



PAPA JOHN'S :

Net Carb
=55 g

 +
Pepperoni pizza slice-
large
Carb = 38g
Fibre = 2g

 +
8 BBQ wings
Carb = 20g
Fibre = 1g

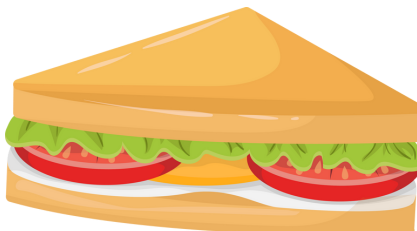
Net Carb
=20 g


 +
Papa's garden salad
Carb = 10g
Fibre = 2g

 +
Chicken alfredo
bowl
Carb = 15g
Fibre = 3g

STARBUCKS :

Net Carb
=60 g

 +
Tomato & mozzarella
on focaccia
Carb = 48g
Fibre = 2g

 +
Vanilla sweet cream
cold brew
Carb = 14g
Fibre = 0g

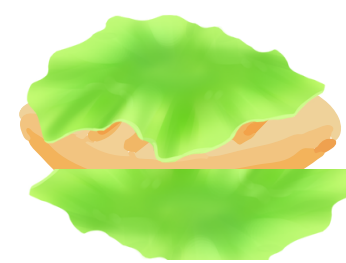
Net Carb
=48 g

 +
Beyond meat, cheddar,
egg sandwich
Carb = 31g
Fibre = 2g

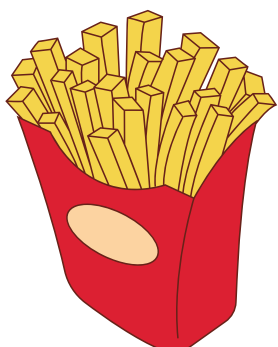
 +
Caffe latte
Carb = 19g
Fibre = 0g

WENDYS :

Net Carb
=72 g

 +
Grilled chicken sandwich
w/ lettuce bun
Carb = 6g
Fibre = 1g

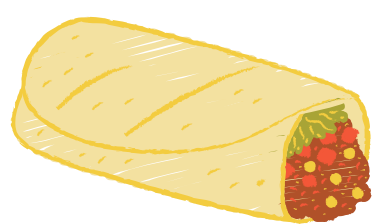
 +
Side caesar salad
Carb = 12g
Fibre = 1g


 +
Fries- medium
Carb = 47g
Fibre = 4g

 +
White milk
Carb = 12g
Fibre = 0g

QUIZNOS :

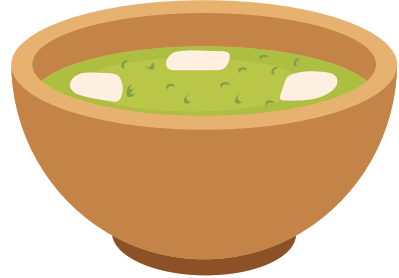
Net Carb
=63 g

 +
Carbonara wrap
Carb = 62g
Fibre = 7g

 +
Chicken noodle soup
Carb = 8g
Fibre = 0g

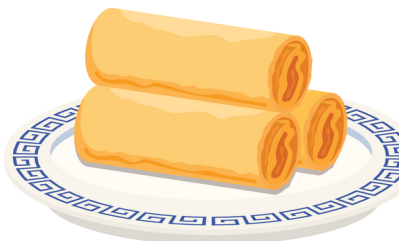
Net Carb
=20 g

 +
Mediterranean
chicken salad
Carb = 15g
Fibre = 4g

 +
Broccoli cheese soup
Carb = 10g
Fibre = 1g

THAI EXPRESS :

Net Carb
=99 g

 +
Imperial roll
Carb = 13g
Fibre = 0g

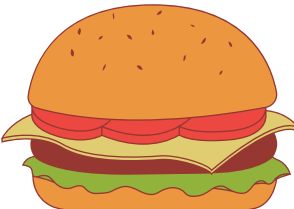
 +
Plum sauce
Carb = 12g
Fibre = 0g

 +
Tom yum- mini soup
Carb = 23g
Fibre = 1g

 +
General thai chicken (n/a
tomato, pineapple)
Carb = 57g
Fibre = 5g

FIVE GUYS :

