

Capital Strength Healthy Fast Food Guide:

How to Make Healthier Choices When you're on the Go!



You are driving down the highway. It's been hours since you ate anything. Your stomach growls in anticipation for its next meal. Keeping your eyes on the road, you flail your arm throughout the back of the car, searching for that protein bar that got lost under your seat a month ago. Darnit! You can't find it! Like a beacon of light, you see two golden arches in the distance and realize you are going to have to make a pit stop.

Do you make the smart choice or do you break down and eat that bacon-laden, double decker calorie bomb?

Many people will find themselves in this situation at least a few times a year. If you travel regularly for business or pleasure then maybe even more often than that. This guide will give you some strategies to make the best decisions possible at fast food restaurants, specific fast food items to look for, and easy snacks you can pack for your road trip or commute.

Basic Strategies for Ordering Fast Food

1. **Avoid fried foods.** If you have the choice between fried chicken and grilled chicken, choose the grilled option every time! If you have the choice between French fries or an apple, choose the apple.
2. **Don't drink soda, juice, or smoothies.** Drinking your calories is an easy way to load up on unnecessary calories. If you really need something sweet then choose a diet drink, but the best option will always be water.
3. **Specifically ask for no sauce/mayo on your sandwiches.** These condiments add a lot of calories very quickly.
4. **Choose a lower fat dressings for your salads.** Use as little as possible because some dressings can add nearly 20 grams of fat per packet.
5. **Always pick leaner meats such as turkey or chicken over beef.** The beef used in fast food is very processed and extremely high in fat.

Best Choices at the Following Restaurants:

McDonalds

Food	Calories	Protein	Carbs	Fat
Premium Grilled Chicken Classic Sandwich no mayo	300 kcal	27 grams	39 grams	4 grams
Egg White Muffin Delight no cheese	200 kcal	16 grams	30 grams	3.5 grams
Side Salad With Grilled Chicken w/ Low Fat Balsamic Vinaigrette	185 kcal	24 grams	10 grams	5.5 grams

Bojangles

Food	Calories	Protein	Carbs	Fat
Grilled Chicken Salad w/ Fat Free Italian Dressing	325 kcal	40 grams	16 grams	11 grams
Grilled Chicken Sandwich no mayo	285 kcal	23 grams	27 grams	5 grams
Roasted Chicken Bites no sides	280 kcal	36 grams	9 grams	11 grams

Wendy's

Food	Calories	Protein	Carbs	Fat
Grilled Chicken Wrap no cheese no sauce	145 kcal	12.5 grams	17 grams	3 grams
BLT Cobb Salad w/ Italian vinaigrette (ask for dressing on side), no cheese	350 kcal	37 grams	14 grams	17 grams (if you used the entire packet of dressing)
Large Chili	270 kcal	19 grams	30 grams (7 grams of fiber)	8 grams

Subway

Food	Calories	Protein	Carbs	Fat
Oven Roasted Chicken Breast 6 Inch on Honey Oat, Lettuce, 2 Tomato Slices, No Cheese, No Condiments	320 kcal	23 grams	47 grams	5 grams
Double Meat Roast Beef Salad, no cheese w/ fat free Italian dressing	235 kcal	30 grams	19 grams	7 grams

Taco Bell

Food	Calories	Protein	Carbs	Fat
Fresco Chicken Soft Taco	140 kcal	10 grams	16 grams	3.5 grams
Fresco Grilled Steak Soft Taco	160 kcal	11 grams	19 grams	4.5 grams

Dunkin' Donuts

Food	Calories	Protein	Carbs	Fat
Sliced Turkey Breakfast Sandwich no cheese	270 kcal	21 grams	33 grams	5 grams
Ham, Egg and Cheese on English Muffin	280 Kcal	17 grams	34 grams	8 grams
Egg White Veggie Flatbread	280 Kcal	15 grams	33 grams	9 grams

Burger King

Food	Calories	Protein	Carbs	Fat
Chicken, Apple & Cranberry Salad	320 kcal	28 grams	36 grams	8 grams
Chicken Caesar Salad	270 Kcal	32 grams	16 grams	9 grams

Jimmy John's

Food	Calories	Protein	Carbs	Fat
Turkey Breast Plain Slim	420 kcal	29 grams	74 grams	3 grams
Big John , EZ on the mayo	428 Kcal	25 grams	55 grams	14 grams
Bootlegger Club-Unwich (lettuce wrap) EZ on the mayo	240 Kcal	28 grams	3 grams	12.5 grams

Chick-Fil-A

Food	Calories	Protein	Carbs	Fat
Grilled Chicken Cool Wrap	340 kcal	36 grams	30 grams	13 grams
Grilled Market Salad	200 Kcal	23 grams	17 grams	5 grams
Grilled Chicken Sandwich	320 Kcal	30 grams	40 grams	5 grams

Panera Bread

Food	Calories	Protein	Carbs	Fat
Classic with Chicken Salad (whole)	300 kcal	27 grams	20 grams	13 grams
Smoked Turkey Breast Sandwich on Country (Half)	220 Kcal	16 grams	34 carbs	2 grams

Easy Snacks

There might be times when stopping for food just isn't feasible. It may take some planning and preparation, but here are some of the best snack choices for the road.

- **Beef Jerky or Turkey Jerky** - Jerky is loaded with protein making it a great option
- **Protein Bars** - Be sure it has more than 15 grams of protein and isn't over loaded with carbs and fat.
- **Protein Shake** - Either premix the powder with water or bring them separate to mix when you are ready.
- **Hard boiled eggs** - These will stay good for 2 days without refrigeration, if you need them to last longer bring them in a cooler.
- **Raw Almonds** - Nuts are a fantastic choice, but go easy on the portion size. One serving is roughly the same size as your thumb.
- **Fruits and Vegetables** - Bring your favorite kind of fruit or cut up some carrots, celery, or peppers and store them in a Ziploc bag.

Quick Dinners

When you have a long commute, the last thing you want to do when you get home is to cook an entire meal. Instead of resorting to fast food, stop at your local supermarket instead. Most supermarkets now have easy dinner options available that are very affordable. Here is a quick meal you can pick up on the way home

- **Rotisserie chicken**
- **Pre-prepared salad or frozen vegetables in a steam bag**

Just be sure that when you are looking for a quick dinner that you avoid the same pitfalls that can arise when you are at a fast food restaurant. They will have fried foods and fattening side dishes like mac and cheese or buttered mash potatoes available.

These guidelines should set you up for success, just keep in mind, **preparation is key!**