



When it comes to fast food

WHAT TO EAT IN THE STREETS



“ Did you forget to meal prep and dining out is your only option?

Here is a list of popular “fast food” chains with meal options that will keep you on the right track with your diet guilt free.

Although we have provided you with these options, it is not recommended to stray from your diet more than absolutely necessary.

This guide should ONLY be utilized in the case of a meal prep emergency.



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H - High Carb Option
L - Low Carb Option
V - Vegetarian
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GF - Gluten Free

“ Chipotle can be a healthy and hearty option, but only if you are conscious of what you are putting in your bowl. Choose either Salad (low carb) or Brown Rice Bowl (high carb). Hold off on the Burrito (save that for a designated cheat day!). ”

EAT

- + Chicken (L, GF)
- + Steak (L, GF)
- + Black Beans (L, V, VG, GF)
- + Pinto Beans (L, V, VG, GF)
Ask staff if they are V, VG as they sometimes are cooked with pork products.
- + Fajitas (L, V, VG, GF)
- + Mild (Tomato) Salsa (L, V, VG, GF)
- + Medium (Green Salsa) (L, V, VG, GF)
- + Hot (Red) Salsa (L, V, VG, GF)
- + Lettuce (L, V, VG, GF)
- + Lemon Juice (L, V, VG, GF)
You can always ask the staff to provide you with fresh lemon juice.
- + Brown Rice (H, V, VG, GF)
If you are on a weight loss plan, avoid rice UNLESS the meal that you are replacing calls for a HIGH carb intake.

AVOID

- Tortilla
They are loaded with unhealthy fats.
- Cheese
- Sour cream
- Corn
There is little to no nutritional value in corn.
- Guacamole
The amount they give you is more than double what is necessary.
- Chips

! If you are on a weight loss plan, avoid both white and brown rice UNLESS the meal that you are replacing calls for a HIGH carb intake.

! Also, remember to listen to your body! This may still be a lot of food for one meal, so consider making this into 2 meals.

STARBUCKS

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“ There are a handful of excellent box options, some healthy wraps, and breakfast sandwiches with both meat and vegetarian options. Avoid sugary coffee drinks and the bakery aisle, and stick with the stuff with cheese, eggs and veggies. ”

BAKERY

EAT

- + Multigrain Bagel (H, V)
- + Sprouted Grain Vegan Bagel (H, V, VG)

AVOID

- As a rule of thumb avoid the baked goods because they tend to contain large amounts of refined sugar and unhealthy fats. So no cookies, muffins, scones, etc!

HOT BREAKFAST

EAT

- + Certified Gluten Free Breakfast Sandwich (L, GF)
- + Classic Whole Grain Oatmeal (H, V, VG)
- + Hearty Blueberry Oatmeal (H, V, VG)
- + Reduced Fat Turkey Bacon & Cage Free White Breakfast Sandwich (H)

AVOID

- Bacon, Gouda & Egg Breakfast Sandwich
- Double Smoked Bacon, Cheddar & Egg Sandwich
- Ham & Cheese Croissant
- Sausage, Cheddar & Egg Breakfast Sandwich
- Spicy Chorizo, Monterey Jack & Egg Breakfast Sandwich.

* These options have a fat to carbohydrate ratio that is out of balance when compared to the ratio that we typically recommended.

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SANDWICHES, PANINIS & SALADS

EAT

- + Ancho Chipotle Chicken Panini (H)
- + Hearty Veggie & Brown Rice Salad Bowl (H, V, VG, GF)
- + Roasted Tomato & Mozzarella Panini (H, V, VG)
- + Turkey and Havarti Sandwich (H)
- + Zesty Chicken & Black Bean Salad Bowl (H, GF)

AVOID

- Chicken Artichoke on Ancient Grain Flatbread
- Chicken BLT Salad Sandwich
- Egg Salad Sandwich
- Homestyle Chicken & Double Smoked Bacon
- Turkey Pesto Panini

* These options have a fat to carbohydrate ratio that is out of balance when compared to the ratio that we typically recommended.

PROTEIN BOXES

EAT

- + BBQ Chicken Protein Box (H)
- + Smoked Turkey Protein Box (H)
- + Cheese & Fruit Protein Box (H, V)

AVOID

- Chicken Wrap Protein Box
- Eggs and Cheese Protein Box
- PB&J Protein Box

* These boxes have a fat to carbohydrate ratio that is out of balance when compared to the ratio that we typically recommended.

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MERCADO

EAT

- + Farmer's Market Protein Box (H)
- + Garden Greens & Shaved Parmesan Side Salad (L, V, GF)
No Dressing.
- + Roasted Carrot & Kale Side Salad (H)
- + Roasted Turkey & Dill Havarti Sandwich (H)
Remove the cheese.
- + Seared Steak and Cheddar Sandwich (H)
Remove the cheese.
- + Turkey & Fire Roasted Corn Salad (H) No Dressing.

