

# Fast Food Reference Guide

## Quizno's

Sierra Smkd Trky (small)

350 cal  
23 gm prot  
6 gm fat

Honey BBQ Brbn Ckn (small)

359 cal  
24 gm prot  
6 gm fat

## Subway

### "Lowfat 6" Subs"

Turkey Breast & Ham

290 cal  
20 gm prot  
5 gm fat

Subway Club

320 cal  
24 gm prot  
6 gm fat

Roasted Chicken Breast

320 cal  
23 gm prot  
5 gm fat

### "Select 6" Subs"

Sweet Onion Ckn Teriyaki

370 cal  
26 gm prot  
5 gm fat

Red Wine Vinaigrette Club

350 cal  
24 gm prot  
6 gm fat

Extra Chicken

Extra Cheese (prov,swiss,chddr)

Fat Free Sauces/Dressings

2.5 oz/serving  
50 cal/4 gm prot/4 gm fat  
on request

## TacoBell

### "Fresco Style"

Soft Chicken Taco (2 tacos)

340 cal  
24 gm prot  
8 gm fat

Soft Steak Taco (2 tacos)

340 cal  
22 gm prot  
10 gm fat

Burrito Supreme Chicken

350 cal  
19 gm prot  
8 gm fat