



# {McDONALD'S}

## BREAKFAST

- Egg McMuffin (300 cal)
- Apple Walnut Oatmeal without Brown Sugar (260 cal)
- Sausage Burrito (300 cal)
- Fruit & Yogurt Parfait (160 cal)



**300 CALORIES OR LESS**

# {McDONALD'S}

## SNACKS

- Fruit & Yogurt Parfait (160 cal)
- Side Salad with Low Fat Balsamic Dressing (50 cal)
- Medium Latte with Sugar Free Vanilla Syrup (160 cal)



**175 CALORIES OR LESS**

# {McDONALD'S}

## MEALS

- Hamburger Happy Meal w/Water or Diet Soda (365 cal)
- Bacon Ranch Salad w/Grilled Chicken w/Low Fat Italian Dressing (290 cal)
- Grilled Chicken Ranch BLT No Bun w/a Low Fat Ice Cream Cone (230 cal)
- Big N Tasty No Bun, Side Salad w/Low Fat Balsamic Dressing (320 cal)
- Chipotle BBQ Snack Wrap Side Salad w/Low Fat Italian Dressing (330 cal)



**375 CALORIES OR LESS**

# DIRECTIONS

## HOW TO

1. Use Cardstock
2. Print
3. Cut
- 4a. Hole punch corner & use binder ring to bind together {OR}
- 4b. Use envelope or coupon organizer

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