AVOID

- With the exception of the items listed to the left please refrain from other items listed on the Mercado menu due to the fact that many of them have macro nutrient ratios that are too far from that which we recommend for either weight loss or healthy weight gain.

CAVA

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“ Another one of my favorites similarly to Chipotle, you get to design your own Salad or Rice Bowl. Keep your bowl light by adding as many veggies as possible. ”

BASE

EAT

- + Salad- Spinach, Arugula, Etc. (L, V, VG, GF)
- + Grain Bowl-Brown Basmati Rice, Black Lentils (H, V, VG, GF)
- + Greens and Grains-Any combination of the items listed above (H, V, VG)

AVOID

- Grain Bowl-Basmati White Rice
- Pita
- Mini Pitas
- Mini + Soup

* These options contain elevated levels of high glycemic (simple) carbohydrates and which can have a negative effect on blood sugar levels.

DRESSINGS

It is always safe to avoid dressings however at Cava any of the available dressings are acceptable however be sure to order them on the side and limit yourself to a 1-2 Tablespoon sized serving.



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PROTEIN

EAT

- + Falafel (H, V, VG)
- + Roasted Seasonal Vegetables (H, V, VG, GF)
- + Grilled Chicken (L, GF)
- + Braised Beef (L, GF)
- + Grilled Meatballs (L)

AVOID

- Spicy Lamb Meatballs
- Braised Lamb

* These protein sources tend to contain high levels of saturated fat.

DIPS + SPREADS

EAT

- + Hummus (H)
- + Harissa (H)
- + Roasted Red Pepper Hummus (H, V)

AVOID

- Eggplant+ Red Pepper Dip
- Tzatziki
- Crazy Feta

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TOPPINGS

EAT

- + Shredded Romaine (L, V, VG, GF)
- + Pickled Onions (L, V, VG, GF)
- + Tomato + Onion Salad (L, V, VG, GF)
- + Tomato + Cucumber Salad (L, V, VG, GF)
- + Mint (L, V, VG, GF)
- + Pickled Banana Peppers (L, V, VG)
- + Kalamata Olives (V, VN)
- + Cauliflower Quinoa Tabbouleh (H, V, VG, GF)
- + Diced Cucumber (L, V, VG, GF)
- + Lemon Wedge (L, V, VG, GF)
- + White Bean Salad (H, V, VG, GF)

AVOID

- Cabbage slaw
- Pita Crisps
- Crumbled Feta

PANDA EXPRESS

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“ With any Chinese restaurant, you want to stick with the basics: rice, steamed vegetables, and lean meats. Unfortunately, the only vegetarian option here (Eggplant Tofu) is very high in fat and not recommended, but if Panda Express is your only option, go for the rice and extra veggies. ”

ENTREES

EAT

- + Five Flavor Shrimp (L, GF)
- + String Bean Chicken Breast (L, GF)
- + Kung Pao Chicken (L, GF)
- + Mushroom Chicken (L, GF)
- + Black Pepper Chicken (L, GF)
- + Grilled Teriyaki Chicken (L, GF)
- + Eggplant Tofu (L, GF)

* These items do have an elevated sodium content however when in a pinch these options can provide you with the protein, carbohydrate, fat ratios that are well within the range that can keep you moving towards your goal.

AVOID

- Orange Chicken
- Broccoli Beef
- Shanghai Angus Steak
- Beijing Beef
- Honey Walnut Shrimp

* These options contain elevated levels of unhealthy fats from their preparation process.



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APPETIZERS

EAT

- + Mixed Vegetables Full or half order (L, V, VG, GF)
- + Brown Steamed Rice half order (H, V, VG, GF)
- + White Rice is acceptable for those looking to increase body mass (H, V, VG, GF)

AVOID

- Chow Mein
- Fried Rice

* These items contain high levels of unhealthy fats.



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“ When you have the option to customize your sandwich (or sub) you have the best chance of making it a healthy(ier) option for dining out. Bonus: There is the option here to have an “Unwich”, which is a “Lettuce Wrap” ”

8" SUB SANDWICHES

EAT

- + Turkey Tom (H)
- + Vegetarian (H,V)

* Order without mayo and without cheese.

* Be sure to ask for whole grain bread in place of the white sub roll OR turn them into low carbohydrate options by choosing the “unwich” option.

AVOID

- Pepe
- Big John
- Totally Tuna
- Vito

* These options contain high levels of unhealthy fats and when you combined that with a high carbohydrate intake (from the bread) it can be a recipe for derailing your progress.

PLAIN SLIMS

Categorically, it is a good idea to avoid the plain slims. They are tasty however they are served on white bread which is a no no.



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GIANT CLUB SANDWICHES

EAT

- + Hunter's Club (H)
- + Beach Club (H)
- + Gourmet Veggie Club (H, V)
- + Club Lulu (H)

* Order without Mayo, without cheese and without Bacon.

* Be Sure to ask for whole grain bread in place of the white sub roll OR turn them into low carbohydrate options by choosing the "unwich" option.

