



ROCKSTAR FITNESS™

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.





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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 Carbs



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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



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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



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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 Bowl 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



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STARBUCKS

FOOD

- 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.