

Fast Food Meal Plan: 2,000 calories

	Calories	Fat (g)	Saturated Fat (g)	Protein (g)	Carb (g)	Fiber (g)	Cholesterol (mg)	Sodium (mg)
Breakfast - Einstein Bros								
Low-Fat Yogurt and Fruit Parfait	170	1	0	7	34	3	5	115
Honey Whole Wheat Bagel	250	1	0	9	56	3	0	440
Snack								
1 String Cheese	114	9	6	7	0.3	0	30	176
1 banana	105	0.4	0.1	1.3	27	3	0	1.2
Lunch - Panda Express								
Steamed Rice Side	380	0	0	7	86	0	0	0
Mixed Veggies Entrée	35	0	0	2	7	3	0	260
Broccoli Beef	120	4	0.5	9	13	3	10	660
Mushroom Chicken	180	9	1.5	14	10	1	55	840
Dinner - Subway								
6" Cold Cut Combo	370	13	4	18	46	5	50	1140
Vegetable Beef Soup	100	2	0.5	6	15	3	10	950
Apple	72	0.3	0	0.4	19	3.3	1.4	0
8 oz low fat chocolate milk	158	2.5	0.6	8	26	1.2	8	152
Totals:	2054 kcal	42 g	13 g	89 g	339 g	29 g	169 mg	4734 mg*

% carbohydrate 66%

% protein 17%

% fat 18%

*Note: Eating all meals at restaurants results in Sodium intake above recommended amounts.

Fast Food Meal Plan: 2,500 calories

	Calories	Fat (g)	Saturated Fat (g)	Protein (g)	Carb (g)	Fiber (g)	Cholesterol (mg)	Sodium (mg)
Breakfast - Chick-Fil-A								
Chick-Fil-A Chick-n-minis	370	14	3.5	21	41	2	50	870
Fruit Cup	70	0	0	1	17	2	0	0
Biscuit	310	14	7	5	41	2	0	700
Hi-C, 1 oz	13.3	0	0	0	17.6	0	0	2.2
Snack								
2 handfuls pretzels	220	2	0	4	46	2	0	900
1 banana	105	0.4	0.1	1.3	27	3	0	1.2
Lunch - Panda Express								
Steamed Rice Side	380	0	0	7	86	0	0	0
Mixed Veggies Entrée	35	0	0	2	7	3	0	260
Broccoli Beef	120	4	0.5	9	13	3	10	660
Mushroom Chicken	180	9	1.5	14	10	1	55	840
Snack								
Apple	72	0.3	0	0.4	19	3.3	1.4	0
1 String Cheese	114	9	6	7	0.3	0	30	176
Dinner - Subway								
6" Cold Cut Combo	370	13	4	18	46	5	50	1140
Vegetable Beef Soup	100	2	0.5	6	15	3	10	950
Total		2,459 kcal	68 g	23 g	96 g	386 g	29 g	206 mg 6499 mg*

% carbohydrate 63

% protein 16

% fat 25

*Note: Eating all meals at restaurants results in Sodium intake above recommended amounts.

Fast Food Meal Plan: 3,000 calories

	Calories	Fat (g)	Saturated Fat (g)	Protein (g)	Carb (g)	Fiber (g)	Cholesterol (mg)	Sodium (mg)
Breakfast - Einstein Bros								
Low-Fat Yogurt and Fruit Parfait	170	1	0	7	34	3	5	115
Ham & Swiss Egg Sandwich	490	16	6	32	59	2	400	1180
Lunch - Zoca & C-Store								
2 soft chicken tacos	453	25	13	21	36	3	65	1029
Low Fat Yogurt	173	1.8	1.2	7.4	32	0	7	99
1/2 bag Chex Mix	223	7.4	1.9	3.7	37	1.9	0	390
Snack								
1 banana	105	0.4	0.1	1.3	27	3	0	1.2
1/2 bag Chex Mix	223	7.4	1.9	3.7	37	1.9	0	390
Dinner - Bleecker								
California Turkey on Wheatberry Bread	450	26	4	21	34	6	46	1457
Fresh Fruit Cup	70	0.3	0	1.1	18	1.9	0	16
1 handful potato chips	155	11	3.1	1.9	14	1.2	0	149
Snack								
2 slices wheat bread with	140	1.9	0.42	5.7	24.5	2	0	276
2 "thumb sized" spoons peanut butter	188	16.1	3.3	8	6.3	1.9	0	147
1 large apple	95	0.4	0	0.5	25.1	4.4	0	2
Total:	2,935 kcal	115 g	35 g	114 g	384 g	32 g	523 mg	5251 mg*

% carbohydrate 52%

% protein 16%

% fat 35%

*Note: Eating all meals at restaurants results in Sodium intake above recommended amounts.