AVOID

- Gourmet Smoked Ham Club
- Billy Club
- Italian Night Club
- Country Club
- Bootlegger Club
- Club Tuna
- Ultimate Porker

* These options contain high levels of unhealthy fats and when you combined that with a high carbohydrate intake (from the bread) it can be a recipe for derailing your progress.

SIDES

The only side that is acceptable is the dill pickle. Please stay away from the cookies and chips.



CHICK-FIL-A

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“ Again, sodium content here will be a challenge, the wraps come just under 1000 mg. These sandwiches are relatively normal in terms of serving sizes and it is pretty easy to stay under 500 calories. ”

ENTREES

EAT

- + Grilled Chicken Sandwich (H)
Order without Mayo.
- + Grilled Nuggets (L, GF)
- + Grilled Chicken Cool Wrap (H)
Order no dressing.

AVOID

- Spicy Deluxe Sandwich
- Chick-fil-A Nuggets
- Chicken Strips
- Grilled Chicken Club sandwich
- Chicken Salad Sandwich
- Smokehouse BBQ Bacon Sandwich

SALADS

All of the salad options are great low carb high protein options, just be sure to order your dressing on the side or skip out on the dressing all together.

SHED FAT

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BREAKFAST

EAT

- + Egg White Grill (H)
Order without Cheese to make it a healthier option
- + Fruit Cup (H,V)
- + Greek Yogurt Parfait (H, V)
Contains Dairy.
- + Sunflower Multigrain Bagel (H,V)

AVOID

- Chicken Biscuit
- Chicken Minis
- Breakfast Burrito
- Bacon, Egg & Cheese Biscuit
- Sausage, Egg & Cheese Biscuit
- Chicken, Egg & Cheese Bagel
- Breakfast Platter
- Hash Browns
- Buttered Biscuit
- Sausage, Egg & Cheese Muffin

TREATS

Although delicious, the treats menu is not going to help you achieve your goal and will likely take you in the opposite direction.



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SIDES

EAT

- + Fruit Cup (H, V, VG, GF)
- + Superfood Side Salad (L, V, VG, GF)
- + Side Salad (L, V, VG, GF)

AVOID

- Waffle Potato Fries
- Chicken Noodle Soup
- Chicken Salad Cup

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“ There are a number of healthy options to choose from, and you even have the option of ordering half or full size salads and sandwiches. Remember to choose a meal based on YOUR goals.

”

FRESHLY BAKED BREADS

EAT

- + Whole Grain (H)
- + Rye (H)
- + Sprouted Grain Roll (H)

* Generally speaking it is safe to avoid breads, it is not always easy to know what is in it and many times they are the products of a combination of highly processed ingredients. With that being said, Panera bread does offer a few options that can be used when you are in a pinch.



Options from the “Avoid” column are one's to avoid simply due to the fact that they are going to be options that fall on the higher end of the glycemic index.

AVOID

- Country
- Hoagie Roll
- Sourdough
- Asiago Cheese
- Cinnamon Raisin
- Tomato Basil
- Honey Wheat
- French Baguette
- Asiago Cheese Focaccia
- Sea Salt Focaccia
- Ciabatta
- Classic White
- Sesame Semolina
- Soft Dinner Roll
- French Baguette Side



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SANDWICHES

- ! When it comes to sandwich options, many of them can be customized into acceptable options if you know what modifications to ask for. Avoid Cheese, mayo, dressings and always ask for a healthier bread option (refer to the freshly baked breads section above).

EAT (WITH MODIFICATIONS MENTIONED ABOVE)

- + Roasted Turkey & Avocado BLT (H). Order without bacon
- + Turkey Sandwich (H)
- + Mediterranean Veggie Sandwich (H, V)
- + Toasted Turkey, Apple & Cheddar Sandwich (H)

AVOID

- Chipotle Chicken Avocado Melt
- Bacon Turkey Bravo Sandwich
- The Italian
- Steak & White Cheddar Panini
- Steak & Arugula Sandwich
- Frontage Chicken Panini
- Napa Almond Chicken Salad Sandwich
- Ham & Swiss Sandwich
- Tuna Salad Sandwich
- Grilled Cheese
- Tomato Mozzarella Flatbread
- BBQ Chicken Flatbread

- ! Items from the "Avoid" may be difficult to customize and may be not be able to be modified into a healthier option.



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SALADS

EAT

- + Watermelon Feta Salad (L, V, GF)
- + Asian Sesame Salad with Chicken (L)
- + Strawberry Poppy Seed Salad with Chicken (H, GF)
- + Southwest Chile Lime Ranch Salad with Chicken (H)
- + Green Goddess Cobb Salad with Chicken (L, GF)
- + Spicy Thai Salad with Chicken (L)
- + Fuji Apple Salad with Chicken (L, GF)
- + Modern Greek Salad with Quinoa (H, V, VG, GF)
- + Greek Salad (L, V, VG, GF)
- + Cesar Salad with Chicken (L)
- + Cesar Salad (L, V)
- + Seasonal Greens Salad (L, V, VG, GF)

* All of these options are suitable. When in a pinch, these options offer both low and high carb options with sufficient nutritional value. You can order any of these options without chicken or other animal products in order to create vegetarian/vegan options. You can also add chicken to any of these options to increase the protein content. Remember, avoid dressing all together when possible. If you feel that you just cannot go without dressing, order it on the side and limit yourself to a 1-2 Tablespoon serving.

