

# FAST FOOD FREEDOM

Allegro Coaching

We know that asking you to avoid fast food forever in order to reach your wellness goals might be unrealistic. We live in a busy world, and the reality of it is, we all need a quick, easy, and convenient meal every now and then. We think it's important to address the elephant in the room, and rather than ask our clients to avoid fast food all together, we simply ask them how they can make better choices. In the following pages you will find popular fast food restaurants and their healthiest, lowest calorie options, so that when you do need to make that quick and convenient pit stop, you're set up for success!



# MCDONALD'S

McDonald's can be one of the easiest on the go options, because there's one on almost every corner, but their reputation for healthy options leaves a lot to be desired. Check out the recommendations below to help you choose the best option for your goals and lifestyle.

Hamburger (250 Calories, 13g P, 8F, 31C)

Bacon Ranch Grilled Chicken Salad (320 Calories, 14F, 8C, 42P)  
(Light on the dressing or sub balsamic)

Southwest Grilled Chicken Salad (350 Calories, 11F, 27C, 37P)

4 chicken nuggets (180 Calories, 11F, 11C, 10P)

Artisan Grilled Chicken Sandwich (380 Calories, 6F, 45C, 36P)

Helpful tips, pair with a side salad which comes in at only 15 calories , choose small instead of large





# WENDY'S

Wendy's offers some great out of the box options to satisfy!

Grilled Chicken Sandwich (370 Calories, 10F, 36C, 34P)

Grilled Chicken Wrap (300 Calories, 13F, 26C, 13P)

Small Chili (170 Calories, 4F, 19C, 14P)

Jr. Size Frosty (190 Calories, 5F, 32C, 5P)

Vanilla, chocolate varies slightly

Save some calories and add some volume by choosing a side salad. Another side option is a plain baked potato (270 calories) with chili



# BURGER KING

Admittedly, Burger King is one of the hardest fast food chains to eat well at, but that doesn't mean it can't be done! Check out the list below to find some high protein options that will keep you full!

Grilled chicken sandwich (430 Calories, 11F, 43C, 40P)

Whopper Jr. No Mayo (240 Calories, 10F, 27C, 13P)

Grilled Chicken Garden Salad (520 Calories, 33F, 17C, 40P)

Because Burger King can be so difficult, we recommend a general rule of: go grilled whenever you can and cut the mayo!



# TACO BELL

Taco Bell is hands down one of the easiest fast food restaurants to eat well at. Taco bell offers TONS of healthy options (the list below just scratches the surface) and not only that, but you can easily customize your order to meet your dietary needs!

Shredded Chicken Burrito (420 Calories, 20F, 47C, 14P)

Chicken Power Menu Bowl (520 Calories, 23F, 54C, 24P)

Veggie Power Menu Bowl (480 Calories, 19F, 65C, 14P)

Mini Quesadilla (200 Calories, 10F, 15C, 10P)

Ground Beef Crunchy Taco (170 Calories, 9F, 13C, 8P)



# SUBWAY

EAT FRESH! Seriously though, Subway has some of the best options when it comes to fast food and is often the most recommended. Why? Because you are in control here! Our suggestion, which shouldn't come at much of a surprise, is load UP on those veggies whenever you can and go for the six inch. We promise you'll be full enough! The below options are without dressing and cheese.

We also recommend wheat your bread or one of their new wraps. Olive oil, red wine vinegar, teriyaki, honey mustard or regular mustard for dressing.

Veggie Delight (220 Calories, 2F, 39C, 9P)

Sweet Onion Chicken Teriyaki (330 Calories, 4F, 53C, 25P)

Oven Roasted Chicken (270 Calories, 3.5F, 40C, 23P)

Black Forest Ham (260 Calories, 4F, 41C, 19P)



# ARBY'S

Arby's, they have the meats! Which, unfortunately, there are lots of deli meat related options which at first glance seem harmless! However, deli meats contain loads of sodium! Below are some of the best options we found that are lower in calories (and sodium).

Beef N Cheddar Classic (450 Calories, 20F, 45C, 23P)

Ham 'n Cheese Slider (230 Calories, 9F, 22C, 13P)

Classic Roast Beef (360 Calories, 14F, 37C, 23P)

Buttermilk Crispy Chicken (550 Calories, 26F, 52C, 29P)

Helpful tip: pair any Arby's meal with lots of water to help with that swelling from the sodium!

