



Fast Food CHEAT SHEET

BURGER JOINT

TOP TIP:

DON'T BE AFRAID TO CUSTOMIZE!
SIMPLE=BETTER

BEST BETS:

- GRILLED CHICKEN (NOT BREADED OR FRIED)
- BURGERS WRAPPED IN LETTUCE WITH ONION, TOMATO, KETCHUP & MUSTARD
- SALADS, MINUS CHEESE & FATTY DRESSINGS



MEXICAN CHAIN

TOP TIP:

LOAD UP ON SHREDDED LETTUCE, TOMATOES JALAPEÑOS, FRESH SALSA & LEAN PROTEIN. SKIP THE CHEESE, GUACAMOLE & SOUR CREAM

BEST BETS:

- BURRITO BOWLS (DITCH THE GIANT TORTILLA!)
- TWO SOFT CHICKEN OR SHRIMP TACOS, WITH THE INSIDES OF BOTH STUFFED INTO ONE SINGLE TORTILLA.
- TACO SALADS WITHOUT THE CRISPY SHELL; SALSA AS DRESSING



PIZZA PARLOR

TOP TIP:

BLOT THE OIL OFF OF YOUR SLICE TO SAVE LOTS OF FATTY CALORIES (EACH TEASPOON= 40 CALORIES & 4.5G OF FAT!)

BEST BETS:

- A SINGLE SLICE, PAIRED WITH A SIDE SALAD
- THIN CRUST, EASY ON THE CHEESE (WHEN AVAILABLE)
- FRESH VEGGIE TOPPINGS, RATHER THAN FATTY MEATS



COFFEE SHOP

TOP TIP:

WATCH OUT FOR HIDDEN SUGAR LURKING IN SEEMINGLY INNOCENT COFFEE & TEA DRINKS. SKIP THE WHIPPED CREAM (ADDS UP TO 100 CALORIES!)

BEST BETS:

- "SKINNY OPTIONS" (ASK FOR THEM!)
- UNSWEETENED DRINKS (ADD YOUR NO-CALORIE SWEETENER OF CHOICE
 - FAT FREE MILK
 - COCOA POWDER & CINNAMON, ADDED FOR FLAVOR
- EGG-WHITE BREAKFAST SANDWICHES ON ENGLISH MUFFINS

