

Fast Food Guide For Law Enforcement & Public Safety

You're always on the go, so chances are fast food is going to be your only option at times. You can still make health conscious food choices by following the guide below:

WHAT TO GET	CALORIES	PROTEIN	FAT	CARBS
  <p>Artisan Grilled Chicken Sandwich</p>	360	33g	6g	42g
  <p>Jr. Roast Beef Sandwich</p>	210	12g	8g	22g
  <p>Twister Wrap</p>	260	11g	12g	26g
  <p>Fresco Soft Taco - Shredded Chicken (x2)</p>	300	18g	12g	32g
  <p>Egg White Vegetable Omelette</p>	330	28g	20g	13g
  <p>Customized Grand Slam*</p>	470	26g	15.5g	58g
  <p>Customized Burrito Bowl**</p>	452	46g	17g	33g
  <p>6" Turkey Breast Sub***</p>	290	23g	4g	47g

CUSTOM OPTIONS:

*Denny's: Egg whites, turkey bacon, fresh fruit, & whole grain toast

**Chipotle: Steak, black beans, fajita veggies, fresh tomato salsa, cheese, & romain lettuce

***Subway: 9-grain wheat w/ swiss cheese, banana peppers, cucumbers, green peppers, lettuce, spinach, tomatoes, avocado, & vinegar