



FAST FOOD CHEAT SHEET

YOUR SURVIVAL GUIDE TO DINING OUT WITHOUT
SABOTAGING YOUR FITNESS GOALS





You CAN eat out and stay on track with your goals! Whether it be a date night, work dinner, or a quick meal on-the-go, these tips and tricks will help you prioritize your nutrition, despite the situation you may be in! Eating out is something I personally love to do to catch up with loved ones or spend time with my husband! But it shouldn't derail you from your fitness goals.

Where to go:

The easiest places to go to “stay on track” would be “make your own” type of restaurants. Something like Chipotle or the Whole Foods Hot/Cold-Bar is the perfect example. This gives you the access to pick and choose whichever ingredients you want to include into your meal! It is easy to put together a balanced, healthy meal when you have control. Other examples of this would include Panda Express, Poke Restaurants, and Waba Grill.

If you're able to select the restaurant, I would recommend picking a chain restaurant. An example of this would include Applebee's, TGI Friday's, Cheesecake Factory, Texas Roadhouse, PF Changs, Bonefish Grill... you get the idea. ALL of these restaurants have websites with all of the nutrition facts, calories, ingredients, you name it! You'll want to know what you are going to order BEFORE you get there and track that into your macros ahead of time, or replace a meal on your meal plan with something similar at those restaurants. All of these restaurants have healthy options, just be sure to look and plan ahead. If you go to a restaurant outside of a chain restaurant, still look at the menu ahead of time and see what would be best for you to order. When it comes to tracking, you can always track the meal as if it were a chain restaurant; chances are the macros are very similar.

That said, let me give you some great choices to consider when you're are stuck eating out!



Chick-Fil-A



Hash Brown Scramble Bowl
(470 Calories)



12 Ct Grilled Chicken
Nuggets
(200 Calories)



12 Ct Nugget
(380 Calories)



Egg White Grill
(290 Calories)



Grilled Chicken Sandwich
(390 Calories)



Market Salad (No
Dressing/Light Italian)
(330 Calories)

TIPS

- Make sure you are accounting for any sauces, if you choose to use any. The calories add up fast!
- You can sub egg whites for eggs
- You can ask for an additional side of egg whites/scrambles eggs at breakfast time



Soft Taco

Sub Chicken, Add Extra Chicken, Add Tomatoes, Add Black Beans
(235 Calories)

Chicken Quesadilla

No Jalapeno Sauce, Light Cheese, Extra Chicken
(380 Calories)

Crunch Wrap Supreme
Sub Chicken, Extra Chicken,
No Nacho Cheese Sauce
(490 Calories)



Power Menu Bowl
Extra Chicken
(540 Calories)

TIPS

- Instead of cheese sauces or other high calorie sauces, ask for their packets of hot sauce to add flavor
- Subbing chicken for beef will boost the protein while keeping fat low
- Ask for light cheese to lower the calorie content
- Opt for a diet soda as a drink



McDonalds



**Egg McMuffin
(310 Calories)**

**McCrispy
No Mayo
(460 Calories)**

**Hot & Spicy McChicken
No Mayo
(350 Calories)**



**Filet O Fish
No Tar Tar Sauce
(300 Calories)**

**McDouble
(400 Calories)**



TIPS

- Eliminate any mayo or additional sauces from sandwiches
- Be aware of any sauces you may use and how it adds up
- Get a diet drink and avoid the fries
- Feel free to add extra lettuce/tomato to add volume



Wendy's



**Summer Strawberry Salad
No Dressing
(340 Calories)**



**Parmesan Caesar Salad
No dressing
(290 Calories)**

**10 Pc Spicy Nugget
(470 Calories)**



**Classic Chicken Sandwich
(490 Calories)**

**Crispy Chicken BLT
(420 Calories)**

**Classic Bacon, Egg & Cheese Sandwich Combo
(320 Calories)**



TIPS

- Use your own dressing at home or hold off to save 100's of calories
- Be aware of high calorie sauces, if you choose to use them
- Remove additional salad toppings to save calories





