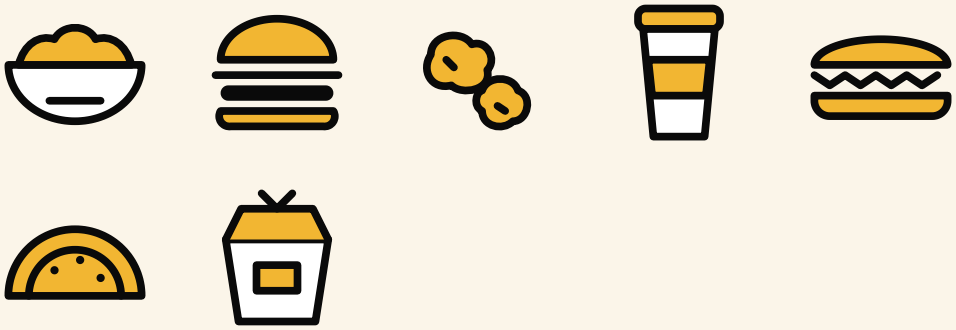
FAST FOOD MATH

FREE GUIDE

The Fast Food Protein Playbook

The best high-protein and lower-calorie orders at 10 chains, worked out from each restaurant's own nutrition data.



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FASTFOODMATH.COM

START HERE

Six rules that work at any counter

These come straight from the numbers in this playbook. Each one holds across most of the chains we cover.

1 **Grilled over breaded.** At Chick-fil-A, 12 grilled nuggets are 200 calories with 38g protein. The breaded 12-count is 380 calories for 40g. 

2 **Greens or a bowl instead of the wrap.** A Chipotle burrito tortilla is 320 calories on its own, more than the chicken inside it. 

3 **Double the protein, not the meal.** A second scoop of Chipotle chicken adds 32g protein for 180 calories. It's usually the best-value add-on on the menu. 

4 **Watch the sauce and dressing.** Chipotle's vinaigrette adds 220 calories to a salad. Salsa adds almost none. 

5 **Count the drink.** A large French Vanilla Swirl Coffee Chiller with Cream at Dunkin' is 1,000 calories. A Big Mac is 580. Black coffee, cold brew and zero-sugar sodas are close to zero. 

6 **Check sodium if it matters to you.** Many high-protein orders pass 1,200mg, over half the 2,300mg daily limit. Every table in this playbook has a sodium column. 

How to read the tables. "Per 100 cal" is grams of protein for every 100 calories. Higher means more protein for the calories. Above 8g is excellent for fast food.

ACROSS ALL 10 CHAINS

The best order at every chain

The order with the most protein per calorie at each restaurant (at least 20g protein).

ORDER	CAL	PROTEIN	PER 100 CAL	SODIUM
Chick-fil-A: 8-ct Grilled Nuggets	130	**25g**	19g	440mg
Panda Express: Grilled Teriyaki Chicken (a la carte)	280	**38g**	14g	610mg
Chipotle: Double-chicken salad: black beans, fajita veggies, salsa	550	**74g**	13g	1,545mg
Subway: 6" double grilled chicken on multigrain, provolone, veggies	455	**47g**	10g	990mg
Cava: Double-chicken bowl on SuperGreens	640	**63g**	9.8g	1,525mg
Qdoba: Chicken salad: black beans, pico, cheese (no shell)	460	**36g**	7.8g	1,030mg
McDonald's: McCrispy Strips (3 pc)	400	**31g**	7.8g	1,320mg
Taco Bell: 3 chicken soft tacos	480	**36g**	7.5g	1,530mg
Starbucks: Spinach, Feta & Egg White Wrap + egg white bites	460	**32g**	7g	1,310mg
Dunkin': Turkey Sausage Sandwich on English Muffin	460	**22g**	4.8g	1,040mg

