

Fast Food Selection Guide



Food Fitness First, Inc.®

Diabetes **FOOD SPIRAL**®



Breakfast

2G	Egg White & Cheese on Flatbread	2R	Black Forest Ham, Egg and Cheese on Flatbread	5Y	6" Bacon, Egg White & Cheese with Avocado Sandwich
2G	Egg White & Cheese with Avocado on Flatbread	2R	Breakfast BMT Melt with Egg on Flatbread	5Y	6" Black Forest Ham, Egg White and Cheese Sandwich
2Y	Bacon, Egg White & Cheese on Flatbread	2R	Sunrise Subway Melt with Egg on Flatbread	5Y	6" Sunrise Subway Melt with Egg White Sandwich
2Y	Black Forest Ham, Egg White and Cheese on Flatbread	3Y	6" Breakfast BMT Melt with Egg White Sandwich	5Y	6" Steak, Egg & Cheese Sandwich
2Y	Steak, Egg White & Cheese on Flatbread	4Y	6" Bacon, Egg White & Cheese Sandwich	5Y	6" Sunrise Subway Melt with Egg Sandwich
2Y	Sunrise Subway Melt with Egg White on Flatbread	4Y	6" Egg White & Cheese Sandwich	5R	6" Bacon, Egg & Cheese with Avocado Sandwich
2Y	Egg & Cheese on Flatbread	4Y	6" Egg White & Cheese with Avocado Sandwich	5R	6" Breakfast BMT Melt with Egg Sandwich
2Y	Steak, Egg & Cheese on Flatbread	4Y	6" Steak, Egg White & Cheese Sandwich		
2R	Bacon, Egg White & Cheese with Avocado on Flatbread	4Y	6"Western, Egg White & Cheese		
2R	Breakfast BMT Melt with Egg White on Flatbread	4Y	6" Bacon, Egg & Cheese Sandwich		
2R	Bacon, Egg & Cheese with Avocado on Flatbread	4Y	6" Black Forest Ham, Egg and Cheese Sandwich		
2R	Bacon, Egg & Cheese on Flatbread	4Y	6" Egg & Cheese Sandwich		
		4Y	6"Western, Egg & Cheese		



Lunch & Dinner

1G	Black Forest Ham Salad	2Y	Sweet Onion Chicken Teriyaki Salad	3R	6" BLT
1G	Turkey Breast & Ham Salad	2R	Turkey Jalapeno Melt Salad	3R	BLT with Avocado Salad
1G	Turkey Breast Salad	2R	Clam Chowder	3R	Chipotle Chicken & Cheese Salad
1G	Veggie Delight Salad	2R	Creamy Wild & Brown Rice Soup	3R	Chipotle Steak & Cheese Salad
1Y	Chicken Noodle Soup	2R	Loaded Baked Potato Soup	3R	Sriracha Chicken Melt Salad
1R	Golden Broccoli & Cheese Soup	2R	Poblano Corn Chowder	3R	Sriracha Steak Melt Salad
2G	6" Veggie Delight	3G	Creamy Chicken and Dumplings Soup	4Y	6" Chicken Cordon Bleu Melt
2G	Roast Beef Mini Sub	3G	Green Chili & Tomato Soup	4Y	6" Cold Cut Combo
2G	Veggie Delight Mini Sub	3G	Vegetable Beef Soup	4Y	6" Italian BMT
2G	Oven Roasted Chicken Salad	3Y	6" Black Forest Ham	4Y	6" Sriracha Chicken Melt
2G	Roast Beef Salad	3Y	6" Oven Roasted Chicken	4Y	6" Tuscan Chicken Melt
2G	Subway Club Salad	3Y	6" Roast Beef	4Y	6" Sweet Onion Chicken Teriyaki
2Y	Black Forest Ham Mini Sub	3Y	6" Subway Club		
2Y	Turkey Breast Mini Sub	3Y	6" Turkey Breast		
2Y	Applewood Pulled Pork Salad	3Y	6" Turkey Breast & Ham		
2Y	Double Chicken Salad Salad	3Y	Chicken Cordon Bleu Salad		
2Y	Tuscan Chicken Salad	3Y	Steak & Bacon Melt Salad		
2Y	Chicken Teriyaki with Spinach Salad				



Lunch & Dinner

- 4R** 6" Tuna
- 4R** Big Hot Pastrami Salad
- 4R** Big Philly Cheesesteak Salad
- 4R** Spicy Tuna Salad
- 4R** Cheese Flatizza
- 4R** Veggie Flatizza
- 4R** Beef Chili
- 4R** Chili Con Carne

- 5G** Minestrone
- 5Y** 6" Meatballs Marinara
- 5Y** 6" Sriracha Steak Melt
- 5Y** 6" Steak & Bacon
- 5Y** 6" Steak & Cheese
- 5Y** 6" Subway Melt

- 5R** 6" Spicy Italian
- 5R** 6" Spicy Tuna
- 5R** 6" Turkey Jalapeno
- 5R** Fritos Chicken Enchilada Salad
- 5R** Pepperoni Flatizza
- 5R** Spicy Italian Flatizza

- 6Y** 6" Big Philly Cheesesteak
- 6R** 6" Big Hot Pastrami
- 6R** 6" Chicken & Bacon Ranch Melt
- 6R** 6" Chipotle Steak & Cheese with Avocado
- 6R** 6" Fritos Chicken Enchilada Melt

Desserts

- 0G** Apple Slices

- 2Y** Gingerbread Cookie

- 2R** Birthday Berry Cookie
- 2R** Chocolate Chip Cookie
- 2R** Chocolate Chunk Cookie
- 2R** Double Chocolate Cookie
- 2R** M & M Cookie
- 2R** Oatmeal Raisin Cookie
- 2R** Peanut Butter Cookie
- 2R** Raspberry Cheesecake Cookie
- 2R** Sugar Cookie
- 2R** White Macademia Nut Cookie

- 3R** Sugar Cookie
- 3R** White Macademia Nut Cookie