potatoes are rolled in margarine and Kosher salt prior to the baking process.)

Sweet Potato - Order without toppings

Bread - 1 inch slice without butter



Subway

6" Ham	290 Calories/5gFat/4 Fiber/18Protein/1260Sodium
6" Oven Roasted Chicken Breast	310 Calories/5gFat/5 Fiber/9Protein/830Sodium
6" Roast Beef	290 Calories/5gFat/4 Fiber/24Protein/900Sodium
6" Subway Club	320 Calories/6gFat/4 Fiber/19Protein/1290Sodium
6" Sweet Onion Chicken Teriyaki	370 Calories/5gFat/5 Fiber/26Protein/1200Sodium
6" Turkey Breast	280 Calories/4.5gFat/4 Fiber/18Protein/1000Sodium
6" Turkey Breast & Ham	290 Calories/5gFat/4 Fiber/20Protein/1210Sodium
6" Veggie Delite	230 Calories/3gFat/4 Fiber/9Protein/500Sodium
6" Cold Cut Combo	410 Calories/17gFat/4 Fiber/21Protein/1530Sodium
6" Italian BMT	450 Calories/21gFat/4 Fiber/23Protein/1770Sodium
6" Steak & Cheese	400 Calories/12gFat/5 Fiber/29Protein/1110Sodium
6" Subway Melt	380 Calories/12gFat/4 Fiber/26Protein/1600Sodium

****Skip the cheese and mayo....Try to get Italian or Wheat bread****

For more tips on building a healthy body and balanced life check out SoreyFitness.com