

WW Friendly Fast Food Options



1. Mcdonald's:

Southwest Grilled Chicken Salad:

GREEN PLAN: 9 Smart Points

BLUE PLAN: 6 Smart Points

PURPLE PLAN: 6 Smart Points

Southwest Dressing:

GREEN PLAN: 4 Smart Points

BLUE PLAN: 4 Smart Points

PURPLE PLAN: 4 Smart Points

Artisan Grilled Chicken Sandwich:

GREEN PLAN: 11 Smart Points

BLUE PLAN: 8 Smart Points

PURPLE PLAN: 8 Smart Points

6-piece Chicken Nuggets:

GREEN PLAN: 7 Smart Points

BLUE PLAN: 7 Smart Points

PURPLE PLAN: 7 Smart Points

Hamburger:

GREEN PLAN: 8 Smart Points

BLUE PLAN: 8 Smart Points

PURPLE PLAN: 8 Smart Points

Small Fries:

Small GREEN PLAN: 7 Smart Points

BLUE PLAN: 7 Smart Points

PURPLE PLAN: 7 Smart Points

Yogurt Parfait:

GREEN PLAN: 8 Smart Points

BLUE PLAN: 7 Smart Points

PURPLE PLAN: 7 Smart Points

Egg McMuffin:

GREEN PLAN: 9 Smart Points

BLUE PLAN: 7 Smart Points

PURPLE PLAN: 7 Smart Points

2 Breakfast Scrambled Eggs:

GREEN PLAN: 4 Smart Points

BLUE PLAN: 1 Smart Points

PURPLE PLAN: 1 Smart Points



McDonald's Southwest Grilled Chicken Salad



2. Burger King:

Whopper Jr. without Mayo:

GREEN PLAN: 7 Smart Points

BLUE PLAN: 7 Smart Points

PURPLE PLAN: 7 Smart Points

Whopper Jr. with Mayo:

GREEN PLAN: 10 Smart Points

BLUE PLAN: 10 Smart Points

PURPLE PLAN: 10 Smart Points

Small French Fry:

GREEN PLAN: 10 Smart Points

BLUE PLAN: 10 Smart Points

PURPLE PLAN: 10 Smart Points

Grilled Chicken Sandwich without Mayo:

GREEN PLAN: 8 Smart Points

BLUE PLAN: 7 Smart Points

PURPLE PLAN: 7 Smart Points

Grilled Chicken Sandwich with mayo:

GREEN PLAN: 11 Smart Points

BLUE PLAN: 9 Smart Points

PURPLE PLAN: 9 Smart Points

Value Onion Rings:

GREEN PLAN: 5 Smart Points

BLUE PLAN: 5 Smart Points

PURPLE PLAN: 7 Smart Points

6- piece Chicken Nuggets:

GREEN PLAN: 7 Smart Points

BLUE PLAN: 7 Smart Points

PURPLE PLAN: 7 Smart Points

Cheeseburger:

GREEN PLAN: 9 Smart Points

BLUE PLAN: 9 Smart Points

PURPLE PLAN: 9 Smart Points



Burger King Whopper Jr with Mayo



3. Subway:

Fresh Fit 6 inch Turkey on Wheat:

GREEN PLAN: 6 Smart Points

BLUE PLAN: 6 Smart Points

PURPLE PLAN: 6 Smart Points

Fresh Fit 6 inch Roasted Chicken on Wheat:

GREEN PLAN: 6 Smart Points

BLUE PLAN: 6 Smart Points

PURPLE PLAN: 6 Smart Points

Fresh Fit 6 inch Subway Club on Wheat:

GREEN PLAN: 7 Smart Points

BLUE PLAN: 7 Smart Points

PURPLE PLAN: 7 Smart Points

Mayo or cheese for a 6 inch: 2 Smart Points

Fresh Fit Rotisserie Style Chicken Salad, no dressing:

GREEN PLAN: 2 Smart Points

BLUE PLAN: 0 Smart Points

PURPLE PLAN: 0 Smart Points

6 inch Turkey and Black Forest Ham:

GREEN PLAN: 7 Smart Points

BLUE PLAN: 7 Smart Points

PURPLE PLAN: 7 Smart Points



4. Popeyes:

5 Blackened Handcraft Chicken Tenders:

GREEN PLAN: 4 Smart Points for the order

BLUE PLAN: 1 Smart Points for the order

PURPLE PLAN: 1 Smart Points for the order

Biscuit:

GREEN PLAN: 8 Smart Points

BLUE PLAN: 8 Smart Points

PURPLE PLAN: 8 Smart Points

Mashed Potatoes with gravy:

GREEN PLAN: 4 Smart Points

BLUE PLAN: 4 Smart Points

PURPLE PLAN: 2 Smart Points

Green Beans:

GREEN PLAN: 1 Smart Points

BLUE PLAN: 1 Smart Points

PURPLE PLAN: 1 Smart Points

Red Beans and Rice:

