

The following meals include breakfast, lunch and dinner for both men and women. Each of these meals are in accordance with the guidelines set forth by Robert Ferguson, CEO of Diet Free Life, LLC. Beginning with protein in mind (minimum of 15 grams), each meal does not exceed 45 less-fiber grams for women, and 50 less-fiber grams for men.



Source: www.dietfreelife.com

MCDONALD'S BREAKFAST OPTIONS	
MEN	WOMEN
Sausage McMuffin with Egg*	Egg McMuffin
Sausage Biscuit with Egg & Cheese	Sausage Biscuit
Bacon, Egg & Cheese Biscuit*	Bacon, Egg & Cheese Biscuit*
Sausage, Egg & Cheese McGriddle	Egg White Delight McMuffin w/ Hashbrown
2 Sausage Burritos	Bacon, Egg & Cheese McGriddle*
Southern Style Chicken Biscuit*	Sausage McGriddle*
Steak, Egg & Cheese Biscuit	Steak, Egg & Cheese McMuffin*

MCDONALD'S LUNCH & DINNER OPTIONS	
MEN	WOMEN
BigMac	Double Cheeseburger*
Quarter Pounder with Cheese	McDouble
Filet-O-Fish w/Premium Bacon Ranch Salad	Bacon McDouble*
Double Filet-O-Fish	Cheeseburger w/Side Salad & Balsamic Dressing*
Premium McWrap Chicken & Ranch (Grilled)*	Double Cheeseburger w/Side Salad
Pico Guacamole with 1/4 lb Beef Patty (on sesame seed bun)	Filet-O-Fish
Premium Southwest Salad w/Buttermilk Crispy Chicken	Premium Southwest Salad w/Grilled Chicken*
Maple Bacon Dijon with Artisan Grilled Chicken (on artisan bread)	Premium Bacon Ranch Salad w/Buttermilk Crispy Chicken*
Veggie McWrap*	Artisan Grilled Chicken Sandwich
2 Cheeseburgers	Grilled Onion Cheddar Burger
Pico Guacamole with Artisan Grilled Chicken (on sesame seed bun)	McDouble w/Side Salad w/Italian Dressing*
Premium Sweet Chili Chicken McWrap (Grilled)*	McChicken

*This is a fat burning meal for both men and women.

As of May 23, 2017