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PASTRIES AND SWEETS

These items are categorically poor choices and should be avoided due to the high levels of sugar and unhealthy fats that they contain.

BREAKFAST SANDWICHES

EAT

- + Avocado, Egg White & Spinach Breakfast Sandwich (H, V)
- + Turkey Sausage, Egg White & Spinach Breakfast Sandwich (H)

AVOID

- Mediterranean Egg White on Ciabatta
- Steak & Egg
- Asiago Bacon, Egg & Cheese
- Sausage, Egg & Cheese
- Bacon, Egg & Cheese
- Egg & Cheese
- Ham, Egg & Cheese Breakfast Sandwich



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BREAKFAST FAVORITES

EAT

- + Steel Cut Oatmeal with blueberries & Granola (H, V)
- + Steel Cut Oatmeal with Almonds, Quinoa & Honey (H, V)
- + Steel Cut Oatmeal with Strawberries & Pecans (H, V)
- + Summer Fruit Cup (H, V, VG, GF)
- + Watermelon Fruit Cup (H, V, VG, GF)
- + Greek Yogurt with Mixed Berries (H, V)

* These options are all fairly good options. They are all higher carbohydrate options but that does not make them poor choices.

BAKED EGG SOUFFLÉS

The soufflés are should be skipped. They contain high levels of unhealthy fats.

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SOUPS

EAT

- + Low Fat Vegetarian Garden Vegetable Soup with Pesto (L, V)
- + Low Fat Vegetarian Black Bean Soup (L, V)
- + Low Fat Chicken Noodle Soup (H)

AVOID

- Vegetarian Summer Corn Chowder
- Broccoli Cheddar Soup
- Baked Potato Soup
- Bistro French Onion Soup
- Vegetarian Creamy Tomato Soup
- New England Clam Chowder
- Cream of Chicken & Wild Rice Soup

* These options contain elevated levels of sodium and unhealthy fats.

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BAGELS

EAT

- + Whole Grain Wheat Bagel (H)
- + Sprouted Grain Bagel Flat (H)

AVOID

- Cinnamon Crunch
- Blueberry Bagel
- Everything Bagel
- French Toast Bagel
- Asiago Cheese Bagel
- Chocolate Chip Bagel
- Cinnamon Swirl & Raisin Bagel
- Plain Bagel
- Sesame Bagel

* Again, these options are going to fall higher on the glycemic index and some even contain high levels of refined sugar.



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“ Ihop can be an overwhelming place to stop for food because there are so many options on the menu. Here, we will help you by trimming the list of potential choices down to only those which are acceptable for those looking to reach their fitness goals! ”

SIGNATURE FAVORITES

EAT

- + Big Steak Omelet (L, GF)
- + T Bone Steak and Eggs (H)
Make sure that you substitute the side of pancakes with fresh fruit or breakfast potatoes to improve this options nutrition (H, GF) OR skip out on the side all together to make it a (L, GF) option.

AVOID

- Breakfast Sampler
- Philly Cheese Steak Stacker
- Rooty Tooty Fresh N' Fruity Pancakes
- Original Pancakes

WAFFLES

EAT

- + Belgian Waffle (H, V)

* As a general rule of thumb waffles are going to be an option to avoid however if you are looking for a high carb cheat meal then you can indulge here once in a while. Just be sure to order them plain and if possible ask for natural maple syrup on the side.

AVOID

- Belgian Waffle Combo
- Chicken and Waffles



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BACON LOVERS

- ! Although delicious bacon is not the best thing for your health. With that being said there are a number of acceptable options when you ask that they hold the bacon!

EAT

- + Grilled Chicken, Ranch & Avocado Club (H)
Be sure to ask for a healthier bread option such as whole grain or sourdough.
If you want to keep it (L) then you can just discard the bread all together! Make sure you do ask them to hold the ranch.
- + Roasted Turkey Sandwich (H)
Ask them to hold the mayo and substitute the fries for an option like fresh fruit or fresh veggies.
- + Chicken Cobb Salad (L, GF)
Make your to order not dressing or dressing on the side.

AVOID

- Bacon Crusted Chicken Breast
- Bacon Temptation Omelet
- Breakfast Sampler
- Split Decision Breakfast
- Double BLT
- Bacon Cheeseburger
- Silver 5
- Belgian Waffle Combo

PANCAKES

Sorry again. Pancakes here are loaded with refined sugar and unhealthy fats... They are not an acceptable option.

