

# Eating out



1<sup>st</sup> rule: Keep eating at fast food restaurants to a minimum.

## Common Guidelines to follow:

- If getting a sandwich, skip the bread and make a salad
- If getting a burger, skip the bun for a lettuce wrap
- If getting a burrito, skip the tortilla for a salad or bowl
- If getting pasta, skip the noodles for sautéed vegetables or spaghetti squash
- If getting rice, skip the rice for mixed vegetables
- If getting chicken, aim for the grilled option
- If getting dressing, aim for Italian
- Skip the sides for another protein-dense entrée or vegetables



### Chipotle: Salad or bowl

Salad: add a protein of your choice, fajitas, favorite salsa, cheese, lettuce, and guacamole if you're really hungry (extra 150 calories)

Bowl: Skip the rice for just black beans and follow the same as above.

**Approx.: 45g protein, 400 calories (salad without guacamole)**



### In-N-Out: Protein Style

Protein Style burgers: 2 Lettuce wrapped cheese burgers with grilled onions, pickles, lettuce, and mustard instead of the thousand island dressing.

**Approx.: 36g protein, 530 calories**



### Panda Express

Panda bowl or 2 entrée plate: Mixed vegetables as side dish with either Mandarin chicken (NO SAUCE), string bean chicken, black pepper chicken, or kung pao chicken as entrees.

**Approx.: 50g protein, 550 calories (2 entrée)**



### Subway

6 in sub. in a tub: Rotisserie chicken, mozzarella, assorted vegetables, and vinaigrette.

**Approx.: 23g protein, 400 calories**



### Chick-Fil-A

Grilled chicken market salad: easy on the dressing and granola.

10 piece of nuggets with low-sugar sauces (not bbq sauce)

**Approx.: 330 calories, 27g protein (salad)**



### McDonalds

Bacon Ranch Grilled Chicken Salad: Everything included

Chicken or deluxe sandwich with open face

2 egg McMuffins without the bread

**Approx.: 42g protein, 320 calories (Salad)**



### Burger King

Chicken Garden Salad: Everything included, limit the crotons.

**Approx.: 40g protein, 500 calories**



### KFC

Grilled chicken: two grilled chicken thighs with side of green beans

**Approx.: 330 calories, 36g protein**



### Starbucks

Sous Vide Egg Bites: Egg white and red pepper or Bacon & Gruyere

Protein Box:

**Approx: 19g protein, 310 calories (eggs)**