

How to Eat Out and **STILL LOSE 2LBS OF** **FAT PER WEEK.**



Fast food guide.



No meal prep required.

What is the hardest part of dropping those stubborn pounds?

Nutrition Right?

As a top performer with a busy schedule, it can be very challenging trying to figure out all of your macronutrients, figure out the right portion sizes, and meal prep every week.

Everyone wants to look their best physically.

But even more importantly as a high achiever you understand that health is wealth. In order to perform your best you must be able to feel your best.

But here lies the frustration. Every time you try to adhere to a healthy diet those cravings seep in and on top of that, it is super hard to stay consistent with making health preps.

In order to achieve that lean dream body that you want be in a caloric deficit and adhere to a nutrition routine consistently.

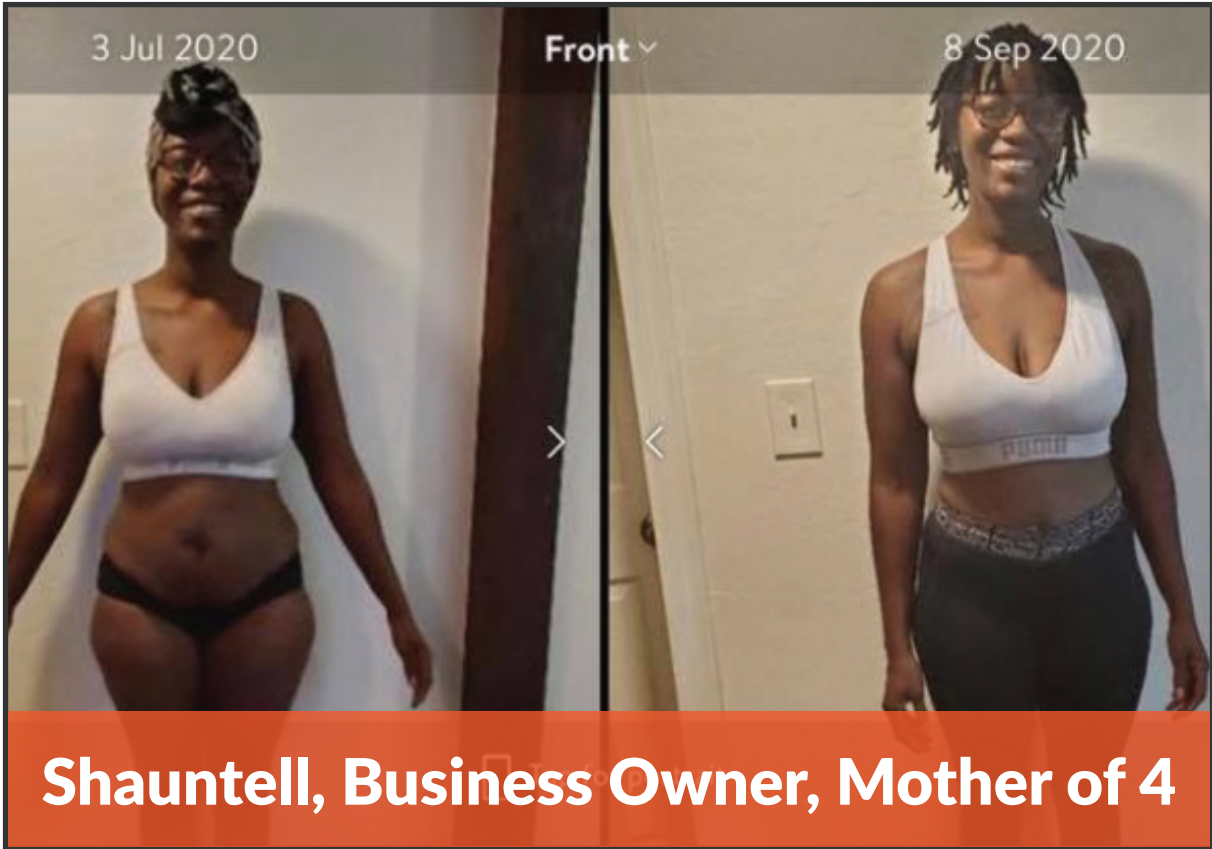
As humans the only way we stick to anything long term is that it must have these 2 components.

- It must be easy to be consistent with
- It must be enjoyable

Below I will share with you quick and healthy meals that you can order at fast food restaurants that can save you time and still allow you to burn fat. I use this with my clients who don't have a lot of time and who are always on the go. Of course I don't want your entire diet to consist of fast food, but on those busy days when you don't have time to cook. This will come in handy for you.

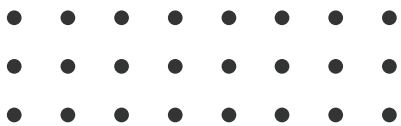


Client Results



Before Shauntell started our program she had low energy, her schedule ran her life, and she felt stuck at her weight. She tried lots of fad diets out there but then we tweaked her nutrition by implemented a lifestyle specific method and she lost 15 pounds without food restrictions.