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COMBOS

EAT

- + T Bone Steak and Eggs (H)
Make sure that you substitute the side of pancakes with fresh fruit or breakfast potatoes to improve this options nutrition (H, GF) OR skip out on the side all together to make it a (L, GF) option.
- + Sirloin Tips & Eggs (H)
Make sure that you substitute the side of pancakes with fresh fruit or breakfast potatoes to improve this options nutrition (H, GF) OR skip out on the side all together to make it a (L, GF) option.
- + Simple & Fit Two-Egg Breakfast (L, GF). Sub the bacon for extra egg whites to improve the nutrition of this option.

AVOID

- Breakfast Sampler
- Fried Steak & Eggs
- Smokehouse Combo
- Split Decision Breakfast
- Quick 2-Eggs Breakfast
- 2x2x2

FRENCH TOAST

French No! Too much sugar and unhealthy fat. These options should be avoided.

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CREPES

Although delicious, crepes to be avoided categorically. They are loaded with refined sugar and unhealthy fat.

EGG SPECIALTIES

These are actually fairly good options. You can improve their nutrition by substituting the side of potatoes for fresh fruit or veggies however the potatoes are a decent option if you are looking for a (H) meal.

EAT

- + Turkey & Avocado Bennie (H)
- + California Scramble (H, V)
- + Tuscan Scramble (H, V)



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OMELETS

Omelets are usually a great option. If you are looking to make your omelet meal higher fat and lower carb them feel free to add cheese. If you are looking for a high carb meal you can order potatoes or whole grain toast on the side.

EAT

- + Big Steak Omelet (L, GF)
- + Spinach & Mushroom Omelets (L, V, GF)
- + Garden Omelet (L, V, GF)
- + Chicken Fajita Omelet (L, GF)
- + Egg White Vegetable Omelet (L, V, GF)

AVOID

- Country Omelet
- Bacon Temptation Omelet
- Colorado Omelet
- Cheeseburger Omelet

* You also have the option of building your own omelet. Use lean protein such as extra egg whites or chicken to increase the protein content. Always be sure to add variety and color with your vegetable selection minimize the cheese added.



SHED FAT

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SALADS

! Either of the two salad options available are decent options. Make sure to order your salad dressing on the side or without dressing all together.

EAT

- + Chicken Cobb Salad (L, GF)
- + House Salad (L, V, VG, GF)
Add chicken to increase the protein content if you like.

SOUPS

EAT

- + Roasted Chicken Noodle Soup (H)
- + Minestrone (H)

AVOID

- Loaded Country Potato with Bacon

APPS

Unfortunately none of the app options provided here are acceptable.

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SANDWICHES

EAT

- + Grilled Chicken, Ranch & Avocado (H)
- + Roasted Turkey Sandwich (H)

* Improve the nutrition of your sandwich by avoiding dressings and cheese. Also, request either whole grain or sourdough bread.

AVOID

- Spicy Chicken Ranch Sandwich
- Philly Cheese Steak Stacker
- Ham & Egg Melt
- Double BLT

BURGER BAR

So here is the deal, a burger, even a cheeseburger can be an acceptable option for many individuals. If you are going to have a burger be sure to think about a couple things. If you are replacing a low carb meal, no bun and no fries! If you are replacing a high carb meal ask if you can replace the bun with a whole grain option OR replace your fries with a healthier side option such as veggies. Otherwise, enjoy a burger once in a while!



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ENTREES

EAT

- + Roasted Turkey Dinner (H)
- + Tilapia Florentine (H)
- + Sirloin Tips (H)

* You can turn these options into (L) meals by subbing extra veggies in place of the potatoes.

AVOID

- Bacon Crusted Chicken Breast
- Chicken Cordon Bleu
- Fried Steak

DESSERTS

Sorry guys, no acceptable options here.

BEVERAGES

Stick to water, milk, or unsweet tea. Avoid fountain drinks, lemonade and other sugary options.



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“ As a general rule of thumb, breast meat is going to be the best choice, followed but wings, legs and thighs. Organ meat such as livers should be avoided. ”

MAINS

EAT

- + Boneless Chicken Breast (L, GF)
- + 1/4 Chicken Breast & Wing (L, GF)
- + 1/2 Chicken (L, GF)
- + 1/4 Chicken Leg & Thigh (L, GF)
- + Chicken Thighs (L, GF)
- + Chicken Thigh Skewers (L, GF)
- + 12 Peri-Peri Wings (L, GF)
- + Chicken Livers (L, GF)

* Most of these options are going to be acceptable, below they are listed from most to least preferable from top to bottom. In order to increase the carb content refer to the sides section below.

PLATTERS TO SHARE

If you are looking to grab multiple meals on the go, a platter to go can be a suitable option.



