

Five Amazingly Healthy Fast Foods

Yep, they do exist. Check out these grab 'n' go meals that take the guilt out of your lunch break.

In an ideal world, you'd prep your nutritionally balanced, sustainably sourced lunch every day before work. But you're busy—time-strapped Americans eat out an average of five times a week. Fast food doesn't have to be your nutritional downfall, however. These five on-the-go options get the green light from *Prevention* advisor and nutritionist Ashley Koff, RD.

1. Starbucks

Protein Bistro Box

Inside: a hard-boiled egg, cheese, bread, peanut butter, an apple, and grapes

CALORIES: 380

2. McDonald's

Premium Southwest Salad (without chicken)

Topped with tortilla strips, beans, cheese, Southwest dressing, and lime

CALORIES: 290

3. Chipotle

2 Soft Corn Tortilla Tacos

Best fillers: steak, lettuce, fajita vegetables, and green tomatillo salsa

CALORIES: 292

4. 7-Eleven

Coconut Water and Almonds

Pair supplies carbs and protein for sustained energy

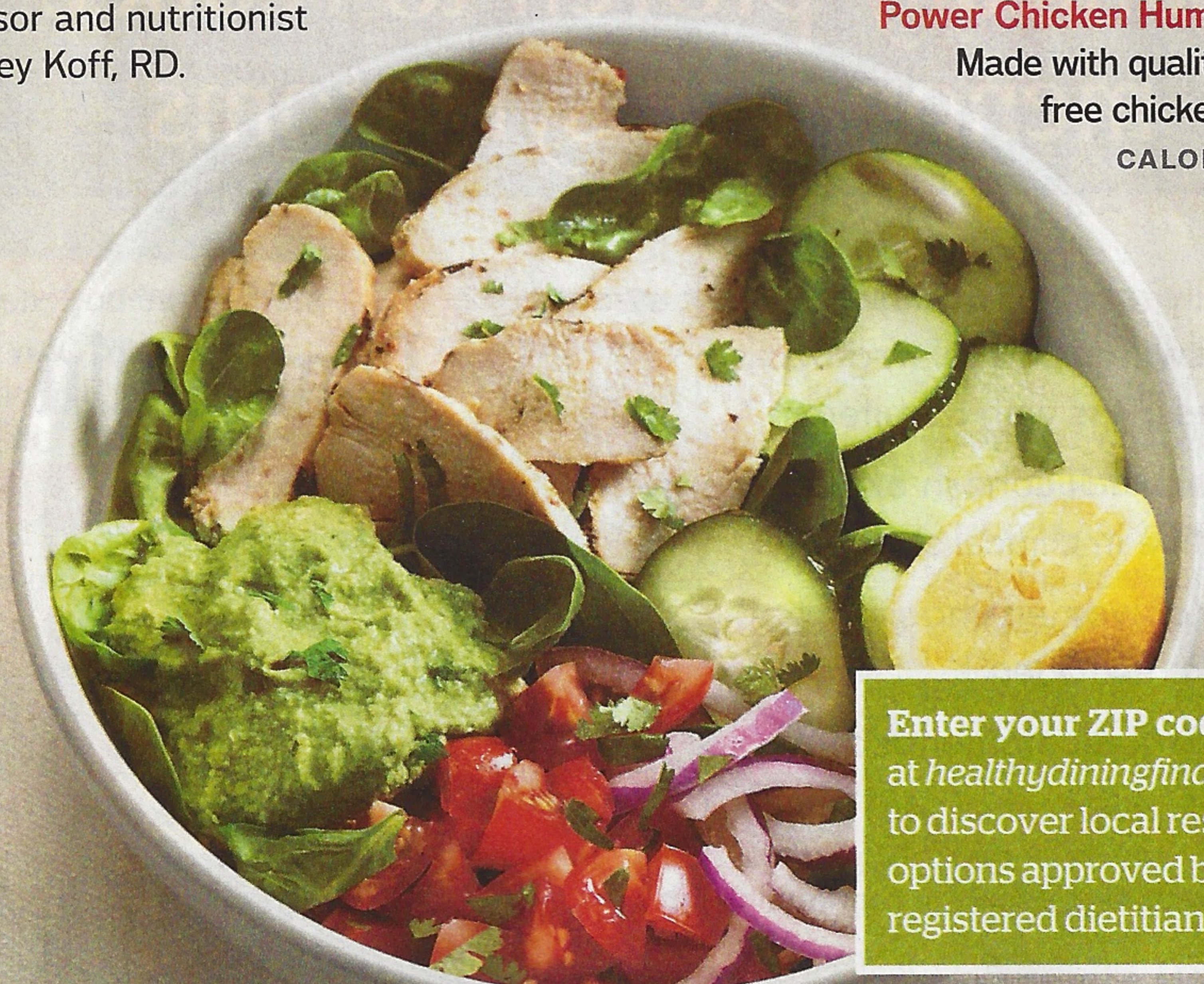
CALORIES: 290

5. Panera Bread

Power Chicken Hummus Bowl

Made with quality, antibiotic-free chicken ◀

CALORIES: 330



Enter your ZIP code at healthydiningfinder.com to discover local restaurant options approved by registered dietitians.