GREEN PLAN: 8 Smart Points

BLUE PLAN: 6 Smart Points

PURPLE PLAN: 6 Smart Points

Regular Cajun Fries:

GREEN PLAN: 9 Smart Points

BLUE PLAN: 9 Smart Points

PURPLE PLAN: 9 Smart Points

Cole Slaw:

GREEN PLAN: 5 Smart Points

BLUE PLAN: 5 Smart Points

PURPLE PLAN: 5 Smart Points

Bold BQ sauce:

GREEN PLAN: 2 Smart Points

BLUE PLAN: 2 Smart Points

PURPLE PLAN: 2 Smart Points

Mac and Cheese:

GREEN PLAN: 8 Smart Points

BLUE PLAN: 8 Smart Points

PURPLE PLAN: 8 Smart Points



5. Wendy's:

Small Chili:

GREEN PLAN: 4 Smart Points

BLUE PLAN: 3 Smart Points

PURPLE PLAN: 3 Smart Points

Large Chili:

GREEN PLAN: 6 Smart Points

BLUE PLAN: 5 Smart Points

PURPLE PLAN: 5 Smart Points

Grilled Chicken Sandwich:

GREEN PLAN: 9 Smart Points

BLUE PLAN: 7 Smart Points

PURPLE PLAN: 7 Smart Points

Small natural cut fries:

GREEN PLAN: 10 Smart Points

BLUE PLAN: 10 Smart Points

PURPLE PLAN: 10 Smart Points

4-piece Chicken Nuggets:

GREEN PLAN: 5 Smart Points

BLUE PLAN: 5 Smart Points

PURPLE PLAN: 5 Smart Points

Garden Salad no dressing:

GREEN PLAN: 5 Smart Points

BLUE PLAN: 0 Smart Points

PURPLE PLAN: 0 Smart Points

Jr. Bacon Cheeseburger:

GREEN PLAN: 12 Smart Points

BLUE PLAN: 12 Smart Points

PURPLE PLAN: 12 Smart Points

Jr. Cheeseburger:

GREEN PLAN: 9 Smart Points

BLUE PLAN: 9 Smart Points

PURPLE PLAN: 9 Smart Points

Ultimate Grill Chicken Sandwich:

GREEN PLAN: 8 Smart Points

BLUE PLAN: 6 Smart Points

PURPLE PLAN: 6 Smart Points

Plain Baked Potato:

GREEN PLAN: 8 Smart Points

BLUE PLAN: 8 Smart Points

PURPLE PLAN: 0 Smart Points

Jr. Hamburger:

GREEN PLAN: 7 Smart Points

BLUE PLAN: 7 Smart Points

PURPLE PLAN: 7 Smart Points

Spicy Chicken Sandwich:

GREEN PLAN: 14 Smart Points

BLUE PLAN: 14 Smart Points

PURPLE PLAN: 14 Smart Points



6. Taco Bell:

Crunchy Taco:

GREEN PLAN: 5 Smart Points

BLUE PLAN: 5 Smart Points

PURPLE PLAN: 5 Smart Points

Fresco Chicken Soft Taco:

GREEN PLAN: 4 Smart Points

BLUE PLAN: 4 Smart Points

PURPLE PLAN: 4 Smart Points

Bean Burrito:

GREEN PLAN: 11 Smart Points

BLUE PLAN: 8 Smart Points

PURPLE PLAN: 8 Smart Points

Soft Taco with Chicken:

GREEN PLAN: 5 Smart Points

BLUE PLAN: 4 Smart Points

PURPLE PLAN: 4 Smart Points

Pinto's N' Cheese:

GREEN PLAN: 6 Smart Points

BLUE PLAN: 3 Smart Points

PURPLE PLAN: 3 Smart Points

Spicy Tostada:

GREEN PLAN: 6 Smart Points

BLUE PLAN: 4 Smart Points

PURPLE PLAN: 4 Smart Points

Soft Taco with Beef:

GREEN PLAN: 6 Smart Points

BLUE PLAN: 6 Smart Points

PURPLE PLAN: 6 Smart Points

Fresco Crunchy Taco with Beef:

GREEN PLAN: 5 Smart Points

BLUE PLAN: 4 Smart Points

PURPLE PLAN: 4 Smart Points

Crunchy Taco Supreme:

GREEN PLAN: 6 Smart Points

BLUE PLAN: 6 Smart Points

PURPLE PLAN: 6 Smart Points



Taco Bell Fresco Crunchy Taco with Beef



7. Chipotle:

Lime Brown Rice:

GREEN PLAN: 6 Smart Points

BLUE PLAN: 5 Smart Points

PURPLE PLAN: 0 Smart Points

Fajita Vegetables:

GREEN PLAN: 0 Smart Points

BLUE PLAN: 0 Smart Points

PURPLE PLAN: 0 Smart Points

White Rice:

GREEN PLAN: 6 Smart Points

BLUE PLAN: 6 Smart Points

PURPLE PLAN: 6 Smart Points

Pinto Beans:

GREEN PLAN: 3 Smart Points

BLUE PLAN: 0 Smart Points

PURPLE PLAN: 0 Smart Points

Romaine Lettuce:

