

FAST FOOD - GO GRILLED!

When you pull up to that fast food restaurant, be prepared to order a healthy meal by remembering your goals. Fast food restaurants can be a road block to your nutrition goals. Just remember these specific rules: **Stay away from the fryer!** (Fried chicken, French fries, etc)

Choose a side salad or baked potato as your side.

The less legs the better! Chickens and turkeys have two legs while pigs and cows have four. Animals with less legs tend to have leaner meats (meats that are better for you). Grilled chicken is a healthier option than a burger.

Remove the skin. If there is skin on your chicken or turkey, TAKE IT OFF.

Hold the mayo please.

Say NO THANKS to soda. I will have a water.

Here are some healthier options. Print it and keep it in the car for reference:

Wendy's

Wendy's Garden Sensation Salads with a low-fat dressing

Grilled Chicken Sandwich and a Side Salad with a low-fat dressing

Large Chili with a Side Salad with low-fat dressing

Small Chili and a Baked Potato with Steamed Broccoli

If you must eat a cheeseburger, choose a single with cheese – NO MAYO!

***Include water with these items. If you must have a soda, choose diet!

Baja Fresh: (hold the sour cream; light on the cheese and guacamole)

"Side by Side"

Baja Ensalada with salsa verde dressing

Bare burrito with half the rice

Mahi Mahi Ensalada

Bean and Cheese Burrito

Bean and Cheese Burrito add Grilled Chicken

2 Chicken Taco Chilitos

***Include water with these items. If you must have soda, choose diet!

Arby's

Regular Roast Beef and a side salad with low-fat dressing

Grilled Chicken Deluxe with no Mayo and a side salad with low-fat dressing

Market Fresh Roast Beef, Turkey, or Ham with NO MAYO and a side salad with a low-fat dressing

Turkey Club Salad with NO BACON and a low-fat dressing

Grilled Chicken Salad with a low fat dressing

BREAKFAST: Sourdough w/ham and egg

***Include water with these items. If you must have a soda, choose diet!

Domino's/Papa John's/Pizza Hut/Any Pizza Place

Choose a thin crust Veggie pizza

Thin crust Hawaiian pizza

Thin crust cheese

Stay away from ordering breadsticks

Order a salad with low-fat dressing instead!

Boston Market

Honey Glazed Ham with Steamed Vegetable Medley and Fresh Fruit

Marinated Grilled Chicken with Steamed Vegetable Medley and Fresh Fruit

Rotisserie Turkey with Green Beans and Fresh Fruit

Rotisserie Chicken (without the skin) with Garlic New Potatoes and Fresh Fruit

Oriental Grilled Chicken Salad with ½ the dressing and no noodles

Chicken Carver with no sauce and Fresh Fruit

Overall hints: Rotisserie Turkey, Chicken, or Ham (all without the skin) Turkey or Chicken Carver with no

Sauce Steamed Veggies, Garlic New Potatoes, Fruit

***Order water with your meal!

Taco Bell: (hold the sour cream; light on the cheese and guacamole)

Chicken Soft Tacos

Bean Burrito

Chicken Burrito

Fiesta Chicken Burrito

Taco salad with salsa and NO TACO SHELL

Order any burrito or taco "Fresco Style" to decrease calorie and fat content by 25%

***Include water with these items. If you must have a soda, choose diet!

Mc Donald's

Chicken McGrill sandwich with BBQ instead of Mayo and a side salad with low-fat vinaigrette dressing

Grilled Chicken Caesar with ½ packet Low-fat balsamic vinaigrette instead of Caesar Dressing

Grilled Chicken California Cobb Salad with ½ packet Low-Fat Balsamic Vinaigrette

Cheeseburger (if you must) with a side salad topped with ½ packet of Low-Fat Balsamic Vinaigrette

Egg McMuffin

2 Scrambled Eggs with an English Muffin

Fruit and yogurt parfait

Subway

Choose whole wheat

Light on the mayo and oil

Load up on the veggies

Choose a lean meat (turkey, ham, roast beef)

Go for baked chips as a side item

Eating Out at Sit Down Restaurants

Choose grilled chicken or fish

If choosing a steak, trim off the fat and choose cuts with less "marbling"

Start with a salad with a low fat dressing

Choose steamed vegetables as sides

Eat rolls and potato dishes in moderation

A few final thoughts: An overall lifestyle of healthy choices improves health and performance. Healthy eating habits overpower one "not so great meal choice." Finally, a note on Gatorade and Sports drinks. For those looking to lean out, these drinks should be consumed ONLY during intense and prolonged training, exercise, or games. Sipping on these drinks throughout the day with meals only adds on calories that aren't needed.