



RESTAURANT *guide*

McDonald's

Did you know there are a few ok options at McDonald's? Here are my official suggestions!

Breakfast

Egg White Delight McMuffin

A toasted English muffin with egg whites, Canadian bacon, and white cheddar cheese.

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| Calories | 260 | Commentary Alterations Substitutions <ul style="list-style-type: none"> If you omit the English muffin you'll subtract 163 calories, 4.5g fat, 25 g of carbs. You'll be losing 1.5 g fiber and 5 g protein. NOTE: You can substitute the egg in any sandwich on the menu for egg whites and include lower-calorie white cheddar on any breakfast sandwich at no additional cost. |
| Fat | 8 g | |
| Sodium | 750 mg | |
| Carbs | 29 g | |
| Sugar | 3 g | |
| Fiber | 2 g | |
| Protein | 16 g | |

Lunch/Dinner

Southwest Grilled Chicken Salad

This salad comes with mixed greens, tomatoes, corn, black beans, cheese and grilled chicken and is typically topped with tortilla strips and is served with a lime wedge for garnish. The salad is already lightly dressed in a citrus sauce.

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| Calories | 350 | Commentary Alterations Substitutions <ul style="list-style-type: none"> Since the salad is already lightly dressed, it doesn't really need any extra dressing. To lower the carbohydrates, ask them to leave off the tortilla strips. You can also ask them to omit the corn. This dish has the best calorie to protein ratio of all the dishes on the McDonald's menu However, the amount of sodium is roughly equivalent to half the suggested daily intake for a healthy person |
| Fat | 4.5 g | |
| Sodium | 1070 mg | |
| Carbs | 27 g | |
| Sugar | 9 g | |
| Fiber | 6 g | |
| Protein | 37 g | |

Artisan Grilled Chicken Sandwich

This is a lightly seasoned grilled chicken breast on an artisan roll with lettuce and tomato.

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| Calories | 380 | Commentary Alterations Substitutions <ul style="list-style-type: none"> • Ditching the bun will save you 220 calories, 42 g carbs, 10 g sugars. It will cost you 2g of fiber and 8 g of protein. • These stats assume a dry sandwich. Adding light mayo would add about 50 calories and 3g of fat. • If you skip the bun, I highly suggest going with a few of their other artisan choices, like guacamole or pico de gallo for added flavor! • Also, ask for one of the lime wedges from the Southwest Grilled Salads to use for flavoring. |
| Fat | 7 g | |
| Sodium | 1110 ng | |
| Carbs | 44 g | |
| Sugar | 11 g | |
| Fiber | 3 g | |
| Protein | 37 g | |

Other Notes:

- Here's a link to their interactive, online nutrition calculator
- Although McDonald's is a fast food chain, they will customize any dish on their menu. But be warned. Custom menu items tend to take a little bit longer to prepare. (But that's ok in exchange for getting a healthier meal!)
- Another option that I didn't list here is to order a plain iced coffee with milk and your preferred sweetener and adding that to a shaker bottle with one serving of your favorite protein (because we should all keep an emergency pack of protein!)