



Lunch In the Car



Finding healthy meals you can eat behind the wheel can sometimes be a challenge but Fork Friendly is here to help! Each table below represents some of your favorite restaurants and how to build a well-rounded meal. Stack ingredients to create higher or lower-calorie options depending on your hunger levels.



TIP: Use the colors to understand which food group an item belongs to.

Veggie



Protein



Fat



Carb



Dairy



Whooper Meal

Click images to find substitutes!



Light options!

Moderate options!

Complete options!

Calorie Options	Calories Per Serving	Carbs Per Serving	Whooper Meal
300	310	27	Whooper Jr. Sandwich
400	60	3	Garden Side Salad
500	120	14	Ken's Lite Honey Balsamic Vinaigrette
Total Carb		44	



Chicken Nuggets & Salad



Calorie Options	Calories Per Serving	Carbs Per Serving	Chicken Nuggets & Salad
	170	3	4 pc Chicken Nuggets
	40	11	BBQ Sauce
300	60	3	Garden Side Salad
400	120	14	Ken's Lite Honey Balsamic Vinaigrette
500	50	13	Mott's Applesauce
Total Carb		44	



Crispy Tacos & Salad



Calorie Options	Calories Per Serving	Carbs Per Serving	Crispy Tacos & Salad
300	340	38	2 Crispy Tacos
400	60	3	Garden Side Salad
500	120	14	Ken's Lite Honey Balsamic Vinaigrette
Total Carb		55	



Chicken Fingers Meal



Pack these from home!



Calorie Options	Calories Per Serving	Carbs Per Serving	Chicken Chalupa Meal
300	260	10	Chicken Fingers (2)
400	140	23	Texas Toast
500	50	10	Dole Mandarin Orange Fruit Cup
Total Carb		43	



Grilled Chicken Wrap



Calorie Options	Calories Per Serving	Carbs Per Serving	Grilled Chicken Wrap & Soup
300	330	16	1/2 Grilled Cool Wrap
400	80	10	Light Balsamic Vinaigrette
500	170	25	Chicken Noodle Soup (cup)
Total Carb		41	



Kale Salad with Grilled Chicken



Calorie Options	Calories Per Serving	Carbs Per Serving	Kale Salad with Grilled Chicken
	120	8	Kale Crunch Salad
300	200	8	12 pc Grilled Chicken Nuggets
400	80	10	Light Balsamic Vinaigrette
500	60	15	Medium Fruit Cup
Total Carb		41	



Chicken Nuggets & Nuts




Calorie Options	Calories Per Serving	Carbs Per Serving	Chicken Nuggets & Nuts
	250	11	8 pc Chicken Nuggets
300	60	15	BBQ Sauce Dip
	60	15	Medium Fruit Cup
400	50	1	1 String Cheese
500	100	0	Nut Pack (14 almonds or cashews)
Total Carb		42	





Hamburger Meal



Calorie Options	Calories Per Serving	Carbs Per Serving	Chicken Nugget Meal
300	250	31	Hamburger
400	110	15	Kids Fries
500	100	1	Nut Pack (14 almonds or cashews) 
Total Carb		47	



Greek Goddess Salad & Soup



Calorie Options	Calories Per Serving	Carbs Per Serving	Greek Goddess Salad with Soup
	250	14	1/2 Green Goddess Cobb Chicken Salad
300	90	4	Greek Goddess Dressing
400	60	8	Chicken Noodle Soup (Cup)
500	80	13	Cranberry Orange Mini Muffin
Total Carb		39	



Chicken Salad Sandwich



Calorie Options	Calories Per Serving	Carbs Per Serving	Chicken Salad Sandwich Meal
	320	39	1/2 Napa Almond Chicken Salad on Country Rustic
300	5	1	Pickle Spear
400	100	2	2 String Cheese
500	60	10	Vegetable Soup
Total Carb		52	



Turkey Chili & Bagel



Calorie Options	Calories Per Serving	Carbs Per Serving	Turkey Chili & Bagel
	200	20	1 cup Turkey Chili with Beans
300	50	1	String Cheese
400	180	34	Sprouted Grain Bagel Flat
500	80	1	Reduced Fat Chive & Onion Cream Cheese
Total Carb		56	



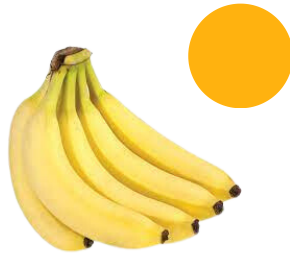
Chicken Chalupa Meal



Calorie Options	Calories Per Serving	Carbs Per Serving	Chicken Chalupa Meal
300	340	29	Chicken Chalupa Supreme
400	50	7	Black Beans
500	50	10	Dole Mandarin Orange Fruit Cup
Total Carb		46	



P3 Meal



Calorie Options	Calories Per Serving	Carbs Per Serving	Chicken Chalupa Meal
	160	4	P3 Meal
300	120	30	Banana
400	100	1	100 Nut Pack
500	90	8	Mini Dark Chocolate & Sea Salt Kind Bar
Total Carb		43	



Shake & Bar



Calorie Options	Calories Per Serving	Carbs Per Serving	Chicken Chalupa Meal
	160	5	Premier Chocolate Protein Shake
300	190	22	Quest Blueberry Muffin Bar
400	60	15	Apple
500	50	2	String Cheese
Total Carb		44	