



RESTAURANT *guide*

Wendy's

Wendy's is more than just Frosty's! It's also more than just chili. Here are my official recommendations from their menu.

Breakfast Menu

Breakfast at any fast food place is an indulgence, but these choices won't totally wreck your day!

Sausage & Egg Burrito

Chopped sausage, scrambled eggs and American cheese wrapped in a warm tortilla.

Calories	280	Commentary Alterations Substitutions <ul style="list-style-type: none"> If you want to cut calories or carbs, you can ditch the tortilla and save 130 calories, 3.5g fat, 280 mg sodium, and 21g of carbs. It will cost you 3g protein.
Fat	20 g	
Sodium	770 mg	
Carbs	14 g	
Sugar	3 g	
Fiber	1 g	
Protein	12 g	

Artisan Egg Sandwich

Made with fresh cracked Grade A Eggs, natural Asiago cheese, freshly cooked applewood smoked bacon or sausage and Hollandaise sauce all atop a honey-wheat artisan muffin toasted to order.

Calories	360	Commentary Alterations Substitutions <ul style="list-style-type: none"> To reduce the carbohydrates and calories, ditch the artisan muffin. That will save you 130 calories, 1 g fat, 180 mg sodium, and 26 g carbohydrates. It will cost you 1 g fiber and 5 g protein.
Fat	19 g	
Sodium	760 mg	
Carbs	29 g	
Sugar	4 g	
Fiber	1 g	
Protein	20 g	

Lunch/Dinner Menu

Power Mediterranean Chicken Salad (Half-Size)

(From the website): Always-fresh-grilled chicken teams up with a savory ensemble of feta cheese, hummus, and sundried tomato quinoa blend.

Calories	250	Commentary Alterations Substitutions <ul style="list-style-type: none"> • Allergen info: Contains milk and soy products • The website says “available at participating locations,” so be sure to check your local Wendy’s!
Fat	9 g	
Sodium	620 mg	
Carbs	23 g	
Sugar	10 g	
Fiber	5 g	
Protein	22 g	

Chili (Small)

(From the website): signature rich and meaty Chili that’s low in fat and high in fiber.

Calories	170	Commentary Alterations Substitutions <ul style="list-style-type: none"> • Nik tip: if you like it hot, ask for a packet of their spicy sauce to go with! • If you have a bit of a larger eating capacity, add a small garden salad w/ no croutons and light dressing for 260 additional calories,
Fat	5 g	
Sodium	780 mg	
Carbs	16 g	
Sugar	6 g	
Fiber	4 g	
Protein	15 g	