Net Carb
=101 g

 +
Bacon burger (bacon &
cheese)
Carb = 39g
Fibre = 2g

 +
Fries -little
Carb = 72g
Fibre = 8g

Net Carb
=101 g

 +
Grilled cheese
Carb = 39g
Fibre = 2g


 +
Fries -little
Carb = 72g
Fibre = 8g

TIM HORTONS :

Net Carb
=89 g

 +
Tomato parmesan
soup
Carb = 17g
Fibre = 3g

 +
Southwest chicken
wrap
Carb = 40g
Fibre = 3g

 +
Iced tea quencher -
small
Carb = 13g
Fibre = 0g

 +
Old-fashioned donut
Carb = 26g
Fibre = 1g

***ADD UP CARB VALUES AND SUBTRACT FIBRE FROM NET CARBS WHEN BUILDING YOUR MEAL**

Chipotle

**BURRITO BOWL/ BURRITO WRAP (CARBS= 50G, FIBRE= 3G)/
SUPERGREENS MIX SALAD (CARBS= 3G, FIBRE= 2G)
CUSTOMIZABLE OPTIONS**

Rice

- Brown rice (113g), **carbs = 36g, fibre = 3g**
- White rice (113g), **carbs = 40g, fibre = 1g**

Beans

- Black beans or pinto beans (113g), **carbs = 21-22g, fibre = 7-8g**



Toppings

- Fresh tomato salsa, tomatillo- red chili salsa, tomatillo- green chili salsa (113g), **carbs = 4g, fibre = 0-2g**
- Romaine lettuce, cheese (28g), **carbs = 1g, fibre = 0-1g**
- Sour cream, Queso Blanco (57g), **carbs = 3-4g, fibre: 0g**
- Roasted chili-corn salsa (113g), **carbs = 16g, fibre = 3g**

Protein or Veggies

- Chicken, carnitas (pulled pork), steak, barbacoa (beef) (113g), **carbs: 0-2g, fibre: 0-1g**
- Fajita veggies (113g), **carbs: 5g, fibre: 1g**
- Sofritas (tofu) (113g), **carbs: 9g, fibre: 4g**

