

Men's Fitness

fast food as fuel



CHICKEN MCGRILL SANDWICH

400 calories, 38 g carbs, 27 g protein, 16 g fat, 1,010 mg sodium, 3 g fiber

CALIFORNIA COBB SALAD WITH GRILLED CHICKEN AND COBB DRESSING

390 calories, 20 g carbs, 34 g protein, 20 g fat, 1,500 mg sodium, 3 g fiber

CHICKEN SELECTS BREAST STRIPS (3 PIECES)

380 calories, 28 g carbs, 23 g protein, 20 g fat, 930 mg sodium, 0 g fiber

FILET-O-FISH SANDWICH

400 calories, 42 g carbs, 14 g protein, 18 g fat, 640 mg sodium, 1 g fiber



WHOPPER JR.

390 calories, 31 g carbs, 17 g protein, 22 g fat, 550 mg sodium, 2 g fiber

CHICKEN WHOPPER

570 calories, 48 g carbs, 38 g protein, 25 g fat, 1,410 mg sodium, 4 g fiber

FIRE-GRILLED SHRIMP CAESAR SALAD WITH GARLIC-PARMESAN TOAST/FAT-FREE HONEY MUSTARD DRESSING

320 calories, 36 g carbs, 22 g protein, 13 g fat, 1,240 mg sodium, 2 g fiber

CHICKEN TENDERS WITH BBQ, HONEY, OR SWEET & SOUR SAUCE (8 PC.)

380 calories, 29 g carbs, 22 g protein, 19 g fat, 1,230 mg sodium, 1 g fiber



MANDARIN CHICKEN SALAD WITH LOW-FAT DRESSING

280 calories, 38 g carbs, 23 g protein, 5 g fat, 820 mg sodium, 4 g fiber

CLASSIC SINGLE

430 calories, 37 g carbs, 25 g protein, 20 g fat, 890 mg sodium, 2 g fiber

ULTIMATE CHICKEN GRILL SANDWICH

360 calories, 44 g carbs, 31 g protein, 7 g fat, 1,090 mg sodium, 2 g fiber

LARGE CHILI WITH 2 TBSP OF SHREDDED CHEDDAR CHEESE

400 calories, 36 g carbs, 29 g protein, 15 g fat, 1,280 mg sodium, 8 g fiber



OVEN-ROASTED TWISTER SANDWICH

520 calories, 46 g carbs, 29 g protein, 23 g fat, 1,400 mg sodium, 4 g fiber

HONEY-BBQ SANDWICH

300 calories, 41 g carbs, 22 g protein, 6 g fat, 920 mg sodium, 1 g fiber

ROASTED CAESAR SALAD WITH HIDDEN VALLEY GOLDEN ITALIAN LIGHT DRESSING

226 calories, 14 g carbs, 29 g protein, 9 g fat, 1,200 mg sodium, 3 g fiber

TENDER-ROAST SANDWICH

270 calories, 23 g carbs, 31 g protein, 5 g fat, 690 mg sodium, 1 g fiber



6" ROAST BEEF

290 calories, 45 g carbs, 19 g protein, 5 g fat, 920 mg sodium, 4 g fiber

6" OVEN-ROASTED CHICKEN BREAST

330 calories, 47 g carbs, 24 g protein, 5 g fat, 1,020 mg sodium, 4 g fiber

6" SWEET-ONION CHICKEN TERIYAKI

380 calories, 59 g carbs, 26 g protein, 5 g fat, 1,230 mg sodium, 4 g fiber

6" CHEESE STEAK

360 calories, 47 g carbs, 24 g protein, 10 g fat, 1,100 mg sodium, 5 g fiber

CHILI CON CARNE

240 calories, 23 g carbs, 15 g protein, 10 g fat, 860 mg sodium, 8 g fiber



REGULAR ROAST BEEF

320 calories, 34 g carbs, 21 g protein, 13 g fat, 950 mg sodium, 2 g fiber

JR. ROAST BEEF

270 calories, 34 g carbs, 16 g protein, 9 g fat, 740 mg sodium, 2 g fiber

GIANT ROAST BEEF

450 calories, 41 g carbs, 32 g protein, 19 g fat, 1,440 mg sodium, 2 g fiber



HAM EGG CHEESE ENGLISH MUFFIN SANDWICH

310 calories, 34 g carbs, 21 g protein, 10 g fat, 1,270 mg sodium, 1 g fiber

EGG CHEESE BAGEL SANDWICH

470 calories, 71 g carbs, 23 g protein, 10 g fat, 1,190 mg sodium, 2 g fiber

EGG CHEESE BISCUIT SANDWICH

370 calories, 32 g carbs, 15 g protein, 20 g fat, 1,190 mg sodium, 1 g fiber



THIN N CRISPY CHEESE PIZZA (2 SLICES OF 12" PIE)