Now she has tons of energy and feeling back to her old self again. She is at her lowest weight since high school and even has her husband and kids on a healthy journey now.





TACO BELL™

○ **Powerbowl**

(44g carbs, 37g protein, 4.5 (40g protein) 470 Calories



○ **Bean burrito**

380 calories (11g fat, 9g fiber, 14g protein)



○ **7 layer burrito fresco style**

340 calories, 8g fat, 6g fiber, 10g protein



○ **Grilled steak soft taco fresco style**

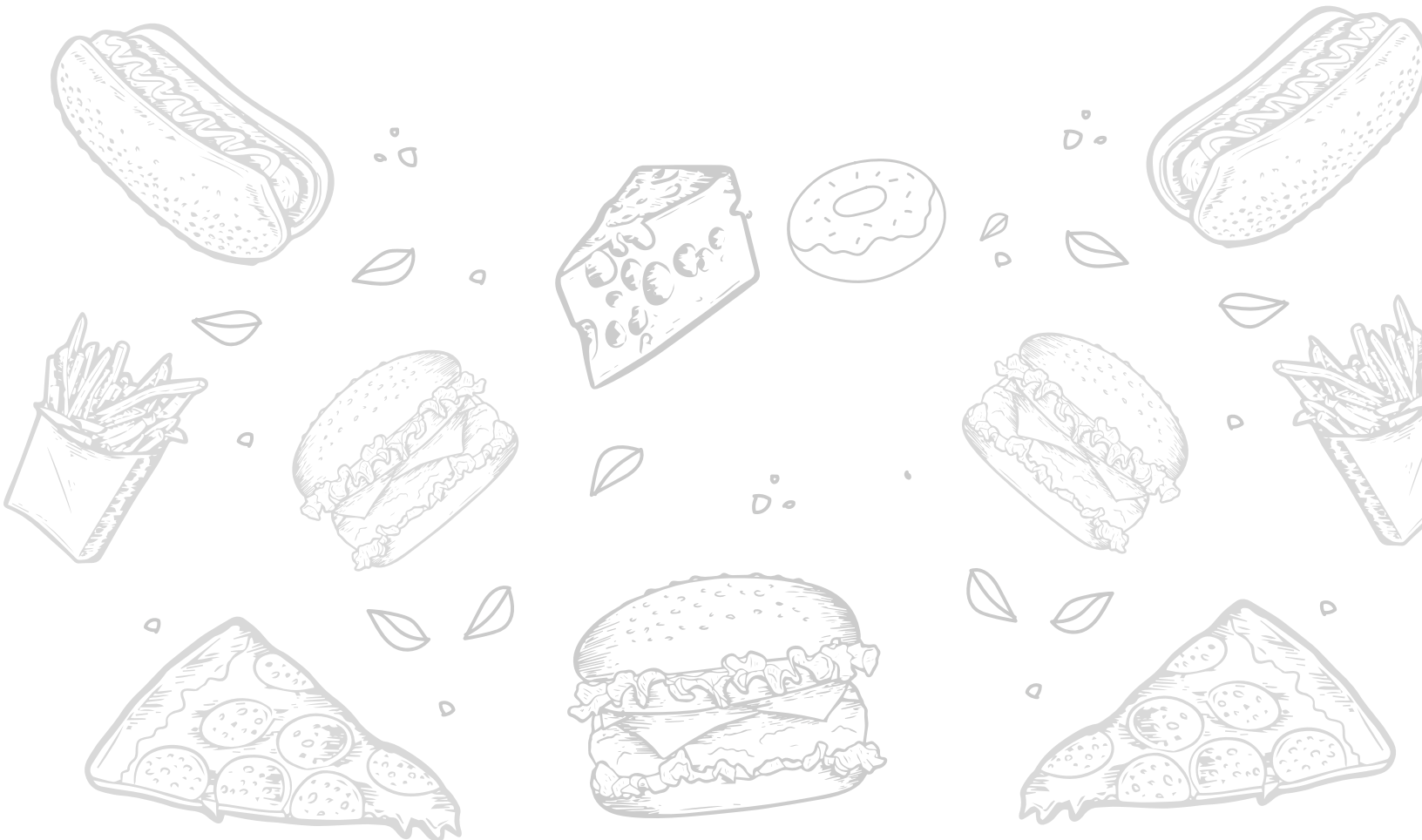
150 calories, 4g fat, 2g fiber, 10g protein



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○ **Grilled steak soft taco fresco style**

150 calories, 4g fat, 2g fiber, 10g protein





○ **Grilled Artisan Chicken sandwich**

(44g carbs, 37g protein, 4.5 fat) w/ side salad (low fat dressing) 740g calories
(Can toss the bun and through the chicken in the salad to limit calories)