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SANDWICHES, PITA & WRAPS

EAT

- + Chicken Breast Pita (H)
Order without mayonnaise
- + Chicken Breast Wrap (H)
- + Chicken Breast Sandwich (H)
Order without Peri Mayo
- + The Chicken Burger (H)
Order without cheese
- + Veggie Burger (H, V)
- + Portobello Mushroom with Halloumi Wrap (H, V)
- + Feta and Avocado Wrap (H, V)

AVOID

- The Thigh and Mighty Sandwich
- Chicken Caesar Wrap
- Nandoca's Choice



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SALADS

- ! As always it is important that you order your salad without dressing or request it on the side. Additionally, for any salad that has croutons they can be left aside as well.

EAT

- + Chicken Caesar (L)
- + Nutty Date Chicken Salad (H)
- + Quinoa Salad (L, V, GF)

AVOID

- Country Salad
- Mediterranean Salad

BITES

EAT

- + Peri-Peri Nuts (L, V, VG, GF)
- + Spicy Mixed Olives (L, V, VG, GF)
- + 6 Peri Peri Wings (L, GF)

AVOID

- Hummus with Peri-Peri Drizzle
- Garlic Sticks

* On their own these are not going to provide enough nourishment to replace an entire meal however when you are looking for an in between snack, some of these are acceptable options.

H - High Carb Option
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SIDES

EAT

- + Flame Grilled Corn (L, V, VG, GF)
- + Portuguese Rice (H, V, VG, GF)
- + Macho Peas (H, V, VG, GF)
- + Cucumber and Poppy Seed Salad (L, V, VG, GF)
- + Braised Brussels Sprouts (L, V, VG, GF)
- + Roasted Vegetables (L, V, VG, GF)
- + Mixed Greek Salad (L, V, VG, GF)
- + Butternut Squash and Grilled Corn (H, V, VG, GF)

AVOID

- Peri Chips
- Garlic Bread
- Coleslaw
- Red Skin Mashed Potatoes
- Portuguese Roll
- Caesar Side Salad



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DESSERTS

...You already know the answer to this one, none of these options are advisable.

DRINKS

Stick with water here guys, no fountain drinks, juices or other sweet options.



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BREAKFAST SANDWICHES

EAT

- + Steak & Egg (H)
Hold the cheese
- + Turkey Sausage & Egg (H)
Hold the cheese
- + Turkey Sausage & Egg White (H)
Hold the cheese
- + Egg White & Cheese (H, V)
- + Egg and Cheese (H, V)

AVOID

- Bacon, Egg & Cheese
- Sausage, Egg & Cheese
- Sausage, Egg White & Cheese

BREAKFAST WRAPS

EAT

- + Farmers Breakfast Wrap (H)
Hold the hash brown

AVOID

- Bacon Grilled Breakfast Wrap
- Sausage Grilled Breakfast Wrap



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BREAKFAST SNACKS

EAT

- + Bagel (H, V)
- + Yogurt and Berries (H, V, GF)

AVOID

- English Muffin
- Hash brown
- Muffin
- Donut AKA DO NOT!

HOT OATMEAL

As long as you are looking for a high carb option, any of the oatmeal options are decent choices. Add a side of egg whites to increase the protein content.

HASH BROWN

Not a suitable option.



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TIM BITS

! For the most part these items are categorically poor choices however if you are in a bind and really need something here are the exceptions:

EAT

- + Everything Bagel (H, V)
- + 12 Grain Bagel (H, V)
- + Pretzel Bagel (H, V)
- + Yogurt and Berries (H, V, GF)

