



Chicken

Eat This!

Grilled Chicken-Breast

- 123 grams
- Calories: 210
- Total Fat: 8 grams
- Carbohydrates: 0 grams
- Protein: 34 grams



Not That!

Extra Crispy Chicken-Breast

- 176 grams
- Calories: 510
- Total Fat: 33 grams
- Carbohydrates: 16 grams
- Protein: 39 grams



Popcorn Chicken

Eat This!

Popcorn Chicken-Kids

- 81 grams
- Calories: 260
- Total Fat: 17 grams
- Carbohydrates: 12 grams
- Protein: 19 grams



Not That!

Popcorn Chicken-Large

- 174 grams
- Calories: 560
- Total Fat: 37 grams
- Carbohydrates: 26 grams
- Protein: 32 grams



Chicken Sandwiches

Eat This!

KFC Snacker, Honey BBQ

- 98 grams
- Calories: 210 grams
- Total Fat: 3 grams
- Carbohydrates: 32 grams
- Protein: 13 grams



Not That!

Double Down with Original Recipe Filet

- 248 grams
- Calories: 610
- Total Fat: 37 grams
- Carbohydrates: 18 grams
- Protein: 52 grams



Salads

Eat This!

Grilled Chicken Caesar Salad with Hidden Valley Fat Free Ranch Dressing and Croutons

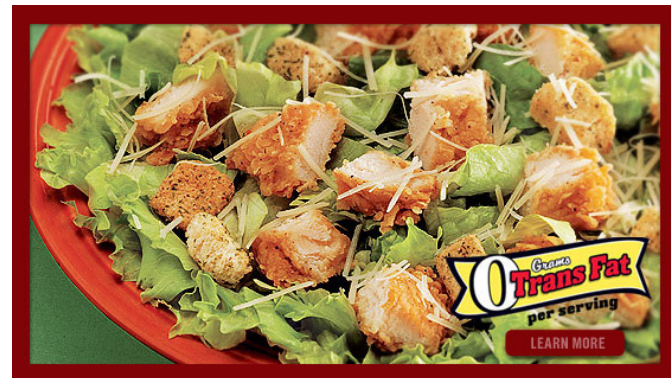
- 348 grams
- Calories: 255
- Total Fat: 7 grams
- Carbohydrates: 14 grams
- Protein: 34 grams



Not That!

Crispy Chicken Caesar Salad with Heinz Buttermilk Ranch Dressing and Croutons

- 345 grams
- Calories: 470
- Total Fat: 28 grams
- Carbohydrates: 24 grams
- Protein: 29 grams



Sides

Eat This!

Corn on the Cob (5.5")

- 146 grams
- Calories: 140
- Total Fat: 1 gram
- Carbohydrates: 33 grams
- Protein: 5 grams



Not That!

Potato Wedges

- 108 grams
- Calories: 310
- Total Fat: 18 grams
- Carbohydrates: 32 grams
- Protein: 4 grams



Desserts

Eat This!

Sweet Life Oatmeal Raisin Cookie

- 32 grams
- Calories: 150
- Total Fat: 6 grams
- Carbohydrates: 22 grams
- Protein: 2 grams



Not That!

Reese's Peanut Butter Pie Slice

- 71 grams
- Calories: 310
- Total Fat: 19 grams
- Carbohydrates: 31 grams
- Protein: 5 grams