The 12 most efficient high-protein orders anywhere

ORDER	CAL	PROTEIN	PER 100 CAL	SODIUM
Chick-fil-A: 8-ct Grilled Nuggets	130	**25g**	19g	440mg
Chick-fil-A: 12-ct Grilled Nuggets	200	**38g**	19g	660mg
Panda Express: Grilled Teriyaki Chicken (a la carte)	280	**38g**	14g	610mg
Chipotle: Double-chicken salad: black beans, fajita veggies, salsa	550	**74g**	13g	1,545mg
Chipotle: Chicken salad (supergreens, black beans, fajita veggies, salsa)	370	**42g**	11g	1,235mg
Panda Express: Plate: Super Greens + double Grilled Teriyaki Chicken	740	**84g**	11g	1,880mg
Subway: 6" double grilled chicken on multigrain, provolone, veggies	455	**47g**	10g	990mg
Cava: Double-chicken bowl on SuperGreens	640	**63g**	9.8g	1,525mg
Cava: Chicken bowl on SuperGreens, hummus, tzatziki	390	**35g**	9g	855mg
Subway: 6" grilled chicken on multigrain, veggies, mustard	295	**25g**	8.5g	730mg
Qdoba: Chicken salad: black beans, pico, cheese (no shell)	460	**36g**	7.8g	1,030mg
McDonald's: McCrispy Strips (3 pc)	400	**31g**	7.8g	1,320mg

CHAIN GUIDE

Chipotle

From Chipotle's published nutrition information, checked 2026-11-28. Build any order at fastfoodmath.com/chipotle/

Most protein per calorie

ORDER	CAL	PROTEIN	PER 100 CAL	SODIUM
Double-chicken salad: black beans, fajita veggies, salsa	550	**74g**	13g	1,545mg
Chicken salad (supergreens, black beans, fajita veggies, salsa)	370	**42g**	11g	1,235mg
Chicken bowl, no rice: black beans, fajita veggies, salsa, cheese	465	**47g**	10g	1,410mg
Chicken salad: black beans, fajita veggies, salsa, cheese	480	**48g**	10g	1,425mg
Double chicken bowl (white rice, black beans, salsa, cheese)	835	**82g**	9.8g	1,920mg
Steak salad: black beans, fajita veggies, salsa	340	**31g**	9.1g	1,255mg

Under 500 calories, most protein

ORDER	CAL	PROTEIN	PER 100 CAL	SODIUM
Chicken salad: black beans, fajita veggies, salsa, cheese	480	**48g**	10g	1,425mg
Chicken bowl, no rice: black beans, fajita veggies, salsa, cheese	465	**47g**	10g	1,410mg
Chicken salad (supergreens, black beans, fajita veggies, salsa)	370	**42g**	11g	1,235mg
3 chicken tacos (crispy corn): salsa, lettuce	420	**35g**	8.3g	860mg
Steak salad: black beans, fajita veggies, salsa	340	**31g**	9.1g	1,255mg

CHAIN GUIDE

Chick-fil-A

From Chick-fil-A's published nutrition information, checked 2026-11-28. Build any order at fastfoodmath.com/chick-fil-a/

Most protein per calorie

ORDER	CAL	PROTEIN	PER 100 CAL	SODIUM
8-ct Grilled Nuggets	130	**25g**	19g	440mg
12-ct Grilled Nuggets	200	**38g**	19g	660mg
12-ct grilled nuggets, medium fruit cup, Honey Roasted BBQ	330	**39g**	12g	735mg
8-ct Chick-fil-A Nuggets	250	**27g**	11g	1,210mg
12-ct Chick-fil-A Nuggets	380	**40g**	11g	1,820mg
4-ct Chick-n-Strips	410	**39g**	9.5g	1,150mg

Under 500 calories, most protein

ORDER	CAL	PROTEIN	PER 100 CAL	SODIUM
12-ct Chick-fil-A Nuggets	380	**40g**	11g	1,820mg
12-ct grilled nuggets, medium fruit cup, Honey Roasted BBQ	330	**39g**	12g	735mg
4-ct Chick-n-Strips	410	**39g**	9.5g	1,150mg
12-ct Grilled Nuggets	200	**38g**	19g	660mg
Chick-fil-A Deluxe Sandwich (American cheese)	490	**32g**	6.5g	1,710mg

Smarter swaps

- **Skip** 8-ct nuggets, medium fries, Chick-fil-A Sauce (810 cal) → **order** 8-ct grilled nuggets, medium fries, Chick-fil-A Sauce (690 cal)
- **Skip** Chick-fil-A Sandwich and medium fries (840 cal) → **order** Chick-fil-A Sandwich and medium fruit cup (490 cal)
- **Skip** 12-ct nuggets with Chick-fil-A Sauce (520 cal) → **order** 12-ct nuggets with Honey Mustard (430 cal)
- **Skip** Spicy Deluxe Sandwich (540 cal) → **order** Spicy Chicken Sandwich (450 cal)

CHAIN GUIDE

McDonald's

From McDonald's published nutrition information, checked 2026-11-28. Build any order at fastfoodmath.com/mcdonalds/

