

Menu Item	Serving Size	Calories	Fat	Carbs	Protein
Happy Meal	130	305	17	29	10
Chicken Nugget Meal w/ fries and fruit	158	419	23.89	38.5	12.31
McDonalds Medium Fry	117	380	19	48	4
Fry 1	104	347	18.84	40.9	3.43
Burger King Medium Fry	153	410	18	58	4
Fry 2	102	278	12.8	38.1	2.75
BK Satisfies-Medium	157	340	14	51	4
Fry 3	122	259	9.06	41.38	2.84
Wendy's Homestyle Chicken Sandwich	247	510	20	54	29
Fried Chicken Sandwich	223	522	21.83	45.8	35.32
Wendy's Ulimite Grill	231	370	7	43	34
Grilled Chicken Sandwich	215	361	9.7	32.34	36.12
Taco Bell XXL Grilled Stuft Burrito, Steak	434	840	36	88	40
Burrito 1	402	828	37.55	86.99	35.09
Taco Bell Cantina Burrito, Steak	447	750	28	92	34
Burrito 2	431	767	31.94	92.67	27.76
TGIFriday's Sizzling Chicken and Spinach		400	16	26	40
Chicken w/ spinach	321	308	7.7	27.99	31.52
Applebee's Cedar Salmon		520	28	26	45
Salmon w/ veggies and potatoes	322	390	17.48	20.91	37.06

\*\*Items in red indicate posted nutritional content.

\*\*Items in blue indicate lab results.