Sonic



**Grilled Chicken Wrap
(480 Calories)**

**Crispy Chicken Tenders
(260 Calories)**

**Boneless Wings
(470 Calories)**



**Grilled Chicken sandwich
(440 Calories)**

**Brioche Breakfast Sandwich -
Ham
(470 Calories)**



TIPS

- Be aware of high calorie sauces or sandwich toppings
- Eliminate mayo/sauces from sandwiches
- Get a diet drink





In-N-Out

**Double Meat - No Spread
(410 Calories)**



**Double Double Protein Style
(520 Calories)**

**2x1 Burger
(500 Calories)**

**Flying Dutchman
(380 Calories)**

**Flying Dutchman 2x1
Add Grilled Onions & Pickles
(290 Calories)**



TIPS

- Subbing tomatoes, lettuce or no bun will save many calories
- Opt out of spread
- Be sure you're accounting for ketchup if you are using any



Subway

Grilled Chicken Sandwich
(6 In)
(280 Calories)

Oven Roasted Turkey & Ham
(6 in)
(270 Calories)

Buffalo Chicken Protein Bowl
(360 Calories)

Sweet Onion & Chicken
Teriyaki Protein Bowl
(330 Calories)

Steak & Cheese Protein Bowl
(380 Calories)



TIPS

- Be aware of high calorie dressings/sauces you choose to add
- Load up on veggies to add low calorie volume to your food
- Feel free to opt for double protein to keep you full



Burger King



**Garden Chicken Salad
No Dressing
(440 Calories)**

**Double Croissan'wich, Ham &
Sausage
(210 Calories)**

**Bacon Cheeseburger
(310 Calories)**

**Double Hamburger
(350 Calories)**



TIPS

- Can opt out of cheese to save further calories
- Be aware of sauces & ketchup calories
- Modify salad toppings further to save more calories

Panda Express



**Grilled Chicken
Teriyaki W/
Broccoli
(390 Calories)**



**Black Pepper
Angus Steak &
Broccoli
(270 Calories)**

**Broccoli & Beef
(150 Calories)**

**Mushroom Chicken
(220 Calories)**

**Kung Pao Chicken
(290 calories)**

**String Bean Chicken Breast
(180 calories)**



TIPS

- Opt for a side of veggies instead of rice
- Be aware of extra sauce they may add onto the serving
- Be aware of calories from soy sauce and other sauce options





Tips on ordering:

“On the side” are about to become your new favorite words. It is so easy to estimate portions when you have things “on the side” and you can control how much is going on your meal. Ex. at Chipotle, order rice and chicken on the side. Each small, clear side cup at Chipotle is about 2.5 oz. The bigger, red ones are about 5 oz. Then you’ll be able to track accordingly how much you eat.

- Always order dressing on the side. These calories add up fast: a 200 calorie salad can easily turn into a 800, 1,000, 1,200 calorie salad from dressing! Then, I’ll either lightly dress the salad or I’ll swirl my fork in the dressing before dipping it into the salad.
- Always order sauce on the side. If your meal says it's “cooked with sauce” or “glazed,” order this on the side so you can control the amount that is on it.

- Ask for no butter/oil

Food that you could cook with non-stick spray, ask for it to be cooked “with no butter or oil, just non-stick spray.” This would include things like eggs, meat, or fish. You can also ask for veggies to be cooked with no butter or oil, ask for them to be grilled or steamed instead. Changes are, they will *still* use some form of cooking oil. Just be sure to track accordingly depending how the food looks/tastes after it comes out.

- Fill your plate with what is missing.

Your meal should contain carbs, protein, healthy fat, and veggies. Ex. If your meal is missing vegetables, ask for a side of steamed veggies. Ex. If your salad is missing chicken, ask for it to be topped with grilled chicken. Balance out your plate! This is key to hitting your protein goal, preventing cravings, staying satisfied and not overeating.