GRILLED PANINI & SANDWICHES

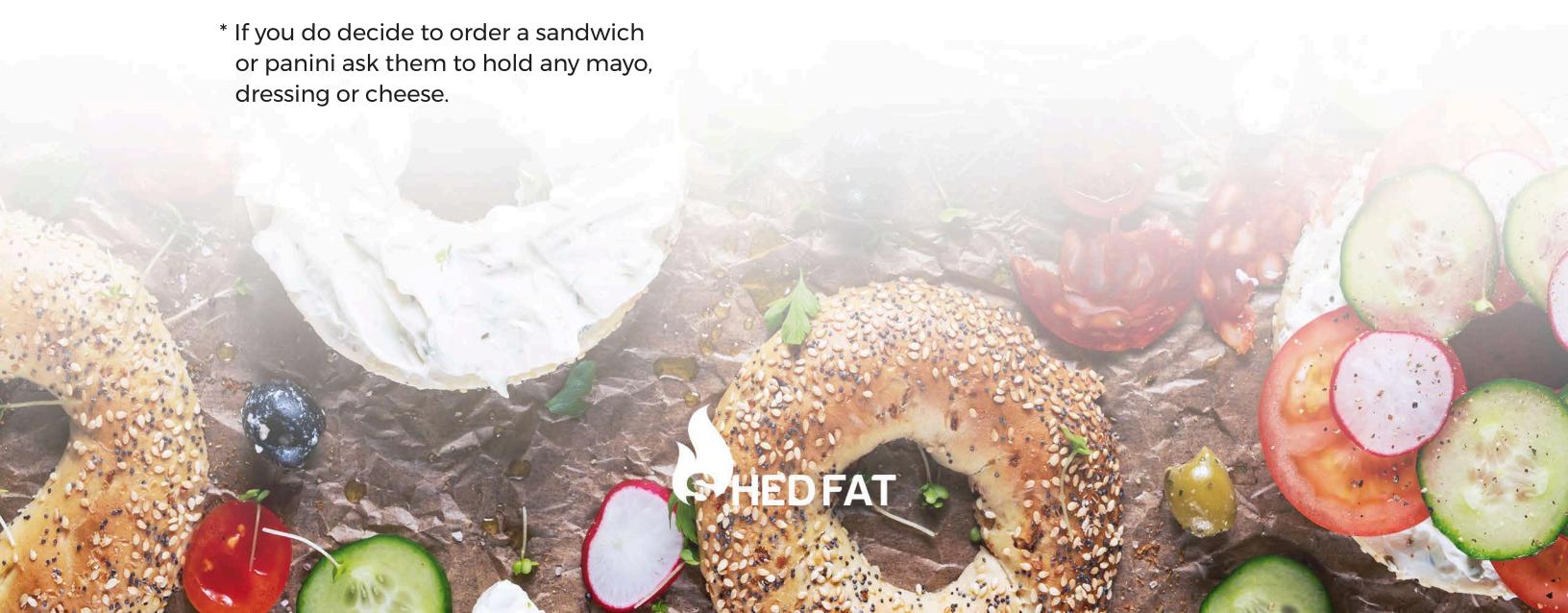
EAT

- + Pretzel Turkey Bacon Grilled Bagel (H), Hold the Bacon
- + Tuscan Chicken Panini (H)

* If you do decide to order a sandwich or panini ask them to hold any mayo, dressing or cheese.

AVOID

- Italiano Grilled Bagel Sandwich
- Grilled Cheese



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HAND CRAFTED SANDWICHES

EAT

- + Turkey Bacon Club (H), Hold the Bacon

AVOID

- Ham and Swiss

HAND CRAFTED WRAPS

EAT

- + Chicken Fajita Grilled Wrap (H)
Hold the Cheese
- + Angus Steak Fajita Grilled Wrap
(H), Hold the Cheese

HOT BOWLS

EAT

- + Chili (L, GF)

AVOID

- Mac & Cheese



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SOUP

EAT

- + Chili (L, GF)
- + Chicken Noodle (H, GF)
- + Turkey and Wild (H)
- + Hearty Vegetable (H, V, GF)

AVOID

- Broccoli Cheddar
- Roasted Red Pepper Gouda
- Clam Chowder
- Potato Bacon Cheddar

DRINKS

Tim Horton's has a wide variety of hot and cold beverages that they offer. Black coffee, unsweet tea of any variety and water are going to be the go to options. Avoid sugary drinks.

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HARVEY'S BUILD A BOWL

This is going to be the best option on the menu. You are able to pick and choose what goes into your bowl allowing you to create health conscious (L) or (H) options. For your base go with salad (L) or rice (H). Avoid fries. For your protein source go with grilled chicken (L), original burger (L), angus burger (L) or veggie burger (L,V). For your toppings, stick to veggies (color and variety). Avoid dressings, cheese, sauces, crispy noodles, etc).

BURGERS

Burgers are one of those items that can be acceptable options. All of the burgers here are going to be acceptable options as long as you do one of two things. If you are looking to replace a (H) meal then be sure to ask for them to hold the cheese, if you are looking to replace a (L) meal then be sure to discard the bun. Enjoy!

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CHICKEN

EAT

- + Grilled Chicken (H)
- + Grilled Chicken Wrap (H)
- + Buffalo Chicken (H)
- + Chicken Strips (L)
- + Buffalo Chicken Strips (L)

* The options above can be made more nutritious by ordering no cheese and no mayo. They can also be turned into (L) options if you discard the bun.

AVOID

- Crispy Chicken
- Buffalo Chicken Wrap
- Crispy Chicken Wrap

VEGGIE

The Veggie burger (H, V) is going to be an acceptable option. If you want to keep it (L) then simply discard the bun.



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SIDES

Avoid the snack menu, there are no acceptable options here.

OTHER OPTIONS

Both the grilled hotdog and the fish sandwich are items that you will want to avoid because they contain elevated levels of bad fat.

FROZEN DRINKS

Again, there is nothing here that will help you with your health and fitness goals.

