



Restaurant Guide to Chick-fil-A

Last updated on Aug, 31st 2022

OVERVIEW

Chick-fil-A has become almost a staple essential when it comes to weight loss Fast Food. With their delicious grilled options, salads and fresh fruit, you can't go wrong!

THIS PLACE IS KNOWN FOR



Good for Groups



Salads



Low Calorie



Bar & Cocktails



Pasta



Pizza



Fast Food



Mexican



Asia



Fish



Vegetables



Grill

3 QUICK TIPS FOR EATING HEALTHI AT CHICK-FIL-A

- Choose grilled chicken for lower bites/calories
- Swap out higher fat creamy dressings for light Italian
- Choose from the lighter side options

FRIENDLY MENY ITEM'S AT CHICK-FIL-A

MAIN COURSE

Chick-fil-A will forever and always be famous for that tasty chicken. Since their grilled chicken has 0 trans fat and super low saturated fat, you won't feel guilty for filling up on the go. With great grilled options and a wider variety of healthier sides than most fast food, Chick-fil-A is the place to go!

The grilled chicken sandwich comes with lettuce, tomato and honey roasted barbecue that is full of flavor and sure to keep you full with lots of protein. Of course the Grilled Nuggets are also a great option, just watch those creamy sauces since they are packed with calories and fat. You could also try some of their amazing salads topped with Grilled Nuggets for added protein.

If you're in the mood for something fried, try going with their original Nuggets and skip the added calories of a bun on a sandwich.

Main Course	Calories	Fat (g)	Carbs (g)	Protein (g)
Grilled Chicken Sandwich	380	12	43	28
Grilled Nuggets (8 ct)	130	3	1	25

Main Course	Calories	Fat (g)	Carbs (g)	Protein (g)
Original Nuggets (8 ct)	250	11	11	27
Cool Wrap (includes avocado lime ranch dressing)	660	45	32	43
Market Salad (includes granola, almonds and vinaigrette)	540	31	41	28

SIDES

There are quite a few more healthy side options here than most fast food! Fruit cup, salad, kale crunch and soup are all great additions to your entree!

Sides	Calories	Fat (g)	Carbs (g)	Protein (g)
Fruit cup (small)	50	0	13	1
Side Salad (includes crispy bell peppers and light Italian dressing)	185	11	16	6
Chicken Noodle Soup (cup, no crackers)	120	3	16	9
Kale Crunch (includes almonds)	120	9	8	3