Restaurant	Type	Option Chicken Burto Goal Chicken Burto Goal Chicken Sturto Store Chicken Sturto Store Chicken Sturto Sturto Chicken	Catories Fa 11900 1090 995 966 970 790 790 790	t Saturated	Carps I	Protein Sodium (in Fib	r Sugar Cholesterol M	ain/Side Rating	Overview Chicken Sunto Soul	When the part of the control of the
Chicade  Suither Wild Wook  Cooks  Man & Southwest Grill  Page Johns  Sad State  HASP	Wings	Chicken Burto Boal Sante Fe Salad	1160	47 1	11 108 5 76 12 90 7 124 5 4	50 2000 10 2000 10 2000 10 2000 10 2000 10 1000 20 100	27 10 260 Mm 14 15 25 Mm 16 6 320 Mm 42 24 52 Ms 340 13 12 40 Mm 7 5 66 Mm 9 12 135 Mm 11 26 110 Mm 6 5 80 Mm 6 4 115 Mm 4 8 120 Mm 4 8 120 Mm	n Seet n Average	Chicken Sunto Sout Sonte Fe Soled	Spill in hard and extreme hard from any three controls and the other hard 2 in hour leaser; most offer the is a coming from good talk in the guazamonic procurous assurance and any consumers.  Spill in hard and extreme hard from any three controls and the other hard 2 in hour leaser; most offer the is a coming from good talk in the guazamonic procurous assurance and any consumers.  Spill in hard and extreme hard from any three controls and the other hard 2 in hour leaser; most offer the last control in the spill in the s
Otto	Mexican	Chicken/impossible Bunto Bowl	995	63 11 58 2 32 1 57 11	13 90	76 1936	16 6 340 10	n Sest	Chicken Impossible Sunto S	impossible mask, from what we now of its date, would be the healthier option here due to the lower cholesteric, Half of the fair is good bas (monounsaturated and polyunsaturated), added 45 grants of cathohydrates due to thour rice that's not included in nutritional breakdown
Monte Southwest Grill Sans Article	Mexican	Quinos Power Bowl I Instanced Sheeted Winos	956	52 1	7 124	75 1937 66 1460	42 24 92 No	n Seet	Outros Power Bowl	Specino quadro descoil á placio de galior addi musebonomis popopers, colores, cucumbens, lettorio de galior participantes proportios proportios de constitución de la color de la fina quadro de social de la color de la fina de la color de la fina de la color del la color de la color del la color de la colo
Red Robin	Surger	Veggie Burger	760	51 10	2 63	26 1060	13 12 40 56	n Average	Vega Burger	Potential vegan option; request in lettuce wrap to netuce empty calcines and ask for gasic; ask and tomato bruschetta salar on the side so you're in comtrol of how much is used (if any)
HOP Company and the second	Miscelaneous	Turkey, Racon & Avocado Wrap	790	29 1	8 56	45 1640	7 5 55 bb	n Average	Turkey, Recor & Avocado W	Schedulbas hulkway baccon for frickery-seroked baccon, since theself is algorificantly less if the condum, and choisesteed; slight for reach to reduce empty calcrises
HOP	Miscelaneous	Grilled Chicken & Veggle Salad	690	36 I	7 46	29 1340	11 26 110 Ma	n Good	Gried Chicken & Veggie Sar	day parameters or recover described in the substitute of the subst
Paners Stead	Sandwich	Roasted Turkey & Avocado SLT	660	35 1	7 52	42 1350	6 5 80 Mb	n Good	Roaded Turkey & Avocado S	[Skip the appliescod-emoted bason due to high statutated fig. cholerancy, and socium; skip the mayonnable since you already have a pool fast from successor, if you want to get more nutrition, always, thoose an applie as your side; however, if you're are or operating bread as a side, choose a Sprouted Grain Roll over a French Requested
Suffice Wild Wines MICE Connect Street Customs Seed Street	Surger	Garden Chicken Salad Grider Chicken & Veggle Salad Rossted Turkey & Accordo SkT Sub as a Salad Bruschetta Chicken	710 660 660 660	28 1	9 45	40 1990	4 8 100 100	n Good	Structure Chicken	Come to the party concession in projects, controlling
BADE Potenty	Miscelaneous	Tispia Florentine Farmhouse Salad Nasked Wings Mediterranean Grilled Chicken	670 660 640 630	41 11	9 34	44 2070	4 5 165 Mb	n Average	Staple Florentine	Choice of 2 sides to 1/4 go with thoucost and mixed fruit for healthy cabbinyclates