400 calories, 42 g carbs, 20 g protein, 16 g fat, 980 mg sodium, 2 g fiber

1/2 P'ZONE CLASSIC WITH GREEN PEPPER AND ONION

540 calories, 71 g carbs, 30 g protein, 15 g fat, 1,020 mg sodium, 3 g fiber

SPAGHETTI WITH MEAT SAUCE

640 calories, 92 g carbs, 23 g protein, 20 g fat, 1,610 mg sodium, 12 g fiber

SPAGHETTI WITH MARINARA

490 calories, 90 g carbs, 14 g protein, 8 g fat, 1,050 mg sodium, 10 g fiber

VEGGIE-LOVERS 6" PERSONAL PAN PIZZA

580 calories, 73 g carbs, 22 g protein, 23 g fat, 1,150 mg sodium, 5 g fiber

FIT 'N DELICIOUS CHICKEN AND VEGGIE-LOVERS LOWER-FAT PIZZA (3 SLICES OF 12" PIE)

480 calories, 63 g carbs, 27 g protein, 14 g fat, 1,380 mg sodium, 3 g fiber

FIT 'N DELICIOUS HAM AND VEGGIE-LOVERS LOWER-FAT PIZZA (3 SLICES OF 12" PIE)

450 calories, 60 g carbs, 21 g protein, 12 g fat, 1,380 mg sodium, 3 g fiber



GRILLED STEAK SOFT TACO

170 calories, 21 g carbs, 11 g protein, 5 g fat, 560 mg sodium, 2 g fiber

SOFT TACO SUPREME, BEEF

190 calories, 23 g carbs, 9 g protein, 8 g fat, 630 mg sodium, 2 g fiber

GORDITA SUPREME, CHICKEN

230 calories, 28 g carbs, 15 g protein, 6 g fat, 510 mg sodium, 2 g fiber

GORDITA NACHO CHEESE, CHICKEN

230 calories, 28 g carbs, 15 g protein, 6 g fat, 510 mg sodium, 2 g fiber

CHALUPA SUPREME, BEEF

330 calories, 31 g carbs, 11 g protein, 18 g fat, 580 mg sodium, 2 g fiber

ZESTY CHICKEN BORDER BOWL

480 calories, 62 g carbs, 21 g protein, 17 g fat, 1,460 mg sodium, 13 g fiber

MEXICAN PIZZA

450 calories, 47 g carbs, 14 g protein, 23 g fat, 850 mg sodium, 5 g fiber

BEAN BURRITO

350 calories, 56 g carbs, 13 g protein, 8 g fat, 1,220 mg sodium, 9 g fiber

FIESTA BURRITO, CHICKEN

350 calories, 49 g carbs, 16 g protein, 9 g fat, 1,100 mg sodium, 4 g fiber



FRESH TOMATO PIZZA, 1 SLICE

450 calories, 60 g carbs, 20 g protein, 14 g fat, 1,040 mg sodium, 3 g fiber

CHEESE PIZZA, 1 SLICE

460 calories, 60 g carbs, 24 g protein, 13 g fat, 1,080 mg sodium, 3 g fiber

CHICKEN VEGETABLE PIZZA, 1 SLICE

530 calories, 69 g carbs, 24 g protein, 17 g fat, 1,260 mg sodium, 5 g fiber

CHICKEN PARMESAN

520 calories, 16 g carbs, 64 g protein, 22 g fat, 750 mg sodium, 2 g fiber



CHARBROILED BBQ CHICKEN SANDWICH

370 calories, 47 g carbs, 35 g protein, 4 g fat, 1,070 mg sodium, 4 g fiber

CHARBROILED CHICKEN SALAD-TO-GO

330 calories, 17 g carbs, 34 g protein, 7 g fat, 880 mg sodium, 5 g fiber

JR. HAMBURGER

280 calories, 36 g carbs, 14 g protein, 9 g fat, 480 mg sodium, 1 g fiber