

Macro-Friendly Fast Food Choices

(Camp Lejeune and New River)



Making Healthier Fast-Food Decisions

Fast food can fit into a balanced eating pattern when convenience is the priority and you didn't meal-prep, but it still works best as an occasional choice rather than a daily staple. It's simply not the kind of fuel that supports long-term health, sustained performance, or mission readiness. Many popular items are high in sodium, added sugars, saturated fats, and heavily processed ingredients, which can make it easier to overeat and harder for your body to perform at its best. Even small add-ons—like sauces, dressings, and sides—can quickly push a meal far beyond what supports your goals.

That said, by paying attention to portion sizes and basic nutrition info, you can still make choices that satisfy you without pulling you off track. Using some of the most popular options on base, here are a few ideas for what to order when you're choosing the drive-thru.

Burger King

- **Whopper Jr. sandwich:** 335 calories, 17g protein, 30g carbs, 18g fat
- **Spicy Chicken Jr.:** 380 calories, 12g protein, 2g carbs, 19g fat
- **Chicken Garden Salad (without dressing or croutons):** 550 calories, 36g protein, 81g carbs, 29g fat

Taco Bell

- **Chicken Soft Taco:** 160 calories, 5g fat, 16g carbs, 12g protein
- **Crunchy Taco:** 170 calories, 10g fat, 13g carbs, 8g protein
- **Power Menu Bowl – Chicken:** 460 calories, 21g fat, 41g carbs, 26g protein
- **Grilled Steak Soft Taco:** 180 calories, 5g fat, 18g carbs, 19g protein

Subway

- **6" Grilled Chicken Sub:** 290 calories, 4g fat, 40g carbs, 22g protein
- **6" Oven Roasted Turkey & Ham Sub:** 270 calories, 4g fat, 40g carbs, 19g protein
- **Grilled Chicken Protein Bowl (not including dressing):** 200 calories, 4g fat, 9g carbs, 35g protein
- **Oven Roasted Turkey Protein Bowl (not including dressing):** 150 calories, 3g fat, 8g carbs, 25g protein

Panda Express

- **Double Broccoli Beef (300 cals) with a side of Super Greens:** 390 calories, 10g fat, 23g carbs, 15g protein
- **Mushroom Chicken (220 cals) with a side of Super Greens:** 310 calories, 17g fat, 20g carbs, 20g protein
- **String Bean Chicken Breast (210 cals) and a side of Super Greens:** 300 calories, 12g fat, 20g carbs, 15g protein
- **Grilled Asian Chicken (275 cals) with a side of Super Greens:** 365 calories, 13g fat, 23g carbs, 39g protein

Wendys

- **Grilled Chicken Sandwich:** 350 calories, 8g fat, 35g carbs, 33g protein
- **Small Chili:** 240 calories, 7g fat, 21g carbs, 16g protein
- **Parmesan Caesar Chicken Salad (Half Size):** 300 calories, 18g fat, 7g carbs, 29g protein
- **Apple Pecan Chicken Salad (Half Size):** 340 calories, 19g fat, 29g carbs, 20g protein

Starbucks

- **Turkey Bacon, Cheddar & Egg White Sandwich:** 230 calories, 5g fat, 28g carbs, 17g protein
- **Spinach, Feta & Egg White Wrap:** 290 calories, 8g fat, 34g carbs, 20g protein
- **Kale & Mushroom Egg Bites:** 230 calories, 14g fat, 11g carbs, 15g protein
- **Egg White & Roasted Red Pepper Egg Bites:** 170 calories, 8g fat, 11g carbs, 12g protein
- **Berry Trio Parfait:** 240 calories, 2.5g fat, 39g carbs, 14g protein

If meal prep or healthy eating is a challenge for you, the Health Educator with Health Promotions can provide support with nutrition strategies and behavior-change approaches that align with individual goals. Guidance can be tailored to a person's budget, time constraints, and comfort level with cooking to help build realistic habits that fit their lifestyle.

For assistance, contact mccslejeunehealthpromotion@usmc-mccs.org.