Plaza Hut	Pizza	Naked Wings	640	27 1	0 4	45 1700 72 1240	1 1 260 16	n George	Nated Wings	Nameur on Euro Crisines and Eurocomo to reduct at the contract of the contract
Para Had Seconds Read Stable Week/A	Miscelaneous	Mediterranean Grilled Chicken	600	40 1	9 6	65 1520	1 2 165 Ma	n Good	Mediteranean Grilled Chicks	Skip trafeta cheesa
Wendy's	Sandwich	Mediterranean Gilled Chicken Grides Turkey Grides Aucuste SET Chicken Standwich Rosseth Chickey & Dill Haward Turan Chicken Stand Chicken Chicken Wasp Salmon Roccas The Westger Wasper	600	21 1	9 26	90 780 45 1250	4 5 95 No 2 6 120 No	n Good	Grited Turkey Grited Avocado SLT Chicker	Request in tensor wapp to reduce empty catalway, sets for dispose acids on the side so yould in in control of how much is used of plane in the control of how much is used of plane in the control of how much is used of plane in the control of how much in the plane in the control of how much in the plane in the control of how much in the plane in the control of how much in the plane in the control of how much in the plane in the pla
Statucies Subsess Subsess West Window Other Gentles Sad States	Coffee	Roasted Turkey & Dill Havarti	580	31 1	9 46	32 860	5 4 65 No	n Average	Roamed Turkey & Oil Havan	
Subsession Wild Williams	Sandwich	Tuna/Chicken Salad Classic Chicken When	590	51 1	5 9	25 710	2 1 90 50	n Seet	Classic Chicken Street	Chapses train for orange-3 faility applies or chickes for more probable.  Chapses are failed refused in power of failing to the probable of th
Olive Garden	Miscelaneous	Salmon Piccata	570	29 10	2 11	45 1570	3 2 135 Ma	n Seet	Salmon Piccata	
Red Robin Au Son Dain	Surger	The Wedgie ** Surger Name Chicker with Aurorato	600 600 580 580 570 570 570 580 560	35 10	9 22	40 890	5 8 125 Ma	n Average	The Webbie Th Burger	Request without the hardwood-enriched basin to reduce of the design of the second of t
As Jan Data Terration Reco Station Sta	Burger Sandwich Cobbe Sandwich Cobbe Sandwich Wings Miscolaneous Burger Sandwich Burger Sandwich Sandw	Albacore Tuna Salad	550	25 1 26 3.1	5 53	29 800	4 0 SEA MARCHAN CONTRACTOR CONTRA	n Sest	Albacore Tuna Salad	Ank to have sunderfor or Ancient Cestio Bagel
Share Share	Pizza Sandairo	NY Pepperani Pizza Silce Douastrouse Salad	550 540	23 10	6 61	25 1460 22 930	5 9 55 bb	n Average	NY Pappasoni Pizza Stice Drawkovan Salad	Ask for Girbally, ultralinates on the side as you control flow month is use of mail
Potheliu	Sandwich	Tuna Salad Original	530	19	7 58	37 690	6 4 55 Ma	n Good	Tuna Salad Original	Stop the manays since that from suns as sufficient and asky cheeses duse to the and sodium content
Super King	Surger	Chicken Garden Salad	530 520 520 520 510 500 500 460 460	22 1	9 17	40 1210	7 6 120 Ma	n Seet	Chicken Genter Saled	
Sed State	Surger	Avo-Cobb-O	520	27 1	0 28	48 1330	7 8 305 Ma	n Average	Augusta Control	[classed as a variation of the state of the
Einstein Bros	Sagel	Nova Lax	510	18 6	6 66	23 1260	4 9 30 10	n Good	Nova Lox	Up to you whether to include or exclude cream cheese; sait to have sandwich or Ancient Grain Ragel
Taca Rell	Mexican	Power Menu Bowl - Chicken	500	20 1	6 54	27 1230	8 2 70 Ma	n Average n Seet	Power Meny Boart - Chicken	proquest entrous proprietorial to induce saturational trait and occurs interest, requires without increasing to reduce saturational trait and occurs interest, requires without increasing to reduce saturational trait and occurs interest, requires of sessing or the side soly you re-in-control of how much in useful (if sally).  Add Mistacus, solving, from solving shall entrous control sensor, from solving and sensor sensor and shall occurs and sensor sensor senso
Au Son Pain	Sandwich	Herb Chicken Salad Sandwich	490	13 21	5 60	35 760	5 4 75 Ma	n Seet	Helb Chicken Saled Sandwin	Ask for avocade dressing on the side so you're in control of how much is used (if any); ask for 100% whole wheat bread if available to have more nutritious carbohydrotes.