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“ *Qdoba is going to be pretty similar to Chipotle in regards to food choices and what is acceptable. Customized bowls are going to be your best bet, avoid menu items that come as is. As a general rule, avoid tortillas, the taco shell bowl, and the queso because they contain elevated levels of unhealthy fats. If you are looking for a low carb meal stick to beans and veggies (fajitas) as your base. If you are looking for a high carb option use brown rice as your base. ”

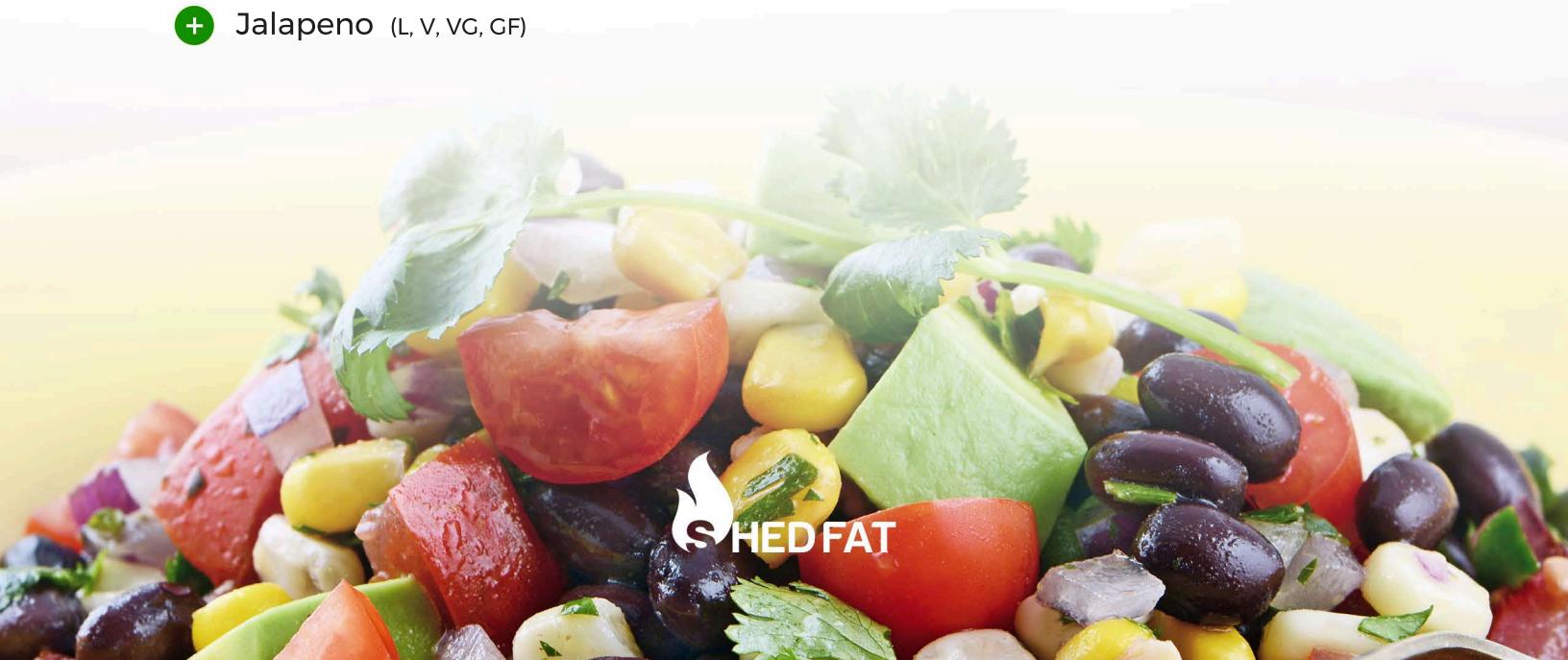
CUSTOMIZED BOWLS

EAT

- + Brown Rice (H, V, VG, GF)
- + Black Beans (L, V, VG, GF)
- + Pinto Beans (L, GF). Ask whether or not they have been prepared (V, VG) Friendly
- + Fajitas (L, V, VG, GF)
- + Chicken (L, GF)
- + Steak (L, GF). Vegetarian replacement meat options-availability may vary by location
- + Mild, medium or hot salsa (L, V, VG, GF)
- + Corn (L, V, VG)
- + Lettuce (L, V, VG, GF)
- + Jalapeno (L, V, VG, GF)

AVOID

- Taco Bowl
- Tortilla
- White Rice
- Shredded Pork
- Shredded Beef
- Sour Cream
- Cheese



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MENU ITEMS

EAT

- ! These are items that you can order as is with minimal to no modifications necessary.
- + Grilled Steak Taco Salad
Do not eat the taco bowl and order no dressing or dressing on the side (L, GF)
- + Grilled Adobo Chicken Soup
Do not eat the tortilla bowl (L, GF)
- + Tequila Lime Chicken
Do not eat the tortilla bowl and order no dressing or dressing on the side
- + Vegetarian Taco Salad
Do not eat the tortilla bowl (L, V, GF)
- + Grilled Adobo Chicken Taco Salad
Do not eat the tortilla bowl and order no dressing or dressing on the side.

AVOID

- Chips
- Dips
Guacamole is the exception however only eat $\frac{1}{2}$ order
- Nachos
- Quesadillas
- Burritos
- Desserts

DRINKS

Avoid fountain drinks and other sugary options. Stick to water.