***ADD UP CARB VALUES AND SUBTRACT FIBRE FROM NET CARBS WHEN BUILDING YOUR MEAL**

Osmowts

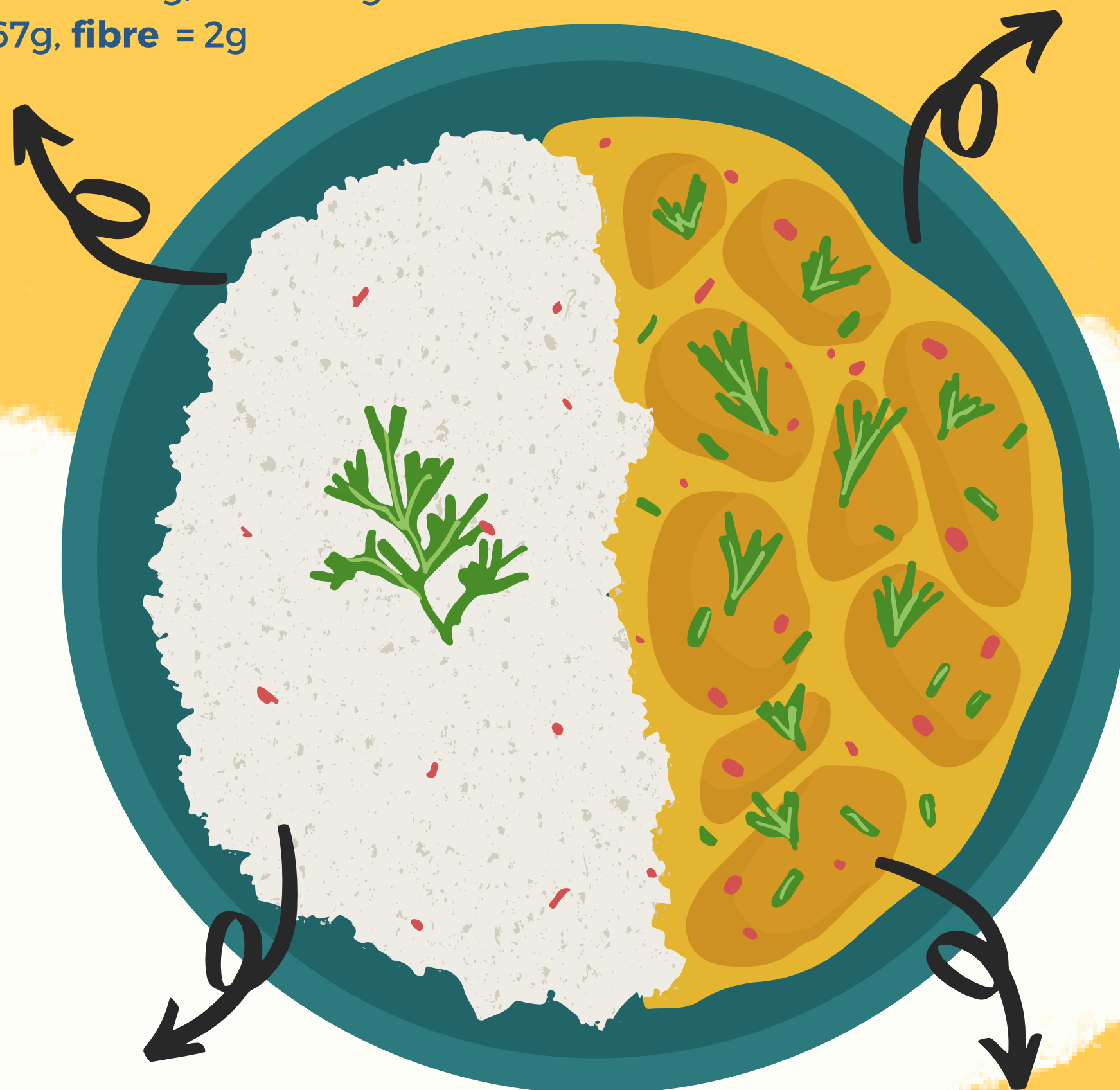
WRAPS/ PLATTERS/ SALAD/ ON THE ROCKS-STIX-VEGGIES CUSTOMIZABLE OPTIONS

Sauces

- Garlic, Philly (42g), **carbs = 0g, fibre = 0g**
- Tzatziki (28g), **carbs = 1g, fibre = 0g**
- Tahini (21g), **carbs = 5g, fibre = 1g**
- Salad dressing (40g), **carbs = 7g, fibre = 0g**
- Gravy (100g), **carbs = 67g, fibre = 2g**

Protein

- Chicken, beef * (200g), **carbs = 0g, fibre = 0g** *small size
- Chicken, beef or lamb shawarma* (226g), **carbs = 0g, fibre = 0-4g** *platter
- Shish taouk, chicken kebab* (200g), **carbs = 0g, fibre = 0g** *platter
- Beef kofta* (200g), **carbs = 9g, fibre = 1g** *platter
- Falafel* (113g), **carbs = 8g, fibre = 4g** *5 pieces



Grains and Starches

- Regular sized pita (80g), **carbs = 15g, fibre = 1g**
- Regular sized bun (85g), **carbs = 21g, fibre = 1g**
- Saj Wrap (75g), **carbs = 45g, fibre = 2g**
- Rice* (405g), **carbs = 47g, fibre = 0g** *platter
- Small fries (200g) **carbs = 16g, fibre = 4g**

Veggies

- Veggies in regular-size wraps - **do not count**
- Veggies in medium on the rocks-stix-veggies (227g), **carbs = 7g, fibre = 0g**
- Side of Veggies (300g), **carbs = 8g, fibre = 0g**
- Medium garden salad w/ feta and dressing (188g), **carbs = 14g, fibre = 3g**
- Medium Greek salad w/ dressing (160g), **carbs = 12g, fibre = 3g**
- Medium caesar salad w/ pita croutons and dressing (186g), **carbs = 12g, fibre = 1g**

