

Fast Food Meal Ideas

See, it is possible to still enjoy fast food occasionally after surgery! Here are a bunch of example meals for common fast food restaurants. Find what works for YOUR body!

Restaurant	Meal Idea #1	Meal Idea #2
McDonald's	Hamburger (13 grams protein) Side Salad	4 Piece Chicken Nuggets 10 grams protein) Kid's French Fry Apple Slices
Taco Bell	Fresco Bean Burrito (15 grams protein) Black Beans (3 grams protein)	Chicken Power Menu Bowl (27 grams protein)
Wendy's	Chili (14 grams protein) Baked Potato	Grilled Chicken Sandwich (34 grams protein) Strawberries & Blueberries
Subway	Turkey Mini for Kids (7 grams protein) Milk (8 grams protein) Applesauce	6" Sweet Onion Chicken Teriyaki (25 grams protein) Top w/ lots of veggies
KFC	Extra Crispy Kid's Meal (10 grams protein) Green Beans	Snack Size Famous Bowl (11 grams protein) Baked Beans (14 grams protein)
Culver's	Vegetable Beef Soup (8 grams protein) Cheese Curds (10 grams protein for ½ order)	Chopped Steak Dinner (33 grams protein)
Sonic	Junior Burger (15 grams protein)	Popcorn Chicken (16 grams protein)
Arby's	Smokehouse Brisket (33 grams protein) No bun, with curly fries	Classic Beef n Cheddar (23 grams) Chopped Side Salad