

LOW CALORIE BREAKFAST SANDWICHES

FAST FOOD BREAKFAST SANDWICHES UNDER 350 CALORIES

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EGG MCMUFFIN

310 CALORIES
13g FAT
30g CARBS
17g PROTEIN



EGG & CHEESE CROISSAN'WICH

320 CALORIES
18g FAT
29g CARBS
13g PROTEIN



BACON, EGG, & CHEESE

320 CALORIES
17g FAT
25g CARBS
18g PROTEIN



EGG WHITE GRILL

290 CALORIES
8g FAT
30g CARBS
26g PROTEIN



TURKEY BACON & EGG WHITE

230 CALORIES
5g FAT
28g CARBS
17g PROTEIN



EGG & CHEESE ENGLISH MUFFIN

340 CALORIES
15g FAT
38g CARBS
14g PROTEIN



POTATO BREAKFAST BURRITO

340 CALORIES
14g FAT
44g CARBS
9g PROTEIN



AVOCADO, EGG WHITE & SPINACH

350 CALORIES
14g FAT
40g CARBS
19g PROTEIN



BACON, EGG, & CHEESE SLIDER

260 CALORIES
17g FAT
15g CARBS
12g PROTEIN



JR. BREAKFAST BACON BURRITO

270 CALORIES
14g FAT
22g CARBS
13g PROTEIN



BREAKFAST JACK

350 CALORIES
18g FAT
30g CARBS
16g PROTEIN



EGG WHITE & CHEESE FLATBREAD

350 CALORIES
11g FAT
44g CARBS
18g PROTEIN



EGG SANDWICH

310 CALORIES
12g FAT
34g CARBS
15g PROTEIN



BACON, EGG, & CHEESE

350 CALORIES
17g FAT
28g CARBS
20g PROTEIN



EGG & CHEESE PRETZEL SANDWICH

240 CALORIES
8g FAT
29g CARBS
13g PROTEIN



BREAKFAST ROLLER

250 CALORIES
11g FAT
24g CARBS
11g PROTEIN



SAUSAGE, EGG & CHEESE

320 CALORIES
23g FAT
14g CARBS
12g PROTEIN



SAUSAGE BISCUIT

330 CALORIES
22g FAT
28g CARBS
8g PROTEIN

The New Fast Food Calorie Guide

ML Morrison



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