

Fast Food You Can Feel Good About!

It happens to all of us - you're on the road, it's late, you don't have much time or it wasn't your choice of restaurant. Luckily, you can get fairly healthy meals at many fast food restaurants (**just don't make it a habit**) :)

Tips:

- Skip the bread or wrap, ask for a lettuce wrap
- Choose dressing wisely, skip creamy dressings, opt for vinaigrette, lemon juice, or salsa
- Be mindful of condiments (ie. ketchup, BBQ, mayo). There's sodium, sugar, bad fats, and artificial ingredients... extra calories!
- Choose water or unsweet iced tea... other drinks are filled with added sugars

Gas Stations/Grab-N-Go Snacks

- Beef jerky: original or peppered for lower sugar & grass-fed and/or organic
- Almond/peanut butter packet: Julie's Barney's or Justin's brands
- Tuna packet/can
- Nuts: almonds, pistachios, walnuts, pecans, macadamia nuts
- Protein shakes: Core Power or Premier Protein
- Bars: low-sugar and real ingredients like nuts/nut butters and seeds (Healthy Warrior & IQ Bars)
- Energy drinks: try to avoid but Celsius is the best choice if going to drink one
- Hydration: spring water or BioSteel (healthy alternatives to Gatorade)

Salad & Go

- Salads: Thai, Greek, or Cobb w/ chicken or Buffalo Chicken (no croutons)
- Substitute dressing for balsamic vinaigrette, oil & vinegar, or balsamic vinegar
- Breakfast bowl: no potatoes & add salsa, pico de gallo, avocado and/or spinach
- Protein box: great snack! chicken, cucumbers or tomatoes, hard boiled egg
- Cold brew: only \$1! Can add stevia, almond milk, or half & half

Chipotle

- Whole30 Salad Bowl: chicken or steak
- Paleo Salad Bowl: chicken
- Burrito Bowl: chicken or steak, cauliflower or brown rice, fajita veggies, black beans, tomato salsa, lettuce, guacamole (skip queso, sour cream & cheese)

El Pollo Loco

- Double Protein Avocado Fit Bowl w/ no cheese
- Double Chicken Avocado Salad w/ no cheese or corn

Starbucks

- Cold Drinks
 - Vanilla sweet cream cold brew - optional add cinnamon and 1 stevia packet for more sweetness
 - Cold brew, iced coffee, iced americano - optional add cream, stevia, cinnamon
 - Unsweetened Iced tea - black, green, passionfruit
- Hot Drinks
 - Coffee, Flat White or Latte - opt for coconut or almond milk, optional add stevia or raw honey
- Food
 - Classic Whole Grain Oatmeal (skip the brown sugar, add nut butter or collagen peptides for extra protein)
 - Spinach Feta Egg White Wrap
 - Sous Vide Egg bites with a fruit cup
 - Protein Bistro Boxes
 - Salads: Kale & Farro Salad, Chicken & Quinoa Protein Bowl with Black Beans and Greens
 - Beef jerky w/ almonds

In-N-Out

- Cheeseburger protein style: skip the spread and optional double meat
- Drink: unsweet iced tea or sugar free lemonade

Chick-fil-A

- Egg white grill: toss the top part of the english muffin
- Grilled nuggets w/ side salad: skip dipping sauces or choose lower calorie Honey Mustard or Sweet & Spicy Sriracha
- Lemon Kale Caesar Salad w/ grilled chicken: skip bread crumbs
- Cobb salad w/ grilled nuggets: substitute Italian or balsamic dressing in place of avocado ranch
- Spicy Southwest Salad w/ grilled nuggets: no tortilla strips, substitute Italian or balsamic dressing
- Market salad w/ grilled chicken: no granola, substitute apple vinaigrette for Italian or balsamic dressing

Subway

- Protein Bowl or Salad: oven roasted chicken, steak, chicken teriyaki, turkey, italiano, oven roasted turkey, turkey & ham, meatball (optional add double protein and/or avocado)

Wendy's

- Summer strawberry salad: no candied almonds
- Southwest avocado salad: skip the dressing
- Apple pecan salad: skip the cranberries and dressing
- Grilled chicken sandwich: toss half the bun or lettuce wrap it
- Jr. Cheeseburger/ hamburger: toss half the bun or lettuce wrap it
- Bacon, egg, & cheese sandwich: toss half the bun
- Drinks: unsweet iced tea, cold brew iced coffee

Panda Express

The following bowls w/ a side of super greens (skip rice or do ½ rice & ½ greens):

- Wok-seared steak & shrimp
- String bean chicken breast
- Black pepper angus steak
- Mushroom chicken
- Black pepper chicken
- Broccoli beef
- Grilled teriyaki chicken (sauce on the side)

Cava

- Base: ½ greens ½ lentils
- Dips/Spreads: hummus/eggplant/red pepper dip
- Protein: falafel or grilled chicken (or half each)
- Toppings: roasted seasonal veggies, any raw colorful veggies, any dressing (optional)

Burger King

- Cheeseburger/hamburger: skip the mayo, toss half the bun or lettuce wrap it
- Drinks: unsweet tea, cold brew iced coffee

McDonald's

- Egg McMuffin: toss half the muffin
- Cheeseburger/hamburger: toss half the bun or lettuce wrap it
- Mcdouble: toss half the bun or lettuce wrap it
- Drinks: unsweet iced tea, water

Jimmy John's

- The Originals: Big John or Turkey Tom, or the Vito (sub mayo for avocado, unwich style)
- The Favorites: Beach Club or Bootlegger Club (sub mayo for avocado, unwich style)
- Sides: skip the chips, choose the jumbo pickle

Panera Bread

- Steel Cut Oatmeal (go light on granola, add nut butter or collagen peptides for extra protein)
- Asian sesame salad w/ chicken, no wonton strips, add avocado
- Avocado, Egg White, and Spinach sandwich (ask for a whole egg instead of egg whites)
- Modern Greek Salad with Quinoa or chicken
- Lentil Quinoa Bowl
- Signature Salad or similar with dressing on the side OR “You Pick Two” soup and salad of your choice
- Secret Menu: Power Breakfast Egg Bowl, Power Mediterranean Chicken Salad, Power Chicken Hummus Bowl
- Hard boiled egg 2-pack

Jamba Juice

Make your smoothie HeartFit approved!

- Plant Based or Power Smoothie: customize by opting for almond milk instead of fruit juice, opt for greek yogurt instead of sherbet or froyo, add protein (whey or pea protein, pumpkin seeds, or peanut butter), add kale, optionally add spirulina, matcha green tea, or ginger

Taco Bell

- Power bowl: skip the avocado ranch, cheese, & sour cream, add onions or jalapenos if preferred

Dennys

- Build your own grand slam: two whole fried eggs, two pieces of wheat toast, yogurt, and seasonal fruit
- Fit Fare Wild Alaskan Salmon with garden veggie medley or garden salad with vinaigrette, whole grain rice or red skinned potatoes
- Fit Fare Loaded Vegetable omelette with fresh fruit
- Fit Slam- ask for whole eggs instead of just whites for added healthy fat
- Fit Fare Veggie Skillet
- Vegetable Soup and salad (with dressing on the side)
- Avocado Chicken Caesar Salad (no croutons) dressing on the side