



Breakfast - In the Car



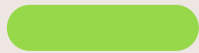
Finding healthy meals you can eat behind the wheel can sometimes be a challenge but Fork Friendly is here to help! Each table below represents some of your favorite restaurants and how to build a well-rounded meal. Stack ingredients to create higher or lower-calorie options depending on your hunger levels.



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



Carb



Non-starchy
Veggie



Protein



Fat



Fruit



Fresco Taco

Pack these
from home!

Click images to
find substitutes!



Calorie Options	Calories Per Serving	Carbs Per Serving	Fresco Taco
300	290	34	2 Fresco Shredded Chicken Soft Tacos
400	100	4	Emerald Coast Roasted Almond
500	100	2	Frigo Cheese Heads Light String (2)
Total Carb		40	

Light
options!

Moderate
options!

Complete
options!





Breakfast Burrito



Calorie Options	Calories Per Serving	Carbs Per Serving	Breakfast Burrito
	290	22	Jr. Breakfast Burrito
300	45	12	Tree Top Apple Sauce Pouch
400	50	8	Yoplait Go-Gurt
500	120	4	Wholly Guacamole (1)
Total Carb		46	



In the box

Breakfast Jack



Calorie Options	Calories Per Serving	Carbs Per Serving	Breakfast Jack
300	380	30	Bacon Breakfast Jack
400	45	12	Tree Top Apple Sauce Pouch
500	120	4	Wholly Guacamole Mini (1)
Total Carb		46	





Egg & Cheese Biscuit



Calorie Options	Calories Per Serving	Carbs Per Serving	Egg & Cheese Meal
300	370	34	Egg & Cheese Biscuit
400	35	8	Apple Bites
500	100	4	Emerald Coast Roasted Almond
Total Carb		46	



Ham, Egg, & Cheese Meal



Calorie Options	Calories Per Serving	Carbs Per Serving	French Toast Sticks
300	340	29	Ham, Egg, & Cheese Croissan'wich
400	100	15	Fat Free Milk
500	100	4	Emerald Coast Roasted Almond
Total Carb		48	





English Muffin & Eggs



Calorie Options	Calories Per Serving	Carbs Per Serving	English Muffin & Eggs
	150	2	Scrambled Eggs
	140	27	Dry English Muffin
300	15	4	Apple Slices
400	70	5	Sprouts Turkey Jerky
500	45	11	1/2 Sunmaid Raisins Box
Total Carb		49	



Bagel Sandwich



Calorie Options	Calories Per Serving	Carbs Per Serving	Bagel Sandwich
300	340	36	Garden Avo & Egg White Sandwich
400	60	14	Fruit Cup
500	86	4	Planters Lightly Salted Peanuts (2 Tbsp)
Total Carb		54	





Egg Sandwich & Fruit



Calorie Options	Calories Per Serving	Carbs Per Serving	Egg Sandwich & Fruit
	300	29	Egg White Grill
300	70	16	Medium Fruit Cup
400	90	10	1% Milk
500	100	4	Emerald Coast Roasted Almond
Total Carb		59	



Nut Butter Bagel



Calorie Options	Calories Per Serving	Carbs Per Serving	Nutr Butter Bagel
	75	14	Pepperidge Farm Whole Wheat Very Thin Sliced (2)
300	192	8	Maranatha Raw Almond Butter (2 tbsp)
400	60	15	Small Apple
500	100	0	Babybel Light Creamy Swiss (2)
Total Carb		37	



P3 Breakfast



Calorie Options	Calories Per Serving	Carbs Per Serving	P3 Breakfast
	160	4	P3 Turkey, Almond, Colby Jack Pack
300	105	22	1/2 Cup Quaker Oats Brown Sugar Squares
400	100	6	Chocolate Muscle Milk Zero
500	45	11	½ Sunmaid Raisins Box
Total Carb		43	



Waffles & Shake



Calorie Options	Calories Per Serving	Carbs Per Serving	Waffles & Shake
	80	3	Protein Shake Ensure Light
300	230	24	Kodiak Cakes Blueberry Power Waffle (2)
400	60	15	Go-Go Squeeze Apple Pouch
500	100	4	Emerald Coast Roasted Almond
Total Carb		46	



Protein Shake & Bar



Calorie Options	Calories Per Serving	Carbs Per Serving	Protein Shake & Bar
	160	4	Premier Protein Shake
300	120	30	Banana
400	100	4	Emerald Coast Roasted Almond
500	180	16	Dark Chocolate Sea Salt Mini (2)
Total Carb		54	

Revised Summer 2026