What to look out for

Fried
Breaded
Crusted
“Glazed”
Creamy
“Cream Sauce”
Cheesy
“Covered”
“Smothered”
“Rich”
“Gravy”
“Crispy”
“Loaded”
“Tossed with”

Tracking ahead of time

One of the biggest tips I can give you is to track your food into your tracking app **BEFORE** you go to dinner. This way you can 1. Eat around that meal for the rest of the day to be sure you stay on track, hit your protein goal, and have control over the day and 2. **KNOW** what you will be ordering ahead of time so there is no deviation from “the plan.”

When it comes to tracking ahead of time, you’ll want to search the name of the restaurant on the 1st Phorm App (<https://www.1stphorm.app/asf>) and the food items should come up. Then, you’ll be able to select the meal you plan on ordering and pre-track it into the app. If the restaurant you’re going to is not already on the 1st Phorm App, **STILL** track ahead. You can create your own custom food to track based off of the nutrition information online. Or, you can track a brand that would be similar. For example, say I’m going to “Uncle Joe’s Burger Joint” for dinner. They’re not on the 1st Phorm App because it is a local joint. I want to track ahead of time and know I want to get a cheeseburger and a side salad. So, I’m just going to track a cheeseburger and side salad off the Cheesecake Factory’s menu because that will probably be really similar. Make sense? Although it won’t be **PERFECT**, you’re at least keeping yourself accountable and making the best effort you can.



Open
FAST FOOD
CHEAT SHEET

Now, you also have the option to track your food AFTER you eat it. If you do this, I would recommend you TAKE A PICTURE of your food NEXT TO YOUR HAND and go back to it and track later. I'm sure the last thing you want to do is sit there while your food gets cold to track everything. And again, when you track everything into the 1st Phorm App, the EXACT ingredients from the EXACT restaurant you were at will not be there: just track generic brands.

When you go back to track your food, use this guide to help you figure out the portions you consumed:

- Fist = 1 cup of vegetables, fruit, or grains, such as a cup of chopped broccoli, peas, corn, rice, pasta, cereal, or oatmeal.
- Thumb tip (from the joint) = 1 teaspoon of peanut butter, olive oil, or salad dressing.
- Whole thumb = 1 ounce, such as cheese.
- Flat palm = 3 ounces of fish, chicken, or meat. Larger palms represent about 4 to 5 ounces.
- Cupped hand holds 1 to 2 ounces of nuts.

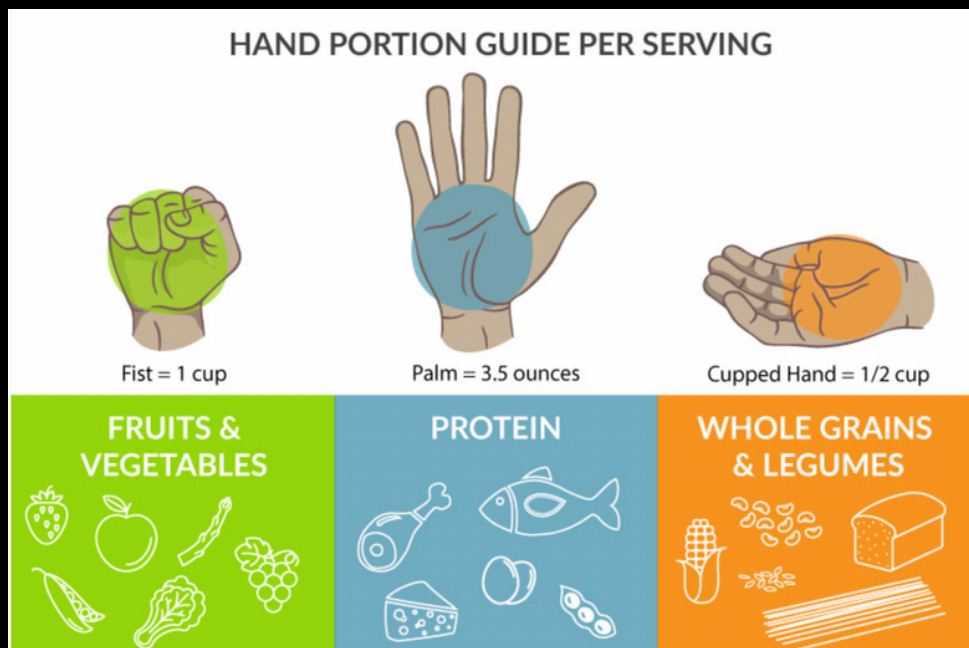
Deck of playing cards = 3 ounces of meat, poultry, or fish