Fast Food Meal Plan: 4,000 calories

	Calories	Fat (g)	Saturated Fat (g)	Protein (g)	Carb (g)	Fiber (g)	Cholesterol (mg)	Sodium (mg)
Breakfast - Einstein Bros								
Low-Fat Yogurt and Fruit Parfait	170	1	0	7	34	3	5	115
Ham & Swiss Egg Sandwich	490	16	6	32	59	2	400	1180
16 oz orange juice	220	0	0	1	54	0	0	30
Snack								
1/4 cup unsalted peanuts	214	18.1	2.5	8.5	7.8	2.9	0	2
1 string cheese stick	80	6	3.5	8	1	0	15	210
Lunch - Chick-Fil-A & C-Store								
Chicken Cool Wrap	410	12	4	33	50	9	55	1290
Chargrilled Chicken Salad	180	6	3.5	23	11	4	55	650
Low Fat Yogurt	173	1.8	1.2	7.4	32	0	7	99
1/2 bag Chex Mix	223	7.4	1.9	3.7	37	1.9	0	390
Snack								
1 banana	105	0.4	0.1	1.3	27	3	0	1.2
1/2 bag Chex Mix	223	7.4	1.9	3.7	37	1.9	0	390
16 oz Lowfat Chocolate Milk	314	5	3.1	16.2	51	2.5	15	304
Dinner - Bleecker								
California Turkey on Wheatberry Bread	450	26	4	21	34	6	46	1457
Fresh Fruit Cup	70	0.3	0	1.1	18	1.9	0	16
1 handful potato chips	155	11	3.1	1.9	14	1.2	0	149
Snack								
2 slices wheat bread with	140	1.9	0.42	5.7	24.5	2	0	276
2 "thumb sized" spoons peanut butter	188	16.1	3.3	8	6.3	1.9	0	147
1 large apple	95	0.4	0	0.5	25.1	4.4	0	2
Total: 3,900 kcal 137 g 39 g 183 g 523 g 48 g 598 mg 6708 mg*								

% Carb 54%
 % Pro 19%
 % Fat 32%

*Note: Eating all meals at restaurants results in Sodium intake above recommended amounts.

Fast Food Meal Plan: 5,000 calories

	Calories	Fat (g)	Saturated Fat (g)	Protein (g)	Carbohydrate (g)	Fiber (g)	Cholesterol (mg)	Sodium (mg)
Breakfast - Einstein Bros								
Low-Fat Yogurt and Fruit Parfait	170	1	0	7	34	3	5	115
Ham & Swiss Egg Sandwich	490	16	6	32	59	2	400	1180
16 oz orange juice	220	0	0	1	54	0	0	30
Snack								
1/2 cup unsalted peanuts	427	36	5	17	16	6	2.5	4.4
2 string cheese sticks	160	12	7	16	2	0	30	420
Lunch - Chick-Fil-A & C-Store								
Chicken Cool Wrap	410	12	4	33	50	9	55	1290
Chargrilled Chicken Salad	180	6	3.5	23	11	4	55	650
Low Fat Yogurt	173	1.8	1.2	7.4	32	0	7	99
1/2 bag Chex Mix	223	7.4	1.9	3.7	37	1.9	0	390
Snack								
1 banana	105	0.4	0.1	1.3	27	3	0	1.2
1/2 bag Chex Mix	223	7.4	1.9	3.7	37	1.9	0	390
16 oz Lowfat Chocolate Milk	314	5	3.1	16.2	51	2.5	15	304
Dinner - Panda Express								
Steamed Rice Side	380	0	0	7	86	0	0	0
Mixed Veggies Entrée	35	0	0	2	7	3	0	260
Honey Walnut Shrimp	370	23	4	14	27	2	110	470
Mandarin Chicken	310	16	4	34	8	0	115	740
Powerade - 24 oz	218	0	0	0	54	0	0	150
Snack								
1 large apple with	95	0.4	0	0.5	25.1	4.4	0	2
2 "thumb sized" spoons peanut butter	188	16.1	3.3	8	6.3	1.9	0	147
Turkey sandwich with 5 slices deli meat, 1 slice cheese, 1 "thumb sized" spread of mayo	542	23	7.1	40	43	6.5	88	2176
Total								
	5,233 kcal	184 g	52 g	267 g	666 g	51 g	883 mg	8819 mg*
	% Carb	51%						
	% Pro	20%						
	% Fat	32%						

*Note: Eating all meals at restaurants results in Sodium intake above recommended amounts.