Most protein per calorie

ORDER	CAL	PROTEIN	PER 100 CAL	SODIUM
McCrispy Strips (3 pc)	400	**31g**	7.8g	1,320mg
McCrispy Strips (3 pc) + apple slices	415	**31g**	7.5g	1,320mg
Double Quarter Pounder with Cheese	740	**48g**	6.5g	1,360mg
Quarter Pounder with Cheese	520	**30g**	5.8g	1,140mg
Double Cheeseburger	440	**25g**	5.7g	1,120mg
McDouble	390	**22g**	5.6g	920mg

Under 500 calories, most protein

ORDER	CAL	PROTEIN	PER 100 CAL	SODIUM
McCrispy Strips (3 pc)	400	**31g**	7.8g	1,320mg
McCrispy Strips (3 pc) + apple slices	415	**31g**	7.5g	1,320mg
McCrispy	470	**26g**	5.5g	1,140mg
Double Cheeseburger	440	**25g**	5.7g	1,120mg
Chicken McNuggets (10 pc)	410	**23g**	5.6g	850mg

Smarter swaps

- **Skip** Big Mac (580 cal) → **order** McDouble (390 cal)
- **Skip** Big Mac, medium fries (900 cal) → **order** Big Mac, small fries (810 cal)
- **Skip** Quarter Pounder with Cheese, medium fries (840 cal) → **order** Quarter Pounder with Cheese, apple slices (535 cal)
- **Skip** Big Mac, medium fries, medium Coke (1,170 cal) → **order** Big Mac, medium fries, medium Diet Coke (900 cal)

CHAIN GUIDE

Starbucks

From Starbucks' published nutrition information, checked 2026-11-28. Build any order at fastfoodmath.com/starbucks/

Most protein per calorie

ORDER	CAL	PROTEIN	PER 100 CAL	SODIUM
Spinach, Feta & Egg White Wrap + egg white bites	460	**32g**	7g	1,310mg
Spinach, Feta & Egg White Wrap	290	**20g**	6.9g	840mg
Grande Chai Latte and a Spinach, Feta & Egg White Wrap	490	**27g**	5.5g	950mg
Impossible Breakfast Sandwich	420	**21g**	5g	800mg
Grande Iced Brown Sugar Oatmilk Shaken Espresso and Bacon & Gruyère Egg Bites	450	**21g**	4.7g	830mg
Bacon, Sausage & Egg Wrap	640	**27g**	4.2g	1,050mg

Under 500 calories, most protein

ORDER	CAL	PROTEIN	PER 100 CAL	SODIUM
Spinach, Feta & Egg White Wrap + egg white bites	460	**32g**	7g	1,310mg
Grande Chai Latte and a Spinach, Feta & Egg White Wrap	490	**27g**	5.5g	950mg
Impossible Breakfast Sandwich	420	**21g**	5g	800mg
Grande Iced Brown Sugar Oatmilk Shaken Espresso and Bacon & Gruyère Egg Bites	450	**21g**	4.7g	830mg
Double-Smoked Bacon, Cheddar & Egg Sandwich	500	**21g**	4.2g	960mg

Smarter swaps

- **Skip** Venti White Chocolate Mocha (480 cal) → **order** Grande Caffè Latte (190 cal)
- **Skip** Grande Caramel Frappuccino (380 cal) → **order** Grande Iced Caramel Macchiato (250 cal)
- **Skip** Grande Mocha Cookie Crumble Frappuccino (480 cal) → **order** Grande Mocha Frappuccino (370 cal)
- **Skip** Bacon, Sausage & Egg Wrap (640 cal) → **order** Spinach, Feta & Egg White Wrap (290 cal)

CHAIN GUIDE

Subway

From Subway's published nutrition information, checked 2026-11-28. Build any order at fastfoodmath.com/subway/

Most protein per calorie

ORDER	CAL	PROTEIN	PER 100 CAL	SODIUM
6" double grilled chicken on multigrain, provolone, veggies	455	**47g**	10g	990mg
6" grilled chicken on multigrain, veggies, mustard	295	**25g**	8.5g	730mg
6" grilled chicken sub (Italian bread, American cheese, veggies)	375	**28g**	7.5g	1,010mg
Footlong grilled chicken sub (Italian bread, American cheese, veggies)	750	**56g**	7.5g	2,020mg
6" roast beef sub (Italian bread, American cheese, veggies)	375	**27g**	7.2g	1,220mg
Footlong roast beef sub (Italian bread, American cheese, veggies)	750	**54g**	7.2g	2,440mg