Baseball = 1 cup pasta

Tennis ball = 1/2 cup fruit

4 dice = 1 1/2 ounces cheese

1 die = 1 teaspoon spread or butter





Planning ahead of time- go in with a plan

You need to go into each and every meal out with a plan. Are you going to have a piece of table bread, or are you going to hold off? Are you having an appetizer? What are you ordering for dinner? What are you having to drink? All of these things have to be decided before you get there. Otherwise, it will be WAY too easy to give into things. You need to go in with a plan and take control of the situation and stay on track with your goals!

Hidden Calories

Just be careful of some hidden calories when you're eating out. I always recommend over-estimating, especially when it comes to fat. For example, restaurants may "grill" their meat or veggies, but with oil. You want to make sure that you track the oil it's cooked with. Same goes for "sauteed" items: this is always with more oil than you think. Now, I'm not saying this is bad, just be sure to account for the extra oil. Also, be smart with your tastebuds. If something was oily or too good to be true, just track some extra oil to hold yourself accountable.

Alcohol

Calories from drinking add up very quickly. Not to mention, when alcohol is in your system your body metabolizes carbs VERY differently, making fat gain extremely easy. If you drink alcohol while you're out, I would keep it low-carb. I would recommend pre-tracking this ahead of time.

Here are some calorie-friendly drinks to order:

- Sugar-free redbull and vodka
- Diet Coke and Rum
- Tequila with Seltzer and Splash of lime
- Skinny margarita
- Skinny mojito

You'll want to avoid the sugary margaritas, regular mojitos, long island iced teas, and most cocktails with sugar. Beer is also one to limit, as there can be almost 30 g carbs per glass.





Don't be afraid to ask for swaps

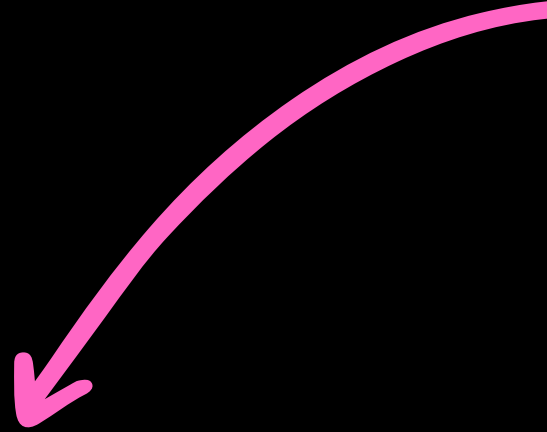
Don't be shy. I used to feel extremely uncomfortable asking to swap items at restaurants. Just be sure you're respectful, tip your service staff well & don't be rude about it! Some of my favorite swaps include...

- Lettuce wraps for traditional tortillas
- Side salad for fries
- Plain pinto beans for refried beans
- Lettuce pieces for a bun
- No cheese
- No sour cream
- No nuts (in salad)
- Double vegetables instead of a carb
- Grilled chicken instead of breaded or fried
- You can ask for a traditional sandwich/burger to be made as a salad

Now you have all of the tips and tricks, but it is your job to apply them! Don't let "eating out" ever scare you or keep you from your goals again.

Remember, YOU are in control of the food you put into your body. Just take it one healthy choice at a time and your consistency will compound.





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