***ADD UP CARB VALUES AND SUBTRACT FIBRE FROM NET CARBS WHEN BUILDING YOUR MEAL**

A&W and Harveys

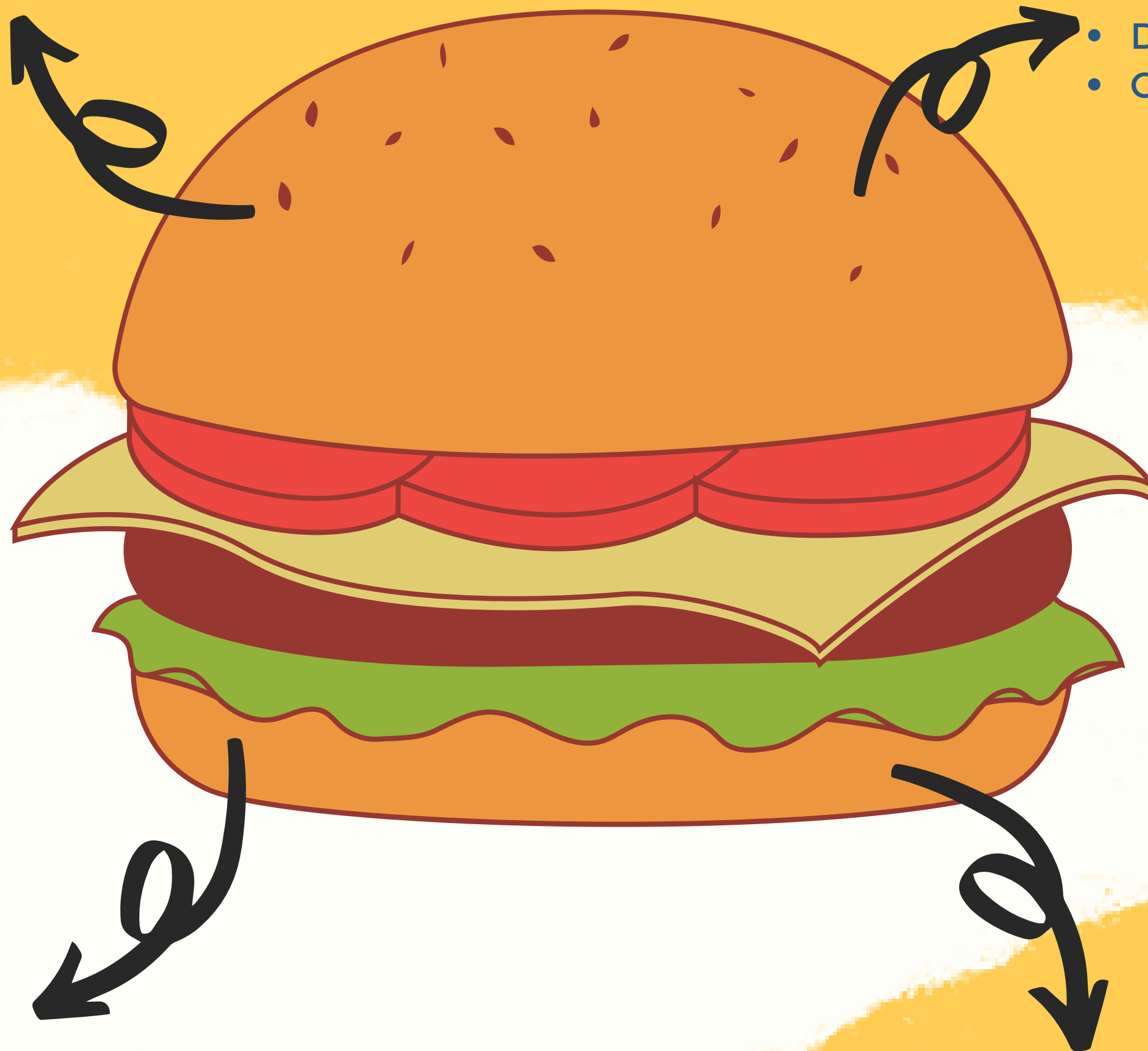
**BURGERS ON BURGER BUN (CARBS= 29G/ FIBRE= 1G)
OR LETTUCE BUN (CARBS= <5G/ FIBRE= <5G)
CUSTOMIZABLE OPTIONS**