Janon's Deli	Sandeich	Spitach, Muthisoni, & swiss Build-Your-Own Sandwich	190	10 1	0 61	32 2260 27 1220 35 760 25 820 45 870 38 640 26 880 23 870 32 1160	12 18 105 105	n Georg	Build Your Own Sandwich	(up to type without the circulate are studied without common and the circulate are studied without common and the circulate are studied without the circulate are studied withou
Au Son Pain	Sandwich	Tuna Salad Sandwich	490	12 1.1	5 59	38 640	9 6 65 10	n Sest	Tura Salad Sandwich	
Contrain Gross	Sagel	Turkey Sausage & Cheddar Grillad Chinkan & Cheddar Dist	400	15 1	7 58	26 990	2 6 225 No	n Good	Collect Chicken & Chester C	Ask to have sunched not an Accord Claim Rague, can substitute eggl for egg which sepending our cholesteral intake.  (Ask to have sunched not an Accord Claim Rague, can substitute eggl for egg which sepending our cholesteral intake.)  (Ask to have sunched not an Accord Claim Rague, can substitute eggl for egg which sepending our cholesteral intake.)  (Ask to have sunched not accord Claim Rague, can substitute eggl for egg which sepending our cholesteral intake.)
Somethi Sonia Whataburan James Johns	Sandwich	Grilled Chicken Sandwich	460	22	2 29	32 1190	3 7 NA 10	n Seet	Griffed Chicken Sandwich	remove an unitary united to find the an account of the account of
Whatshurper Smore Inhos	Surger	No-Burn Burger with Avocado #19 The Beach Chill Linein	490	38 13	9 7	30 890	4 2 80 80	n Good	No But Burger with Augustic	Request letture wasp Favalatein; Skip bacon to reduce bad bas, christenerii, and sodium; Skip theses to reduce saturated fit and sodium intake
Wendy's	Sandwich Miscelaneous	Same News (May Claims and May Claims	470 460	17 1	5 41	42 1110	7 29 110 Ma	n Sest	Serry Sund Chicken Soled	Suip the fets cheese and ask for directing on the side so you control flow much you use (if any)
	Miscelaneous	##2 The Beach Club Univide Berry Butt Chickee Shade Heth-Critical Salmon Zuddes Finnauera Chickee Costewe Salmol Through Salmon Zhouse Sontone Salmol Through Salmon or Engine Mulfile Through Salmon or Salmon Salmon Through Plaza Salmo Through Plaza Salmo Through Chickee Teamhouse Salmon Fir Fam Wagge Christian Fir Fam Mulfile Fire Salmon	460	29 1	4 9	45 960	5 3 120 Mb	n Seet	Hest-Grilled Salmon Zoodina Drimmana	The response of the control of the c
Cobeca	Miscelaneous Surger Donut	Chicken Cashew Salad	450	40 1s 24 83	5 13	46 855	3 3 115 Mb	n Good	Chicken Cashew Salad	Skip the croutions and disease to induce socium, fait, and empty calcivier, skip the introduce checks or long sourced and not organized and moderate socium.
Dunkin' Donute	Donut	Turkey Sausage on English Mulfin	450	21 1	7 27	25 1110	1 4 240 50	n Average	SURRY SOUTHOR OF SHOOKE	cangerously right chosesters, as it choses, you must water your chosesters intake for other rease in the day
Terro State Ever State	Attectan Burger	Fuere Attra Wurtto - Chicken Sunless Hamburger	460 440	34 1	6 0	29 1200 32 100	0 0 100 Ma	n Good n Average	Burdess Hamburger	Contract post of these area more annual and accordance annual ann
Elva Guas	Mexican Surger Surger Pizza Sandwich Miscellaneous	Sunless Little Hamburger (2)	440	34 19	6 0	32 100	0 0 120 Ma	n Average	Suntees Little Hamburger	Critaring two of these in influor wraps increases the amount of nutrition; add green peopers, muchocoms, influor, cold green peopers, muchocoms, influor, cold critario
Admin .	Floor Sandwich	nr vegge HZZII SICO Crispy Chicker Familiouse Salad	490	24 1	. 56 8 26	21 1070 29 1000	4 4 65 Ma	n Average	Orany Chicken Facebouse S	(SAS) the chiradout of deese due to high statused life and moderate activity, oblig the papper bason due to high chiradentral and file
Central	Miscelaneous	Fit Fare Veggie Omelette	430 430	9 4	5 60	27 530	4 25 20 Ma	n Seet	Et Fare Vegoir Omelette	
Decovis Hardenia	Miscelaneous Burger	Hit seam Low Carb It R - N. Ib. Low Carb Little Thick/www.	430 430 430	12 21		27 860 31 850	4 22 30 Mb 4 5 50 Mb	n Seet n Good	LOW COST E-R - N. D. LOW CO.	Josephan Hander Back Decision and Companies of the Contract Contra