Under 500 calories, most protein

ORDER	CAL	PROTEIN	PER 100 CAL	SODIUM
6" double grilled chicken on multigrain, provolone, veggies	455	**47g**	10g	990mg
6" steak sub (Italian bread, American cheese, veggies)	405	**29g**	7.2g	1,250mg
6" grilled chicken sub (Italian bread, American cheese, veggies)	375	**28g**	7.5g	1,010mg
6" roast beef sub (Italian bread, American cheese, veggies)	375	**27g**	7.2g	1,220mg
6" rotisserie-style chicken sub (Italian bread, American cheese, veggies)	385	**27g**	7g	1,200mg

CHAIN GUIDE

Taco Bell

From Taco Bell's published nutrition information, checked 2026-11-28. Build any order at fastfoodmath.com/taco-bell/

Most protein per calorie

ORDER	CAL	PROTEIN	PER 100 CAL	SODIUM
3 chicken soft tacos	480	**36g**	7.5g	1,530mg
3-Cheese Chicken Flatbread Melt	320	**20g**	6.2g	750mg
Crispy Chicken Strips - 4 piece	460	**28g**	6.1g	1,420mg
Cantina Chicken Rolled Quesadilla	570	**33g**	5.8g	1,410mg
Breakfast Quesadilla - Steak	500	**28g**	5.6g	1,290mg
Quesadilla - Chicken	490	**26g**	5.3g	1,240mg

Under 500 calories, most protein

ORDER	CAL	PROTEIN	PER 100 CAL	SODIUM
3 chicken soft tacos	480	**36g**	7.5g	1,530mg
Crispy Chicken Strips - 4 piece	460	**28g**	6.1g	1,420mg
Breakfast Quesadilla - Steak	500	**28g**	5.6g	1,290mg
Quesadilla - Chicken	490	**26g**	5.3g	1,240mg
Chicken Quesadilla	490	**26g**	5.3g	1,240mg

Smarter swaps

- **Skip** Grilled Cheese Burrito (beef) (690 cal) → **order** Grilled Cheese Burrito (chicken) (670 cal)
- **Skip** Nachos BellGrande (beef) (730 cal) → **order** Chicken Quesadilla (490 cal)
- **Skip** Crunchwrap Supreme (530 cal) → **order** 2 Chicken Soft Tacos (320 cal)
- **Skip** Cheesy Gordita Crunch (480 cal) → **order** Chalupa Supreme (chicken) (330 cal)

CHAIN GUIDE

Panda Express

From Panda Express' published nutrition information, checked 2026-11-28. Build any order at fastfoodmath.com/panda-express/

Most protein per calorie

ORDER	CAL	PROTEIN	PER 100 CAL	SODIUM
Grilled Teriyaki Chicken (a la carte)	280	**38g**	14g	610mg
Plate: Super Greens + double Grilled Teriyaki Chicken	740	**84g**	11g	1,880mg
Bowl: Super Greens + Grilled Teriyaki Chicken	460	**46g**	10g	1,270mg
Kung Pao Chicken (a la carte)	270	**20g**	7.4g	1,300mg
Bowl: Chow Mein, Grilled Teriyaki Chicken	800	**52g**	6.5g	1,650mg
Plate: Fried Rice, Honey Sesame Chicken, Kung Pao Chicken	1,300	**51g**	3.9g	2,650mg

Under 500 calories, most protein

ORDER	CAL	PROTEIN	PER 100 CAL	SODIUM
Bowl: Super Greens + Grilled Teriyaki Chicken	460	**46g**	10g	1,270mg
Grilled Teriyaki Chicken (a la carte)	280	**38g**	14g	610mg
Kung Pao Chicken (a la carte)	270	**20g**	7.4g	1,300mg
Broccoli Beef (a la carte)	190	**17g**	8.9g	600mg
Black Pepper Sirloin Steak (a la carte)	200	**17g**	8.5g	560mg

Smarter swaps

- **Skip** Plate: Chow Mein, Orange Chicken, Beijing Beef (1,560 cal) → **order** Plate: Chow Mein, Orange Chicken, Broccoli Beef (1,270 cal)
- **Skip** Bowl: Chow Mein, Orange Chicken (1,080 cal) → **order** Bowl: Super Greens, Orange Chicken (740 cal)
- **Skip** Bowl: Fried Rice, Orange Chicken (1,170 cal) → **order** Bowl: Fried Rice, Grilled Teriyaki Chicken (890 cal)
- **Skip** Bowl: White Rice, Beijing Beef (1,050 cal) → **order** Bowl: White Rice, Black Pepper Sirloin Steak (770 cal)

