

#### **FAST FOOD CHEAT SHEET**

Look, we're not going to tell you this sh\*t is healthy....cuz it's everything but that. HOWEVER, fast food doesn't have to totally derail your efforts in staying fit on the road. You CAN eat fast food and still get great results. You just have to know what your best shitty options are....so we've taken the guess-work out and given you a cheat sheet to bring on the road.

Post this shit on your window of the bus (or van or plane or boat), and make better decisions when you're in a pinch.



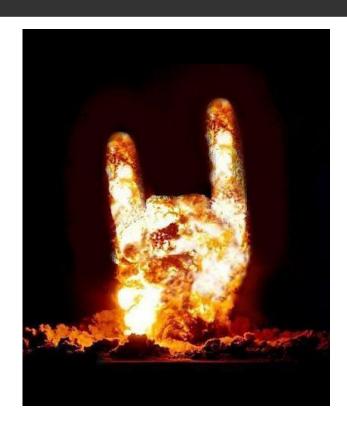










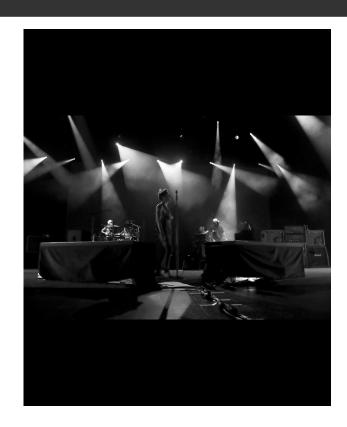


**FAST FOOD CHEAT SHEET** 



#### **MCDONALD'S**

- -Ranch Snack Wrap 290 Calories | 18 g Protein | 13 g Fat | 25 g Carbs
- -Premium Southwest Salad w/ Grilled Chicken 340 Calories | 32 g Protein | 11g Fat | 28 g Carbs
- -Artisan Grilled Chicken Sandwich 360 Calories | 32 g Protein | 6 g Fat | 43 g Carbs
- -Egg White Delight 250 Calories | 18 g Protein | 8 g Fat | 30 g Carbs
- -Fruit n' Yogurt Parfait 150 Calories | 4 g Protein | 2 g Fat | 30 g Carbs150 Calories | 4 g Protein | 2 g Fat | 30 g Carbs



**FAST FOOD CHEAT SHEET** 



#### **WENDY'S**

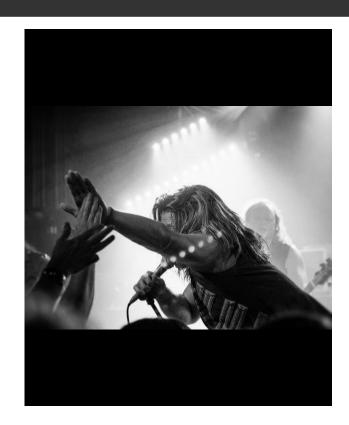
-Ultimate Chicken Grill 370 Calories | 34 g Protein | 7 g Fat | 43 g Carbs

PRO TIP: (skip the sauce to make it 330 calories and only 3.5 g fat)

- -Apple Pecan Chicken Salad (hold the bleu cheese!) 330 Calories | 30 g Protein | 11g Fat | 32 g Carbs
- -Baja Chili Salad (half size...no tortilla strips!) 260 Calories | 14 g Protein | 16 g Fat | 18 g Carbs
- -Chili (small order) 180 Calories | 13 g Protein | 5 g Fat | 20 g Carbs

#### **BEST SALAD DRESSING OPTIONS:**

- -Fat Free French
- -Light Classic Ranch
- -Pomegranate Vinaigrette



**FAST FOOD CHEAT SHEET** 



#### **JACK IN THE BOX**

- -Blueberry Muffin Oatmeal w/ Blueberry Blend & Crumble 250 Calories 5 g Protein 4 g Fat 49 g Carbs
- -Chicken Fajita Pita 360 Calories | 24 g Protein | 13g Fat | 40 g Carbs
- -Grilled Chicken Strips w/ Teriyaki Dipping Sauce 310 Calories | 44 g Protein | 8 g Fat | 15 g Carbs
- -Chiquita Apple Bites with Caramel 70 Calories | 0 g Protein | 0 g Fat | 17 g Carbs
- -Egg White & Turkey Breakfast Sandwich 250 Calories | 18 g Protein | 6 g Fat | 31 g Carbs
- -Grilled Chicken Salad 250 Calories | 28 g Protein | 0 g Fat | 14 g Carbs
- -Jr. Jack 320 Calories | 14 g Protein | 15 g Fat | 33 g Carbs



**FAST FOOD CHEAT SHEET** 



### **TACO BELL**

- -Chicken, Steak, or Beef Soft Tacos 160-200 Calories 9-13 g Protein 5-9 g Fat 16-18 g Carbs
  - (Go Fresco style: 140-160 Calories | 8-11 g Protein | 3.5-7 g Fat | 16-18 g Carbs)
- -Burrito Supreme 390-420 Calories | 17-20 g Protein | 12-16g Fat | 51-52 g Carbs
  - (Go Fresco style: 340-350 Calories | 18 g Protein | 8-9 g Fat | 49-50g Carbs)
- -Cantina Bow 510-550 Calories | 14-26 g Protein | 20-23 g Fat | 59-69 g Carbs
- -Beefy Mini Quesadilla 210 Calories | 9 g Protein | 12 g Fat | 17 g Carbs
- -MexiMelt® 250 Calories | 14 g Protein | 14 g Fat | 19 g Carbs



**FAST FOOD CHEAT SHEET** 



### <u>STARBUCKS</u>

- -Classic Oatmeal 160 Calories 5 g Protein 2.5 g Fat 28 g Carbs
- -Egg & Cheddar Breakfast Sandwich 280 Calories | 12 g Protein | 13 g Fat | 27 g Carbs
- -Hearty Blueberry Oatmeal 220 Calories | 5 g Protein | 2.5 g Fat | 43 g Carbs
- -Reduced-Fat Turkey Bacon Breakfast Sandwich 230 Calories | 13 g Protein | 6 g Fat | 28 g Carbs

#### DRINKS

Fresh Brewed Coffee Cafe Americano Starbucks Refreshers (small)

PRO TIP: Use coconut milk or non-fat milk OR ask for it 'skinny'...don't worry, you're a musician so it doesn't make you any less cool.