

Fast Food Chicken Meals

YIKES!

	Calories
<u>BURGER KING</u>	
Chicken Whopper	570
King Size Onion Rings	550
Zesty Onion Ring Dipping Sauce	150
King Size Sprite	420
Total	1690

<u>MC DONALD'S</u>	
White Meat McNuggets 10 pc.	420
2 Packets Swt 'n Sour Sauce	100
Large Size Fries	520
Large Size Hi-C 32 Oz.	350
Total	1390

<u>WENDY'S</u>	
Chicken Club Sandwich	470
Biggie Fries	440
Medium (20 oz.) Regular Coke	140
Total	1050

DAMAGE CONTROL

	Calories
Chicken Whopper, No Mayo	410
Medium Onion Rings	320
Honey Mustard Dipping Sauces	90
Diet Pop, Tea, Coffee or Water	0
Total	820

White Meat McNuggets 6 pc.	250
1 Packet BBQ Sc. or Honey	45
Small Fries	220
Small Size Hi-C 16 Oz.	160
Total	675

Chicken Breast Filet Sandwich	430
Small Fries (Kid's Meal)	250
Diet Pop, Tea, Coffee or Water	0
Total	680

MOTIVATED

	Calories
Chicken Tenders 6 Pc.	250
Small Onion Rings	180
2 Packets Ketchup	20
Diet Pop, Tea, Coffee or Water	0
Total	450

White Meat McNuggets 4 pc.	170
2 Packets Ketchup	20
Small Fries	220
Diet Pop or Iced Tea	0
Total	410

Grilled Chicken Sandwich	300
Side Salad w/ FF French Dressg.	115
Diet Pop, Tea, Coffee or Water	0
Total	415