CHAIN GUIDE

Cava

From Cava's published nutrition information, checked 2026-11-28. Build any order at fastfoodmath.com/cava/

Most protein per calorie

ORDER	CAL	PROTEIN	PER 100 CAL	SODIUM
Double-chicken bowl on SuperGreens	640	**63g**	9.8g	1,525mg
Chicken bowl on SuperGreens, hummus, tzatziki	390	**35g**	9g	855mg
Greek Chicken pita (Cava's own recipe)	725	**48g**	6.6g	2,230mg
Greek Salad (Cava's own recipe)	585	**36g**	6.2g	1,788mg
Steak + Harissa bowl (Cava's own recipe)	622	**38g**	6.1g	1,818mg
Chicken + Rice bowl (Cava's own recipe)	715	**40g**	5.5g	1,808mg

Under 500 calories, most protein

ORDER	CAL	PROTEIN	PER 100 CAL	SODIUM
Chicken bowl on SuperGreens, hummus, tzatziki	390	**35g**	9g	855mg

Smarter swaps

- **Skip** Chicken + Rice bowl (715 cal) → **order** Chicken + Rice bowl with yogurt dill (615 cal)
- **Skip** Chicken grains bowl, all brown rice (825 cal) → **order** Chicken bowl, half brown rice, half arugula (680 cal)
- **Skip** Spicy Lamb + Avocado bowl (798 cal) → **order** Same bowl with braised lamb (708 cal)
- **Skip** Steak + Feta pita (975 cal) → **order** Steak + Feta as a bowl (brown rice + Super Greens) (828 cal)

CHAIN GUIDE

Qdoba

From Qdoba's published nutrition information, checked 2026-11-28. Build any order at fastfoodmath.com/qdoba/

Most protein per calorie

ORDER	CAL	PROTEIN	PER 100 CAL	SODIUM
Chicken salad: black beans, pico, cheese (no shell)	460	**36g**	7.8g	1,030mg
Chicken bowl, no rice: black beans, fajita veggies, pico	375	**29g**	7.7g	955mg
Double-chicken bowl: brown rice, black beans, fajita veggies, pico	735	**52g**	7.1g	1,645mg
Pork Carnitas Tacos (3 flour) with Salsa Verde, Pickled Onion, Cilantro & Cotija	365	**21g**	5.8g	1,480mg
Chicken Burrito Bowl with Queso, Pico, Cheese & Sour Cream	765	**42g**	5.5g	1,760mg
Chicken Bowl: Brown Rice, Black Beans, Fajita Veggies, Pico & Guacamole	625	**34g**	5.4g	1,365mg

Under 500 calories, most protein

ORDER	CAL	PROTEIN	PER 100 CAL	SODIUM
Chicken salad: black beans, pico, cheese (no shell)	460	**36g**	7.8g	1,030mg
Chicken bowl, no rice: black beans, fajita veggies, pico	375	**29g**	7.7g	955mg
Pork Carnitas Tacos (3 flour) with Salsa Verde, Pickled Onion, Cilantro & Cotija	365	**21g**	5.8g	1,480mg

Smarter swaps

- **Skip** Steak Burrito with Queso, Pico, Cheese & Sour Cream (1,235 cal) → **order** Chicken Burrito with Queso, Pico, Cheese & Sour Cream (1,065 cal)
- **Skip** Chicken Burrito with Queso, Pico, Cheese & Sour Cream (1,065 cal) → **order** Chicken Burrito Bowl with Queso, Pico, Cheese & Sour Cream (765 cal)
- **Skip** Chicken Salad in a Tortilla Shell with Vinaigrette (950 cal) → **order** Chicken Salad (no shell) with Vinaigrette (560 cal)
- **Skip** Chicken Burrito with Queso + Chips & Queso (1,795 cal) → **order** Chicken Burrito with Queso (no chips) (1,065 cal)

CHAIN GUIDE

Dunkin'

From Dunkin's published nutrition information, checked 2026-11-28. Build any order at fastfoodmath.com/dunkin/