Bun

- Lettuce bun* (100g), **carbs = <5g, fibre = 5g**
*only available in some locations
- Burger bun (65g), **carbs = 29g, fibre = 1g**

Toppings

- Lettuce
- Onions
- Tomato
- Dill pickles
- Cheese



Protein

- Junior beef patty (40g), **carbs = 2g, fibre = 0g**
- Grilled chicken or beef patty (82- 104g), **carbs = 1-3g, fibre = 0g**
- Veggie patty (113g), **carbs = 6g, fibre = 3g** *high in plant protein
- Crispy chicken (133g), **carbs = 18g, fibre = 1g**

Condiments

- Mustard, light mayo, chipotle sauce (5g), **carbs = 0g, fibre = 0g**
- Relish (5g), **carbs = 1g, fibre = 0g**
- Ketchup (6g), **carbs = 2g, fibre = 0g**

***ADD UP CARB VALUES AND SUBTRACT FIBRE FROM NET CARBS WHEN BUILDING YOUR MEAL**

Subway

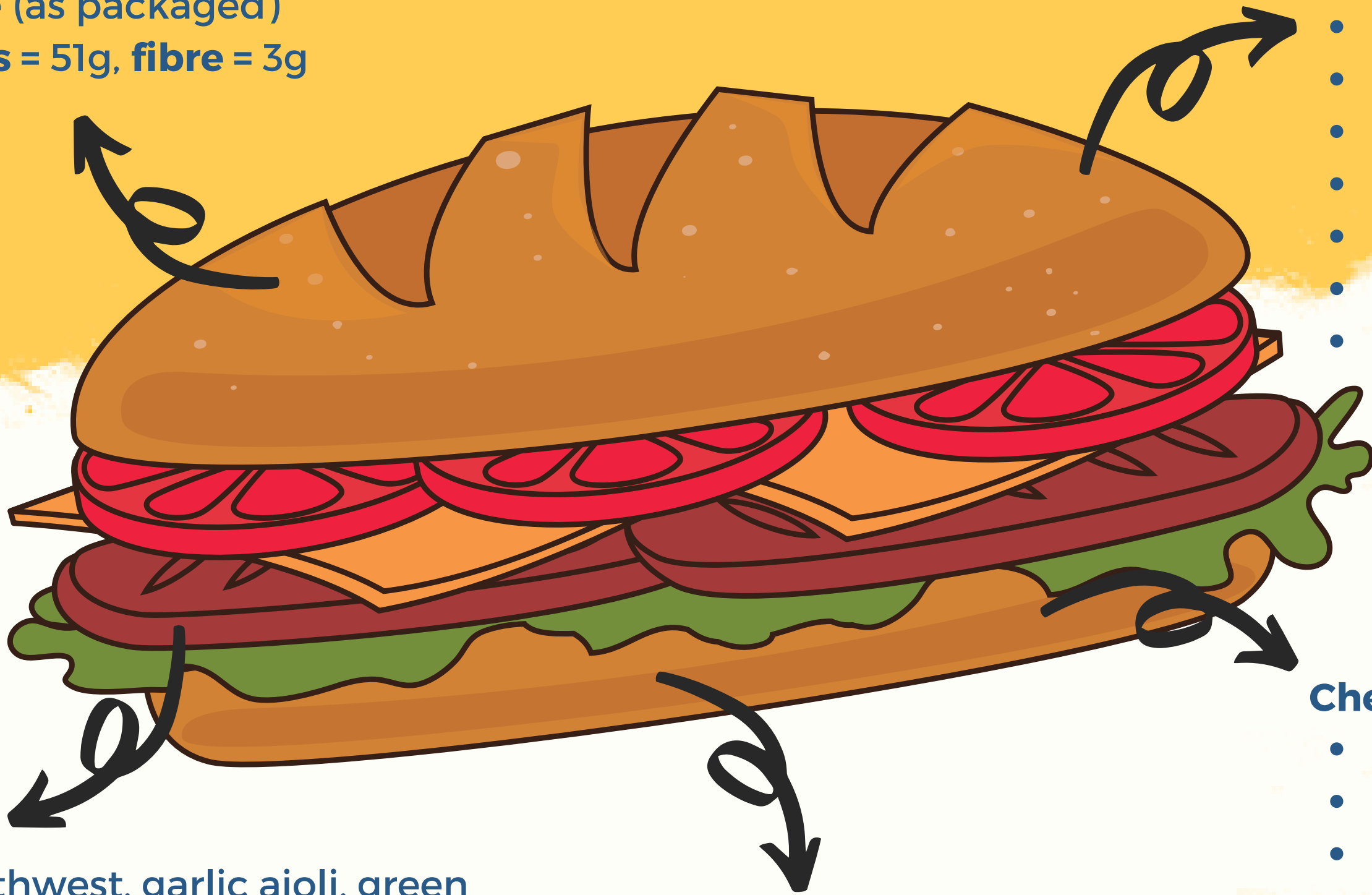
**6" SANDWICHES- ALL INFORMATION IS BASED ON A 6" SUB
(CARBS= 34-51G, FIBRE= 0-3G)
CUSTOMIZABLE OPTIONS
*DOUBLE NUTRITIONAL VALUES FOR 12" SUB**

