

Fast Food Makeover Food List

Onion Rings	Cheddar Broccoli Soup	Milk Shake
Lasagna	Pizza	Tacos
Cheese Burgers	Macaroni & Cheese	Chicken Tenders
Fish Sandwich	Quesadilla	Burrito
Mozzarella Sticks	Nachos	Biscuits

****NOTE:** Make sure you are comparing the same type of foods. For example, if you are using Pepperoni Pizza, then make sure the homemade version is also pepperoni pizza.