

## Fast Food Meal Plan 3

Thank you for participating in the fast food study! Below is your menu plan for the 4 days of fast food. We have chosen Carl's Jr as it is on campus and so convenient for everyone. These diets were carefully designed to provide a controlled diet for all participants. Please consume everything as listed. If, in the exceptional case, you are unable to finish your meal, please place leftover food in the provided Ziploc bags and bring them to your next study visit.

Please stick to this menu *exactly*. You have been given a gift card that will cover your expenses for all of your fast food purchases, but you need to stick to the menu *exactly*. The only exception is that you may purchase regular (**not** diet) sodas to supplement your meals as you desire. However, we ask you to keep track of how much soda you consume. If you have any questions, please call the study dietitian at (925) 360-2441.

Meal	Day 1 Carl's Jr	Day 2 Carl's Jr	Day 3 Carl's Jr	Day 4 Carl's Jrs
Breakfast	Frosted Strawberry Pop-tart	Frosted Strawberry Pop-tart	Frosted Strawberry Pop-tart	Frosted Strawberry Pop-tart
Lunch	Western Bacon Cheeseburger	Famous Star w/ Cheese	Western Bacon Cheeseburger	Famous Star w/ Cheese
Dinner	Teriyaki Burger Med order of fries	Super Bacon Thickburger	Teriyaki Burger Med order of fries	Super Bacon Thickburger