



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.



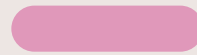
Carb



Non-starchy
Veggie



Protein



Fat



Fruit



Chicken Nugget Meal

Click images to
find substitutes!



Pack these
from home!



Calorie Options	Calories Per Serving	Carbs Per Serving	Chicken Nugget Meal
	190	12	4 pc Chicken Nuggets
	40	11	BBQ Sauce
300	50	13	Mott's Applesauce
400	90	13	Fat Free Milk
500	86	2	2 T Low Sodium Almonds
Total Carb		51	

Light
options!

Moderate
options!

Complete
options!





Whooper Meal



Calorie Options	Calories Per Serving	Carbs Per Serving	Whooper Meal
300	330	30	Whooper Jr. Sandwich
400	50	13	Mott's Applesauce
	30	7	Fresh Baby Carrots
500	40	3	2 T Boars Head Garden Ranch Greek Yogurt Dip
Total Carb		53	



Chicken Wrap & Salad



Calorie Options	Calories Per Serving	Carbs Per Serving	Chicken Wrap & Salad
300	310	28	Chicken Wrap
	50	13	Mott's Applesauce
400	90	13	Fat Free Milk
500	86	2	2 T Low Sodium Almonds
Total Carb		56	





Chicken Fingers Meal



Calorie Options	Calories Per Serving	Carbs Per Serving	Chicken Chalupa Meal
300	260	10	2 Chicken Fingers
400	150	23	Texas Toast
500	35	8	Dole Mandarin Orange 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	45	11	BBQ Sauce Dip
400	70	15	Medium Fruit Cup
	70	12	2 pkgs saltine crackers
500	43	1	1 tbsp Low Sodium Almonds
Total Carb		39	





Kale Salad with Grilled Chicken



Calorie Options	Calories Per Serving	Carbs Per Serving	Kale Salad with Grilled Chicken
	170	13	Kale Crunch Salad
300	200	2	12 pc Grilled Chicken Nuggets
400	80	10	Light Balsamic Vinaigrette
500	70	16	Medium Fruit Cup
Total Carb		41	



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	70	16	Medium Fruit cup
Total Carb		42	



Hamburger Meal



Calorie Options	Calories Per Serving	Carbs Per Serving	Chicken Nugget Meal
	250	31	Hamburger
300	110	14	Kids Fries
400	43	1	1 tbsp Low Sodium Almonds
500	100	12	Low fat milk jug
Total Carb		58	



Greek Goddess Salad & Soup



Calorie Options	Calories Per Serving	Carbs Per Serving	Greek Goddess Salad with Soup
	260	11	1/2 Green Goddess Cobb Chicken Salad
300	90	4	3 T Greek Goddess Dressing
400	120	13	Homestyle Chicken Noodle Soup (Cup)
500	60	14	Fruit Cup
Total Carb		42	



Tuna Salad Sandwich



Calorie Options	Calories Per Serving	Carbs Per Serving	Tuna Salad Sandwich
	300	30	½ Tuna Salad on Country Rustic Sourdough
300	5	1	Pickle Spear
400	120	13	Homestyle Chicken Noodle Soup Cup
500	100	4	Emerald Coast Roasted Almond
Total Carb		48	



Sandwich Meal



Calorie Options	Calories Per Serving	Carbs Per Serving		Sandwich Meal
300	350	34		Cranberry Walnut Chicken Salad on Country Rustic
400	60	14		Fruit Cup
500	100	4		Emerald Coast Roasted Almond
Total Carb		52		





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	60	12	That's It Apple & Strawberries Mini
500	50	0	1 Babybel Light
Total Carb		46	



Crunchy Taco & Beans



Calorie Options	Calories Per Serving	Carbs Per Serving	Crunchy Taco & Beans
300	340	26	2 Crunchy Tacos
400	50	7	Black Beans
500	60	15	GoGo Squeeze Peach/Berry, no sugar added
500	50	2	2 wedges Laughing Cow Creamy Spicy Pepper Jack
Total Carb		46	





Baked Potato with Nuggets



Calorie Options	Calories Per Serving	Carbs Per Serving	Baked Potato with Chili
300	300	63	Sour Cream and Chive Baked Potato
400	170	9	Chicken Nugget, 4 Piece
500	34	8	Apple Bites
Total Carb		80	



Garden Salad & Chicken



Calorie Options	Calories Per Serving	Carbs Per Serving	Whataburger
	290	12	Garden Salad with grilled chicken
300	30	8	Apple slices
400	35	7	Low-Fat Herb Vinaigrette Dressing
500	110	13	1% Low Fat Milk
Total Carb		54	



Protein Chips and Guac



Calorie Options	Calories Per Serving	Carbs Per Serving	Snack Bento Box
	140	5	Quest Loaded Taco Protein Chips
	120	4	1 Wholly Guacamole Mini
300	25	5	1 cup sliced bell peppers
	30	7	Fresh Baby Carrots
400	40	10	Brother's Fruit Crisps Fuji Apple
500	120	2	2 Kraft Reduced Fat Mozzarella Cheese Stick
Total Carb		33	



Everything Pretzels & Eggs



Calorie Options	Calories Per Serving	Carbs Per Serving	Everything Bagel & Eggs
	140	0	2 Kroger Hard Cooked Peeled Eggs
300	130	13	1/3 package Lenny & Larry Fitzels Protein Pretzels-Everything Bagel
400	110	8	Zest Delites Roasted Edemame
	60	15	1 pouch GoGo Squeeze, no sugar added
500	50	1	1 T Diamond Shelled Walnuts
Total Carb		37	



P3 Meal



Calorie Options	Calories Per Serving	Carbs Per Serving	P3 Meal
	160	4	P3 Meal
300	120	30	Banana
400	100	1	100 Nut Pack
500	80	8	Quest Mini Protein 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	



Snack Bento Box



Calorie Options	Calories Per Serving	Carbs Per Serving	Snack Bento Box
	50	0	3 slices Applegate Naturals Oven Roasted Chicken Breast
	130	16	24 pieces Harvest Snaps Baked Green Peas Snack
300	130	13	1/3 bag Lenny & Larry Fittzels Protein Pretzels - Pizza Palooza
400	105	27	1 medium banana
500	100	2	2 Frigo Cheese Heads Light String
Total Carb		58	

Revised Summer 2026