Breads

- Italian, multigrain, Italian herbs and cheese (65-76g), **carbs = 34-36g, fibre = 0-3g**
- Gluten-free (as packaged) (113g), **carbs = 51g, fibre = 3g**

Veggies

- Avocado
- Banana peppers
- Cucumbers
- Green peppers
- Lettuce
- Black olives
- Red onions
- Pickles
- Baby spinach
- Tomato



Condiments

- Chipotle southwest, garlic aioli, green goddess, house dressing, yellow mustard, peppercorn ranch (14g), **carbs = 1g, fibre = 0g**
- Mayo, smokey honey mustard (14g), **carbs = 0-2g, fibre = 0g**
- Sweet & smoky bbq, Sweet onion sauce, sweet onion teriyaki (14-18g), **carbs = 7-9g, fibre = 0g**

Cheese

- Canadian cheddar
- Processed cheddar
- Monterey cheddar
- Parmesan, grated

Protein

- Tuna w/ mayo (71g), **carbs = 0g, fibre = 0g**
- Chicken, grilled or plain strips (64-71g), **carbs = 1g, fibre = 0-1g**
- Cold cut combo meats, Italian BMT Meats, salami, black forest ham, turkey breast (53-64g), **carbs = 2-4g, fibre = 0-1g**
- Chicken strips, teriyaki glazed (85g), **carbs = 4g, fibre = 0g**
- Meatballs with marinara (139g), **carbs = 12g, fibre = 2g**
- Crispy chicken (120g), **carbs = 23g, fibre = 1g**

FAST FOOD RESOURCES

For further nutrition information on the restaurants listed, please visit their websites:

A&W:

<https://web.aw.ca/en/our-menu>

Chipotle:

<https://www.chipotle.com/nutrition-calculator>

Five Guys:

https://www.fiveguys.ca/-/media/public-site/files/allergen-ingredients-and-nutrition-info/fiveguysnutrition_aug2014_can_e.ashx

Harvey's:

<https://www.harveys.ca/en/nutrition.html>

KFC:

<https://www.kfc.ca/nutrition-and-allergy-info>

McDonalds:

<https://www.mcdonalds.com/ca/en-ca/about-our-food/nutrition-calculator.html>

Osmow's Shawarma:

<https://osmows.com/nutrition/>

Papa Johns:

<https://www.papajohns.com/company/nutritional-details/index.html>

Quiznos:

<https://www.quiznos.ca/en/wp-content/uploads/sites/3/2021/08/Nutritionals-CAN-ENG.pdf>

Starbucks:

<https://www.starbucks.ca/menu>

Subway:

<https://order.subway.com/en-CA/menunutrition/nutrition>

Taco Bell:

<https://www.tacobell.ca/en/nutrition/>

Thai Express:

<https://thaiexpress.ca/menu/>

Tim Hortons:

<https://www.timhortons.ca/nutrition-and-allergens>

Wendys:

<https://order.wendys.com/categories?site=menu>