



dotFIT™

Smart Eating for Athletes on the Go – Sample Menu

McDonalds

Breakfast	Carbs (g)	Pro (g)	Fat (g)	Calories
1 Egg McMuffin	30	18	12	300
Small (12 oz) Orange Juice	33	2	0	143
Meal Totals	63 (57%)	20 (18%)	12 (25%)	443
Pancakes, 3 each	60	9	9	350
Scrambled Eggs, 2 each	1	15	11	170
Small (12 oz) Orange Juice	33	2	0	143
Meal Totals	94 (57%)	26 (16%)	20 (27%)	663
Lunch/Dinner	Carbs (g)	Pro (g)	Fat (g)	Calories
Grilled Chicken Sandwich	51	32	10	420
Small Fruit & Yogurt Parfait with granola	31	4	2	160
Meal Totals	82 (57%)	36 (25%)	12(18%)	580

Subway

Breakfast	Carbs (g)	Pro (g)	Fat (g)	Calories
Ham & Cheese Breakfast Sandwich	52	28	19	470
Sunrise Juice	29	1	0	120
Meal Totals	81 (53%)	29 (19%)	19 (28%)	590
Lunch/Dinner	Carbs (g)	Pro (g)	Fat (g)	Calories
6 inch Turkey Sandwich on Wheat Bread	46	19	5	280
1 small bag (1 oz) SunChips	19	2	6	140
1 Minute Maid Juice	24	0	0	100
Meal Totals	89 (66%)	21 (16%)	11(18%)	520

Carl's Jr.

Breakfast	Carbs (g)	Pro (g)	Fat (g)	Calories
French Toast Dippers	58	9	18	430
1% Milk (12 oz)	18	13	4	158
Meal Totals	76 (52%)	22 (15%)	22 (34%)	588
Sourdough Breakfast Sandwich	39	28	21	460
Small (12 oz) Orange Juice	38	3	0	162
Meal Totals	77 (50%)	31 (20%)	21 (30%)	622
Lunch/Dinner	Carbs (g)	Pro (g)	Fat (g)	Calories
Char-grilled BBQ Chicken Sandwich	48	34	5	360
1% Milk (12 oz)	18	13	4	158
Meal Totals	66 (50%)	47 (35%)	9 (15%)	518