Harder's Starburks Sanda Express	Coffee	Zalatar Chicken & Lemon Tahini	490	21 21	5 42	21 890	4 16 50 16	n Good	Zalatar Chicken & Lemon To	Sequest lemon training dessings, & disuring cocumitment trastabilision the sides as you're in control of how much its sead of famy)
Sanda Express Sonis	Asian Sandyim	Brown Steamed Rice Grilled Chicken Witso	420 gon	4 1	1 86 5 41	28 1000 27 520 27 860 21 860 21 860 9 15 20 1860 25 1120 17 750	4 1 0 Sid	e Geet	Street Chicken Week	Split pools or is a quater to half the hypical amount because 86 grams of carbotydrases is likely twice as much as needed in one stilling
Cinatein Store	Sagel	Santa Fe Trintastic Egg White	410			25 1130	1 6 55 10	n Seet	Santa Fe Thintastic Fox Whi	Lip to you whether to include or exclude monthly jack cheese, say the cream cheese, say to the sanded can Anders Carin Bages
Sinstein Stop Out Onto	Sagel Surrer	Hummus Veg Out Gear-jour Galmon	410 410 410 290	16 1 14 4 10		60 2000  10 10 10 10 10 10 10 10 10 10 10 10 10 1	7 29 11 10 km 2 1 10 km 2	n Seet	Hummus Veo Cut Seasons Seimon	Plantality wager agricer; and to these standards on Andreast Grade Stages.  Andreast Grade Stages and Control of Control
Some Store Some Some	Surger	Copy Classic Familians State 1 This Copy Classic Familians State 1	290	17 21	5 41	23 670 21 880 41 1070 29 870 20 1270 34 880 30 790 30 1120 36 1120 36 1000 40 790 40 790	5 9 5 10	n Seet	MorningStar Vegorie Burger	As a local containment and man
<u>DAMA</u>	Surger	Grilled Chicken Sandwich	390	7 :	3 40	41 1070	1 5 95 10	n Good	Grited Chicken Sandwich	Remove did piciole to reduce socialmi intella, you can request without a but, but you've also velocione to leave it on if necessary to keep you full
Decor's	Miscelaneous	Fit Fare Veggie Skillet	390	16 3	2 40	22 1270	7 6 0 10	n Seet	Fit Fare Vegoie Skiller	And a squared a teacing person or requirement and property part of the measures.
Comincia Au Son Pain	Pizza	Plain Wings	390 390 390 390 390 380 380 380 380	26 1 15 21	7 6	41 1970 2 1970 22 1970 23 1970 24 1970 25 1970	1 5 66 Ma 1 5 65 Ma 7 6 0 Ma 1 0 120 Ma 6 22 75 Ma 2 11 66 Ma 2 2 15 Ma 8 5 65 Ma 8 5 65 Ma 2 2 7 100 Ma 1 0 8 65 Ma 2 2 5 Ma 2 2 6 65 Ma 2 3 0 0 0 Ma 1 8 65 Ma 2 6 65 Ma 2 6 65 Ma 2 7 4 65 Ma 2 8 8 Ma 2 8	n Good	Plain Wings	Pain is the healthiest flavor here; see article for treakdown as to why, order up to it pieces
de Bon Pair de Bon Dan McConstit I Colon Gentles McConstit I Colon Gentles Dentes Bond Ministra Berger Sing Berg Sin	Sandwich	Southwest Chicken Saled	202	13 3	2 29	32 380	9 9 70 100	n Georg	Southwest Chicken Saled	sale pass mones, as no desease on the see exposite is control of their mone of their m
McDonaid's	Sandwich	Artisan Grilled Chicken Sandwich	200	4 :	2 44	36 1120	2 11 95 Ma	n Sest	Artisan Grilled Chicken Sand	Ask for hero. Viscignate on the side or winowed entirely
China Garden Panera Street	Miscellaneous Sandwich	Chicken Margherita Lentil Quinca Sowi with Chicken	202	23 I	9 10 5 45	35 800 32 1040	2 4 105 No	n Seet	Chicken Marghedge Lentil Quince Bowl with Chic	
Weatte	Wings	Boneless Strips	392	18 .	4 28	26 1300	2 2 55 No	n Average	Sportees Strips	Rated an "eventings" due to fined aspect; see nutritional consisting of each flavor in action breakdown
Surger King Surf Street	Surger	Grilled Chicken Stream Simply Grillad Chicken	370	6 11	5 29	40 790 32 1540	2 7 100 Ma 3 10 100 Ma	n Good	Simply Critical Chicken	Secured to letter a version to refer a proper principal
Stand in Standa	Surger	Grilled Chicken Sandwich	270 270 270 200 200	12 1.1	5 51	25 990	1 8 55 Ma	n Good	Gritari Chicken Sandalich	Scientifican franchi fines for side solator, request a quarter to half the responsible spically used
Wenders	Sandwich	Grilled Chicken Sandwich	370	10 3	2 36	34 810	2 8 95 Ma	n Seet	Grilled Chicken Sandwich	Schedulin bun for introduce warps, ask for thomey mustand on the side, as you've in control of frow much you use (if any at all)
Embouse Subs	Sandwich	Turkey Sales Verde	260	8 3	2 48	30 1580	2 7 45 Ma	n Good	Turkey Sales Verde	Forest state on the state by the state of th
