

# Healthy fast food

Made by Maxim Maskeev



## Chicken Burrito Bowl with brown rice & pinto bean

Chipotle has lots of fresh, healthier options. In general, remove the cheese and sour cream and go for deconstructed alternatives to their burritos, like this one, which has:

500 calories — not too low, not too high

42 g of protein — a hefty amount to strengthen muscles and fill you up

13.5 g of fat — a little on the high side

57 g of carbs — roughly one-third of your recommended daily allowance

805 mg of sodium — a little less than half your recommended daily allowance

# Why is it popular?

- They make great effort to use only organic and local ingredients, and meats from naturally raised animals.

# Where can you find it?

- All over the US. They also have restaurants in Canada, Germany, France and the United Kingdom.

# Grilled Chicken Cool Wrap

Chick-fil-A, the "home of the original chicken sandwich", improved its menu last year, adding a smattering of healthy fare like this, which has:

340 calories — pretty low as far as lunch items go; you might want to pair this with a yogurt, a small salad, or some fresh fruit

36 g of protein — a hefty amount to strengthen muscles and fill you up

13 g of fat — not too low, not too high

30 g of carbs — on the low side

900 mg of sodium — about half your recommended daily allowance



# Why is popular?

They were actually the first fast food restaurant in the US to offer a completely trans fat free menu.

They have also made great efforts to make their dishes more healthy, especially their kid's menu, which offers fruit cup sides and milk to drink.

# Where can you find it?

They are located all around the US

Thanks for your  
attention!