Most protein per calorie

ORDER	CAL	PROTEIN	PER 100 CAL	SODIUM
Turkey Sausage Sandwich on English Muffin	460	**22g**	4.8g	1,040mg
Sourdough Breakfast Sandwich	630	**30g**	4.8g	1,300mg
Bacon, Egg and Cheese on a Plain Bagel	540	**24g**	4.4g	1,260mg
Grilled Cheese	480	**21g**	4.4g	1,120mg
Sausage, Egg and Cheese on a Plain Bagel	680	**26g**	3.8g	1,500mg
Sausage, Egg and Cheese on English Muffin	560	**21g**	3.8g	1,140mg

Under 500 calories, most protein

ORDER	CAL	PROTEIN	PER 100 CAL	SODIUM
Turkey Sausage Sandwich on English Muffin	460	**22g**	4.8g	1,040mg
Grilled Cheese	480	**21g**	4.4g	1,120mg
Bacon, Egg and Cheese on English Muffin	420	**19g**	4.5g	900mg
Egg and Cheese on a Plain Bagel	460	**19g**	4.1g	1,010mg

Smarter swaps

- **Skip** Large Coffee Chiller with Cream (720 cal) → **order** Medium Iced Latte with Whole Milk (170 cal)
- **Skip** Boston Kreme Donut (270 cal) → **order** Sugared Donut (210 cal)
- **Skip** Medium Caramel Craze Iced Latte (410 cal) → **order** Medium Iced Macchiato with Whole Milk (120 cal)
- **Skip** Sausage, Egg and Cheese on a Plain Bagel (680 cal) → **order** Turkey Sausage Sandwich on English Muffin (460 cal)

ORDER THIS INSTEAD

The biggest swaps

Same restaurant, same craving, fewer calories. Ranked by calories saved.

CHAIN	SKIP	ORDER INSTEAD	SAVES
Qdoba	Chicken Burrito with Queso + Chips & Queso 1,795 cal · 63g protein	Chicken Burrito with Queso (no chips) 1,065 cal · 50g protein	−730
Dunkin'	Large Coffee Chiller with Cream 720 cal · 6g protein	Medium Iced Latte with Whole Milk 170 cal · 9g protein	−550
Panda Express	Bigger Plate: Chow Mein, Orange Chicken, Honey Walnut Shrimp, Beijing Beef 1,900 cal · 60g protein	Plate: Chow Mein, Orange Chicken, Honey Walnut Shrimp 1,420 cal · 46g protein	−480
Taco Bell	Baja Blast (30 oz) 420 cal · 0g protein	Baja Blast Zero Sugar (30 oz) 15 cal · 0g protein	−405
Qdoba	Chicken Salad in a Tortilla Shell with Vinaigrette 950 cal · 43g protein	Chicken Salad (no shell) with Vinaigrette 560 cal · 36g protein	−390
Chick-fil-A	Chick-fil-A Sandwich and medium fries 840 cal · 34g protein	Chick-fil-A Sandwich and medium fruit cup 490 cal · 30g protein	−350
Starbucks	Bacon, Sausage & Egg Wrap 640 cal · 27g protein	Spinach, Feta & Egg White Wrap 290 cal · 20g protein	−350
Panda Express	Bowl: Chow Mein, Orange Chicken 1,080 cal · 33g protein	Bowl: Super Greens, Orange Chicken 740 cal · 27g protein	−340
McDonald's	Quarter Pounder with Cheese, medium fries 840 cal · 35g protein	Quarter Pounder with Cheese, apple slices 535 cal · 30g protein	−305
Qdoba	Chicken Burrito with Queso, Pico, Cheese & Sour Cream 1,065 cal · 50g protein	Chicken Burrito Bowl with Queso, Pico, Cheese & Sour Cream 765 cal · 42g protein	−300
Panda Express	Plate: Chow Mein, Orange Chicken, Beijing Beef 1,560 cal · 47g protein	Plate: Chow Mein, Orange Chicken, Broccoli Beef 1,270 cal · 50g protein	−290
Dunkin'	Medium Caramel Craze Iced Latte 410 cal · 11g protein	Medium Iced Macchiato with Whole Milk 120 cal · 6g protein	−290

ABOUT THIS PLAYBOOK

Where the numbers come from

Every figure comes from each restaurant's own published nutrition information, the same data behind the calculators at fastfoodmath.com. Orders are the sum of each item at the chain's standard portion. Real portions vary by location and by who's making your order.

Menus change. Each chain page shows the date we last checked its data, and this playbook is regenerated when the data changes. For the current numbers and to build your exact order, use the calculators at **fastfoodmath.com**.

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Build your exact order: fastfoodmath.com · Compare two orders side by side · Free, no app, no sign-up.