Chickés Chickés Shine HOD Jenny Mhair Subs Control Subs Sintone Subs Jeck in the Sice Control Stead	Chicken Surger Miscelaneous Sandwich	Grilled Chicken Cool Wrap	350	54 1	5 29	37 960	15 3 60 Ma	n Good	Grillad Chicken Cool Wrop	Request in letturar wasp? goverbile to reduce empty, calculars; said for Honey Rosented BBQ Sacure on the side on you're in control of hole much is used (if any)
900	Miscelaneous	Simple & Fit 2-Egg Breakfast	390	10	2 36	28 870	5 5 30 Ma	n Seet	Simple A Fit 2-East Resident	protest as your encloses on sign industrial and contentions, deep and contentions, deep and contentions, and on the contention of the cont
Jersey Mike's Subs	Sandwich Sandwich	Chicken Philly Cheese Steak	360	20 1	11 11	32 1150	0 6 105 No	n Average	Chicken Philly Cheese Steel	Request sub in a tub to reduce empty calories from the breast Add onlines, lettinus, tomate, green peppeas, oreganic, remove cheese to reduce assurated fit and sodium inside
Jack in the Box	Burger	Southwest Chicken Saled	340	12 1	6 25	29 850	7 4 90 100	n Georg	Southwest Chicken Saled	Other as 3 - Venouse Prair with a city, add upply managed rysod law, upp the regions before every three previous account of the model is a control of the model o
Panera Stead	Surger Sandwich Chicken Miscelaneous	Lentil Quinos Broth Boat with Cage-Free Egg	340	12 21	5 44	17 950	8 5 165 Ma	n Good	Lentil Quince Broth Boat will	Main drawbacks compared to chicken version are higher eadum, higher cholestess; and less protein
HOP	Chicken Miscelaneous	Grilled Chicken Sandwich Cage-Free Ego White Vegoie Omelette	330 330	20 1	6 13	29 710	4 9 70 No 6 2 20 No	n Seet	Cage-Free Egg White Vegos	(Sigo percon lack cheese to induce standards for and codum intake
Chicadia 1902 Jack in the Box McConnida	Surger Sandwich	Chicken Fajita Pita with Whole Grain	360 360 360 360 340 340 340 320 320 320	9 41	5 35	27 790	4 4 60 10	n Good	Chicken Falts Players Who	Son
McDonaid's Winnello	Sandwich	Bacon Ranch Grilled Chicken Salad Econology Winner	320	56 6	4 22	42 1240	3 3 135 Ma	n Seet	Spoon Ranch Gritisd Chicker Spoolines William	(Skip the Seation due to high saturated fat, ordinerated, and occlum; okip the strendate checkdonipsic cheeses to reduce saturated fat and occlum minister.  There are "saturated," and information and inclined and another strendated checkdonipsic cheeses to reduce saturated fat and occlum inmisse.  There are "saturated by an information and inclined another strendated another s
Connects	Wings Miscelaneous Chicken Asian Sandwich	Wild Salmon Dinner	320 310 300 300	19	4 2	31 490	1 1 115 Ma	n Sest	Wild Salmon Dinner	Choose from sides of broccosi, desamed purchin's & squark, seest petite corn, and whole grain rice
Chick-St A Chicks Comment	Chicken	Egg White Grill Grilled Terinalsi Chinhan	200	7 1	2 21	25 970	1 1 55 Ma	n Average	Collect Technic Chicken	Ingredient fait is quite long and includes components that arren't ideal
Potheliu	Sandwich	T-K-Y Skinny	200	7	2 41	24 870	3 3 40 10	n Average	T-K-Y Skiney	Serious the cheese to reduce sodium and fel intake and choose multigrain bread
Gad States	Surger	Ensenada Chicken N Platter One Chicken Breast	300	12 31	5 19	29 1290	4 6 110 88	n Average	Ensenada Chicken N. Platter	Ask for without cheditar cheeses to neduce seatment of an and sodium implies; said for without thorities emply calcries; said for housemade sakes & sales-enrich on the side so you've in control of how much is used (if any)
Connects	Miscelaneous	Grilled Haddock	290	14 21	5 2	40 420	0 0 35 Mb	n Sest	Grillad Haddook	THE BIT DOES NOT SIGN THE TOTAL LINES BEAUTY AS LINES BEAUTY AS LINES AS LI
Whatshurser	Surger	Garden Salad with Grilled Chicken	290	12 1	7 12	22 810	10 3 110 Ma	n Seet	Garden Salad with Grilled Ch	(Skip the cheese to reduce absurated bit and adolum inteller, said for desiring on the side as you've in control of how much is used (if any)
Popeyes Louisiana Kitchen	Chicken	Elackened Tenders	290	3 1	0 3	43 920	0 0 40 Mb	n Georg	Stackened Tenders	and bus proof, that an exerted do use nee no for counts or even it will all
