

FAST FOOD OPTIONS

Choose one of the below dine-out meals at the grocery store to replace your lunch or dinner OR find your own using the nutrient guidelines for your LEVEL. Any dine out meal that fits your LEVEL guidelines will work

	STANDARD	GLUTEN FREE	VEGETARIAN	VEGAN OPTIONS
<p>LEVEL I</p> <p>GUIDELINES 275-330 calories Standard Options >18 g protein <40g carb Gluten Free Options >18g protein <40g carbs Vegetarian Options >15g protein <45g carbs Vegan Options >15g protein <45g carbs</p>	<p>Subway</p> <p>DOUBLE CHICKEN CHOPPED SALAD WITH HONEY MUSTARD 300 calories, 5g fat, 1.5g sat fat, 810 mg sodium, 28g carbohydrates, 36 g protein</p>	<p>Chipotle</p> <p>BURRITO BOWL WITH CHICKEN, FAJITA VEGETABLES, TOMATILLO-GREEN CHILI SALSA, BLACK BEANS 330 calories, 8g fat, 3g sat fat, 945 mg sodium, 31g carbohydrates, 41g protein</p>	<p>Chipotle</p> <p>BURRITO BOWL (VEGETARIAN) WITH BLACK BEANS, CHEESE, FAJITA VEGETABLES, LETTUCE AND TOMATO SALSA 275 calories, 9g fat, 5g sat fat, 1120mg sodium, 32g carbohydrates, 15g protein</p>	<p>Chipotle</p> <p>SALAD BOWL WITH BLACK BEANS, SOFRITAS, FIHETA VEGETABLES, CORN SALSA AND LETTUCE 320 calories, 11g fat, 1.5g saturated fat, 1535mg sodium, 38g carb, 17g protein</p>
<p>LEVEL II</p> <p>GUIDELINES 360-425 calories Standard Options >20 g protein <50g carb Gluten Free Options >20g protein <50g carbs Vegetarian Options >19g protein <50g carbs Vegan Options >19g protein <50g carbs</p>	<p>Boston Market</p> <p>1 QUARTER WHITE MEAT ROTISSERIE CHICKEN NO SKIN AND ½ CUP STEAMED VEGGIES AND ¾ CUP NEW DELI POTATOES 380 calories, 16g fat, 0.5g sat fat, 0g trans fat, 29g carbs, 32g protein, 950mg sodium</p>	<p>Chipotle</p> <p>SALAD BOWL WITH CHICKEN, FAJITA VEGETABLES, BLACK BEANS AND CORN SALSA 405 calories, 10g fat, 3g saturated fat, 1115 mg sodium, 15g fiber, 43g carbs, 15g fiber, 43g protein</p>	<p>Chipotle</p> <p>BURRITO BOWL WITH BLACK BEANS, SOFRITAS, FIHETA VEGETABLES, CORN SALSA AND LETTUCE 370 calories, 13g fat, 1.5g saturated fat, 1315mg sodium, 50g carbs, 19g protein</p>	<p>Chipotle</p> <p>BURRITO BOWL WITH BLACK BEANS, SOFRITAS, FIHETA VEGETABLES, CORN SALSA AND LETTUCE 370 calories, 13g fat, 1.5g saturated fat, 1315mg sodium, 50g carbs, 19g protein</p>
<p>LEVEL III</p> <p>GUIDELINES 475-525 calories Standard Options >30 g protein <60g carb Gluten Free Options >21g protein <60g carbs Vegetarian Options >21g protein <60g carbs Vegan Options >21g protein <60g carbs</p>	<p>Panera</p> <p>CLASSIC CHICKEN SALAD WITH A SPROUTED WHOLE GRAIN ROLL 475 calories, 14g fat, 3g sat. fat, 670 mg sodium, 53g carbs, 7g fiber, 34g protein</p>	<p>Panera</p> <p>LOW FAT VEGETARIAN BLACK BEAN SOUP (BOWL) with POWER CHICKEN HUMMUS BOWL 500 calories, 14g fat, 2g sat. fat, 1620mg sodium, 60g carbohydrates, 13g fiber, 43g protein</p>	<p>Chipotle</p> <p>BURRITO BOWL WITH BLACK BEANS, SOFRITAS, FIHETA VEGETABLES, CORN SALSA, CHEESE AND LETTUCE 475 calories, 20g fat, 6.5g saturated fat, 1505 mg sodium, 52g carbs, 21g protein</p>	<p>Chipotle</p> <p>BURRITO BOWL WITH BLACK BEANS, SOFRITAS, FIHETA VEGETABLES, CORN SALSA, CHEESE AND LETTUCE 475 calories, 20g fat, 6.5g saturated fat, 1505 mg sodium, 52g carbs, 21g protein</p>
<p>LEVEL IV and V</p> <p>GUIDELINES 570-675 calories Standard Options >30 g protein <60g carb Gluten Free Options >21g protein <60g carbs Vegetarian Options >21g protein <80g carbs Vegan Options >21g protein <90g carbs</p>	<p>Pizza Hut</p> <p>14 INCH LARGE THIN N'CRISPY VEGGIE LOVERS PIZZA WITH MARINARA DIPPING SAUCE 575 calories, 18g fat, 8g sat fat, 0g trans fat, 42g carbs, 20-32g protein, 1440-1920mg sodium</p>	<p>Boston Market</p> <p>STEAMED CHICKEN BREAST, VEGETABLES, SWEET CORN, ½ ORDER RICE PILAF 575 calories, 20g fat, 0g sat fat, 0g trans fat, 53g carbs, 47g protein, 1545mg sodium</p>	<p>Chipotle</p> <p>3 FLOUR TACOS WITH BLACK BEANS, SOFRITAS, FIHETA VEGETABLES, TOMATO SALSA, CHEESE AND LETTUCE 665 calories, 25g fat, 9g saturated fat, 2200 mg sodium, 78g carbs, 28g protein</p>	<p>Chipotle</p> <p>3 FLOUR TACOS WITH BLACK BEANS, SOFRITAS, FIHETA VEGETABLES, CORN SALSA, AND LETTUCE 620 calories, 21g fat, 4g saturated fat, 1800 mg sodium, 90g carbs, 25g protein</p>