GREEN PLAN: 0 Smart Points

BLUE PLAN: 0 Smart Points

PURPLE PLAN: 0 Smart Points

Barbocoa:

GREEN PLAN: 4 Smart Points

BLUE PLAN: 4 Smart Points

PURPLE PLAN: 4 Smart Points

Flour Tortilla (burrito size):

GREEN PLAN: 9 Smart Points

BLUE PLAN: 9 Smart Points

PURPLE PLAN: 9 Smart Points

Kid's Tortilla Chips:

GREEN PLAN: 4 Smart Points

BLUE PLAN: 4 Smart Points

PURPLE PLAN: 4 Smart Points

Carnitas:

GREEN PLAN: 6 Smart Points

BLUE PLAN: 6 Smart Points

PURPLE PLAN: 6 Smart Points

Steak:

GREEN PLAN: 3 Smart Points

BLUE PLAN: 3 Smart Points

PURPLE PLAN: 3 Smart Points

Chicken:

GREEN PLAN: 3 Smart Points

BLUE PLAN: 3 Smart Points

PURPLE PLAN: 3 Smart Points

Cheese:

GREEN PLAN: 3 Smart Points

BLUE PLAN: 3 Smart Points

PURPLE PLAN: 3 Smart Points

Tomatillo Red-Chili Salsa:

GREEN PLAN: 0 Smart Points

BLUE PLAN: 0 Smart Points

PURPLE PLAN: 0 Smart Points

Honey Vinaigrette Dressing:

GREEN PLAN: 9 Smart Points

BLUE PLAN: 9 Smart Points

PURPLE PLAN: 9 Smart Points



8. Panda Express:

Mixed Veggies:

GREEN PLAN: 0 Smart Points

BLUE PLAN: 0 Smart Points

PURPLE PLAN: 0 Smart Points

Chicken and Mushrooms:

GREEN PLAN: 6 Smart Points

BLUE PLAN: 6 Smart Points

PURPLE PLAN: 6 Smart Points

String Bean Chicken Breast:

GREEN PLAN: 4 Smart Points

BLUE PLAN: 3 Smart Points

PURPLE PLAN: 3 Smart Points

Broccoli Beef:

GREEN PLAN: 4 Smart Points

BLUE PLAN: 4 Smart Points

PURPLE PLAN: 4 Smart Points

Vegetable Spring Roll:

GREEN PLAN: 6 Smart Points

BLUE PLAN: 6 Smart Points

PURPLE PLAN: 6 Smart Points

Kung Pao Chicken:

GREEN PLAN: 8 Smart Points

BLUE PLAN: 8 Smart Points

PURPLE PLAN: 8 Smart Points

Black Pepper Chicken:

GREEN PLAN: 8 Smart Points

BLUE PLAN: 8 Smart Points

PURPLE PLAN: 8 Smart Points

Honey Walnut Shrimp:

GREEN PLAN: 12 Smart Points

BLUE PLAN: 12 Smart Points

PURPLE PLAN: 12 Smart Points

Teriyaki Chicken with rice and veggies:

GREEN PLAN: 8 Smart Points

BLUE PLAN: 8 Smart Points

PURPLE PLAN: 8 Smart Points

Kid's Chow Mein:

GREEN PLAN: 8 Smart Points

BLUE PLAN: 8 Smart Points

PURPLE PLAN: 8 Smart Points



9. Chick-fil-A

12-piece grilled chicken nuggets:

GREEN PLAN: 3 Smart Points

BLUE PLAN: 0 Smart Points

PURPLE PLAN: 0 Smart Points

Grilled Chicken Sandwich:

GREEN PLAN: 7 Smart Points

BLUE PLAN: 6 Smart Points

PURPLE PLAN: 6 Smart Points

Small Waffle Fries:

GREEN PLAN: 9 Smart Points

BLUE PLAN: 9 Smart Points

PURPLE PLAN: 9 Smart Points

8-piece breaded chicken nuggets:

GREEN PLAN: 6 Smart Points

BLUE PLAN: 6 Smart Points

PURPLE PLAN: 6 Smart Points

Fruit Cup:

GREEN PLAN: 1 Smart Points

BLUE PLAN: 1 Smart Points

PURPLE PLAN: 1 Smart Points

Grilled Chicken Cool Wrap:

GREEN PLAN: 8 Smart Points

BLUE PLAN: 7 Smart Points

PURPLE PLAN: 7 Smart Points

Breaded Chicken Sandwich:

GREEN PLAN: 12 Smart Points

BLUE PLAN: 12 Smart Points

PURPLE PLAN: 12 Smart Points

Large Diet Lemonade:

GREEN PLAN: 4 Smart Points

BLUE PLAN: 4 Smart Points

PURPLE PLAN: 4 Smart Points

Small Chicken Noodle Soup:

GREEN PLAN: 3 Smart Points

BLUE PLAN: 3 Smart Points

PURPLE PLAN: 3 Smart Points