Sad Sobie	Surger	Simply Grilled Chicken Salad	290	8 91	5 23	23 760	5 7 110 Ma	n Good	Simply Grided Chicken Sales	Ask for without countoes to to reduce similar of engity calcrider, said for without cheddor cheese to reduce assumed that and sodium intaker, ask for desisting on the side as you've in control of how much is used (if any)
Little Cannary	Pizza	Extramosthestestili Veggie Pizza	270	10 41	5 22	13 560	2 4 20 Ma	n Average	Extramosthesterit Vegos P	Classified of Twenday's Decision of the sociation content  (If the policies assisted, socialized and the sociation content  (If the policies assisted, socialized and the sociation that per added nutritional benefits from the vergines
Minimum  Min	Burger Cotible Miscellaneous Burger Miscellaneous Chicken Burger Chicken Pissa Sandwich Cotible Burger Burger Burger Sandwich Sandwich Sandwich Sandwich	und doubt when of Chape  Section Section 1   S	200 200 200 200 200 200 200 200 200 200	26 1	4 9	29 1296 2 146 40 420 31 860 43 860 43 860 43 860 43 860 43 860 4 700 13 560 4 25 660 4 25 660 4 120 660 4 120 660 4 120 660 4 120 660 4 120 660 4 120 660 4 120 660 4 120 660 4 120 660 4 120 660 4 120 660 4 120 660 4 120 660 4 120 660 4 120 660 4 120 660 660 660 660 660 660 660 660 660 6	10 2 3 60 Mg 10 10 Mg 10 10 Mg 10 10 Mg 10	Good	Side Saled	Section of the control of the contro
State to Shake	Surger	Grided Chicken Stated	270	10 1	5 20	4 25 26 860	3 6 65 M	Good Good	Gritish Chicken Street	The test on any time to great our recognition of the control of th
Harden's	Surger	Low Carb It IB - Charbrolled Chicken Club Sandwich	260	90 21 25 21 6 1	5 30 5 17	26 860 43 1310 17 300 4 190	1 11 125 Ma	n Seet	Low Carb E.S Chartraled	Remove thick- or applewood bacon and request a quarter to half the correct amount of mayo provided
Januaria Delli Jimmy Johns	slandwich Sandwich	Nutty Mixed-Up Salad Thinny Chips	260 260	10	0 27 2 40	17 300 4 190	3 29 55 Ma 2 4 n Ge	n Good e Seet	South Mixed Un Saled Shinny Chips	Josep tract crosses can be region assumed tract or monorreas extent, ask for desinging on the side as you've is crosted of here record is used (if any; becomes a vegan option if you request without dictions or cheese Plant with any trivinal for tracking contributions assume In the management of the management of the side of the
Popeyes Louisiana Kitchen	Chicken	Red Seans & Rice	250	16 1	5 22	8 610	6 0 15 50	Good	Bed Seans & Rice	Saturated fit and explain are moderately high for a side explain to a "good" rating
Coming's Article	Hizza Sandyirh	vegge & Chicken Pizza Roast Turkey Farmhouse Swiss	249 245	12	4 23 7 4	12 623 23 640	2 3 30 88	n Average	Road Tukey Sweetners Co.	request on court, gen creases, round tromas or manares assuum, request double dicitation to increase protein immiss (if medical), request without offices to reduce assuum immiss.  (if the time creditor creamed used to this hastunated and and residence assigns in the reducer to assure this red trained and set of the reducer to the redu
Duckin' Donuts	Donut	Veggie Egg White	240	10	3 25	14 670	4 5 25 10	n Seet	Shoole Foo White	Ask for Multigrate Thin for added filter and healthy grains
James Mike's Subs	Sandwich	Turkey Breast & Provisione Chicken, Green Benner, and Chican Direc-	240	10 1	6 8	20 940	1 5 60 Ma	n Good	Turkey Breast & Providing	Request each in a fact to tracke each production from the track production from the production from the track production f
Sentiments	Burger	Lowy Seam & Proceione Chisan, Genes Page, and Orion Pizza Gride Chisan-Genes Pizza Gride Chisan-Galan Salvane Annua A Cope Free Egg White Salvane Seam Chisan - Caustre White Gride Chisan-Base Caustre White Gride Chisan-Base Seam Caustre White Gride Chisan-Base Pappages Salad with Chicken Cam of the Chicken Chisan Gride Seam Chisan Gride Seam Chisan Salad Chisan The Chicken Chisan The Chicken Chisan The Chicken Chicken The Chicken	230 230 230 210 210 210 210 210 200 200 190 190	8 91	5 12	12 483 20 580 18 550 40 480 28 710 20 125 0 20 25 650 24 65 43 1270 4 160	4 5 80 10	n Seet	Grited Chicken Salad	Skep the constants and derivability channes, and for detenting on the side as you'risk in control of his make (it may).
Starbucks Souther Market	Collee	Reduced-Fat Turkey Bacon & Cage Free Egg White Skinless Rotisserie Chicken - Cureter White	230	5 :	2 28	18 550	3 2 20 Ma 0 1 mg - 14	n Seet	Skinless Rotherson Chicago	Clear Face Could have been seen and the control of
Starbucks Soston Market Kontucky Fried Chicken Daness Stead Spower Louislane Kitchen Cookers Louislane Kitchen	Chicken	Grited Chicken Breast	210	7	2 0	38 710	0 0 190 Ma	n Seet	Order Chicken Street	EACHE .
Panera Stead	Sandwich	Strawberry Poppyseed Salad with Chicken Cons of the Cost Coston	210	11 1	1 28	38 710 20 125 0 30 25 650 24 85 43 1270 4 540	6 22 0 Mb	n Seet	Straibery Poppyseed Salar	(skip the poppy-seed diseasing to makure-empty calabres rotate from added augurs
Chickella	Chicken	Grilled Market Salad	200	6 21	5 15	25 650	4 8 60 10	n Good	Gelfart Market Salad	Skip blue cheese outside and ask for dressing on the side to control amount
Weather Street	Wings	Regular Wings	200	12 1	4 0	24 85	0 0 120 100	n Seet	Regular Winos	See numbland markings of each flavor in antide breakdown
Panera Stead	Sandwich	Sessonal Greens Salad	190	11 13	5 20	43 1270	3 13 0 bis	n Seet	Seasonal Greens Saled	The finance location was a series of the finance of
Construction Michael Construction Constructi	Chicken Pitza Sandwich Donut Sandwich Donut Sandwich Pitza Ruppe Chicken Chicken Chicken Chicken Chicken Chicken Sandwich Pitza Sandwich Sandwich Sandwich Sandwich Sandwich Sandwich Sandwich Sandwich Chicken Chicken Chicken Sandwich Sandwich Sandwich Sandwich Fitza Sandwich Fitza Sandwich Sandwich Chicken Pitza Sandwich Chicken Pitza Sandwich Chicken Pitza Asian Chicken Chicken Pitza Sandwich Chicken	Thin Creat Grilled Chicken Pizza	185	8 1	3 18	10 410	2 2 24 May 4 4 5 2 24 May 4 4 5 2 2 24 May 4 4 5 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2 2	n Average	Create Nour Clean Pizza	No like a financial contrary of the Design of the Sile of Templates of the Contrary of the Sile of the
Statutes	eandwich Coffee	Fremunde UNS Sous Vide Egg Bites	190	9 31	s 13	11 510 13 500	3 510 Sid	Good n Seet	Sous Vide Cos Sites	Uses as a Francisco Pari and president pulsey.
Soston Market	Chicken	Turkey Breast	160	4.5 E	2 1 5 28	30 440	0 0 65 50	n Seet	Surkey Breast	Pair with Solas Vita Cog Bittle of Reduced-Full Turkey Bisson Standwich
Manhuna Whataburan	Coffee Burger	Classic Catmeal Unwrapped Chicken Failta Taco	160	25 01	n 28	5 125 24 760	4 0 0 Sid	e Seet	Character Chicken College To	Pair with book 190k log based or headcast-yet Lursay sections baseded:    District on Book 190k log based or headcast-yet Lursay section baseded
Whatshurse	Burger	Garden Salad	160	9 1	6 9	9 250	9 3 30 50	Sect	Garden Salad	[Charter you required without a range, and a great member is said to include a said and include a said analyzate analyz
Roots Server	Asian Chicken	Sweet Corn	160	7 11	5 13 2 14	9 520	2 7 12 Ma 5 9 A Pro	n Good	Sweet Com	
Chick-Sta	Chicken	Superbod Side Salad	140		1 16	4 190	3 11 0 96	Seet .	Superficed Side Saled	Flood on Specific Augusts of Economic Processing with Bearing and Commission of Economic Processing with Bearing and Commission of Economic Processing and Commission of Economic Proces
Coming's Commo Martin	Pizza	Classic Garden Salad Garde Dil New Dromes	140	7 41	5 9	7 160	4 4 20 50	Good	Classic Garden Salad	Skip the countains due to the lack of markers leading to empty calcriviner, kiply the cheddorf owerse shince you'll always you and sodium from the wings
Jenney Mike's Subs	Sandwich	Lays Raked Potato Chips	120	2 01 35 0	0 22	2 160	1 2 0 56	Average	Lave Raked Potato Chips	For set and a file work from the place of the property of the set of the place of t
James Milaria Subs Passa Admira Customa Rand Robin	Pizza	Papa's Garden Salad	120	2.5	3 10	6 340	2 3 10 56	Sect	Paper's Garden Salad	Poor with Unexaced Research Wage for healtheir carbohydrates source (if offered ar year focation)
Gad Sobie	eandwich Burger	Rottomiess House Salad			22 3 12	2 160 6 180	2 2 0 Sec 2 3 15 Sec	Average Seat	Softwares House Saled	A MARINE AREA AND ARE
CHARLES	Chicken	Grilled Nuggets	110	2.5 0.1	5 1	21 410 6 280	1 0 70 Mb	n Seet	Griffed Nuccetts	Fail the to older 10 pieces
Panda Ferrana	Asian	Super Greens	110	4 1.1 2.5 4 4.5 1.1	0 10	6 260	5 4 0 Sid	Average Sect	Super Greens	
Chick-Shid Fizza Had Canda Suprasa Boston Market Hamaday Fried Chicken	Chicken	Sensor deven Santa The Cack direct (Conse Para France 200 The Cack direct (Conse Para France 200 Thomas (Conse Para Thomas (Conse Para Thomas (Conse Conse Para Thomas (Conse Conse	80	45 1	5 7	90 410 11 510 20 460 5 125 9 250 9 250 1 150 1 1	3 3 0 96	Seet	Green Steams	
Mantacky Fried Chicken &Style	Chicken Sandwich Chicken Chicken	Witten Rennel Corn Side Saled	90 70	0.5 t	0 20 5 4	3 0 5 100	2 2 0 Sec 1 2 15 Sec	Good Good	Side Saled	Up to you whether to include checked checked checked or checked checked or checked project and calcium gloose health) for increased saturated dit and sodium
Scotton Market Chick-ShiA Processes Louisiana Kitchen	Chicken	Fresh Steamed Vegetables	60	3.5	0 7	2 40	3 3 0 90	Sect	Even Steamed Vegetables	ye in the field shows from the control of the contr
Poperer Louisiana Kilmhen	Chicken	Green Beans	60	2 .	0 7	3 680	2 2 5 50	Good Avegne	Green Strates	For more in contract management, a remnember of the contract management of
Coloria Strain in Strain	Burger	Side Salad	50	2 1	2 4	2 100	1 1 4 90	Sect	Side Saled	Skip the croutons due to empty colonies and checker cheese due is high estimated file and recordance excellency up to you whether to skip cheese or not specifyed high estimated file and recordance excellency.
Steak is Shake Chicote	Mariger	contract Side Salad Corn Torbitas	45	0 .	0 8	2 106	1 2 0 50	Gest George	Com Todillar	Standard and type for your person should be shown of the person of the p
Chicola Code Bad Robin Chica-Shi	Chicken Surger Surger Mexican Mexican Surger Chicken	Com Torsitas	40	0	0 8	1 0	1 0 0 90	Sect	Com Torillas	Section brown for from order, and request 2 corn tradian if you'd like
Gad Sobin Chick-SA	Burger Chicken	Bottomiess Broccoli Zesty Buffajo Sauce	30 96	2.5	0 6	3 30	3 2 0 90	Seet Seet	Settominus Straccoli Zento Buffalo Sencia	Pair with Gridst Nuggen, if nonessary
Kentucky Fried Chicken	Chicken	Green Reans	25	0	0 4	1 260	2 1 0 56	Good	Green Steams	Fig. test control register in Anticipation in
Sentucky Fried Chicken Buffels Wild Winos	Chicken Wings Wings	Carrotts & Cellery Course Strike	20	0 1	0 5	3 30 0 390 1 260 0 50 0 20	2 0 0 50 1 1 1 2 1 1 5 50 1 1 5 50 1 1 5 50 1 1 5 50 1 1 5 50 1 5 50 1 1 1 1	Seet Seet	Control Contro	Require additional wagges to help fit you up with multitious catalohydrates; if they offer ranch, ask for it in the side as you're in control of how much you use (if any); incorporate numbrous breakdown from wagges stoke at Winiquitop shock \$40 William W
Weatte	Wings	Gene Bassa  Whites Secured Care  Sions Salast  Fame Dissamed Vogoldales  Hossy Marson Mich  Sions Salast  General Sions  G	15 5	0 1	0 1	0 26	0 1 0 90	Seet .	Calley Stoke	