○ **Egg white delights 280 calories** (10g fat, 18g protein)



○ **Fruit N Yogurt Parfait**
150 calories, 2g fat, 1g fiber, 4g protein



○ **Strawberry banana smoothie**
190 calories



- Southwest grilled chicken salad
350 calories, 11g fat, 6g fiber, 37g protein



- Power Mediterranean chicken salad
450 calories, 8 g fiber, 40g protein



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- **Junior Hamburger**

240 calories



- **Grilled chicken wrap**

270 calories



- **Half teriyaki chicken, half rice/half veggies**

(520cal, 42g protein, 58g carbs, 13g fat)



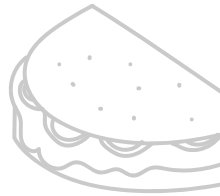
- **Double chicken, with veggies**

670 cal, 76g protein, 29g carbs, 26g fat



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• **Broccoli Beef Bowl + 3.5 oz brown rice**

360 calories, 9g fat, 13.5 protein, 56g carbs



Panera
BREAD®

• **Half turkey & avocado BLT (320 cal)**

19 protein, 25g carbs, 17g fat



• **Chicken Cobb salad (280 calories)**

19 protein, 25g carbs, 17g fat

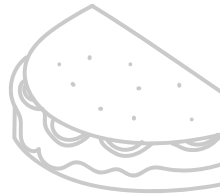




- **Sausage and eggs/cheese on a English muffin**
550 calories (29g protein, 41g carbs, 30g fat)



- **Egg white bites (4)**
(520cal, 42g protein, 58g carbs, 13g fat)



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○ Hearty Blueberry Oatmeal

220 calories, 2.5 g fat (0.5 g saturated), 43 g carbs, 5 g fiber, 5 g protein



○ Protein Bistro Box

370 calories, 19 g fat (6 g saturated), 37 g carbs, 5 g fiber, 13 g protein



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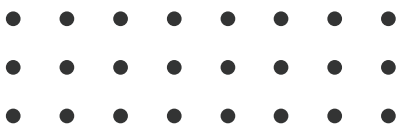
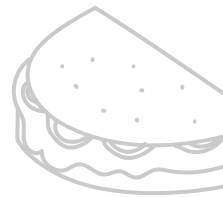
○ **Veggie and Brown Rice Salad Bowl**

430 calories, 22 g fat (3 g saturated), 50 g carbs, 8 g fiber, 10 g protein



○ **Hippeas**

130 calories, 5 g fat (0 g saturated), 18 g carbs, 3 g fiber, 4 g protein





○ **Combo 3 (protein Style-
no bun)**

735 calories (28g protein, 65g
carbs, 48g fat)



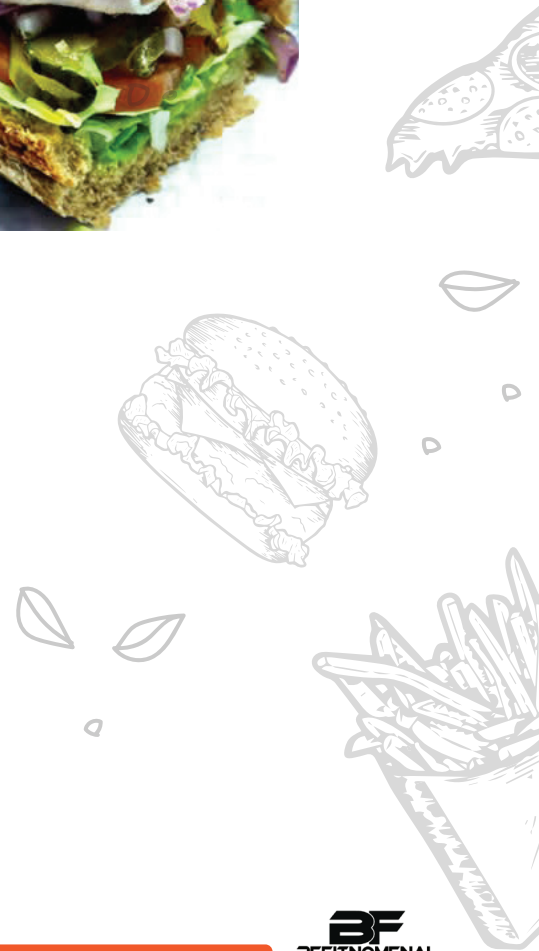
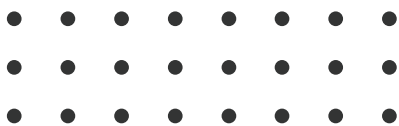
○ **Subway**

6 in sub on wheat bread with
spinach (double steak and cheese)
490 calories, 14g fat, 41g protein,
52g carbs



Tip for Subway:

- Don't go with the footlong if you want to drop weight.
- Choose your favorite protein
- Add a veggies





CHIPOTLE

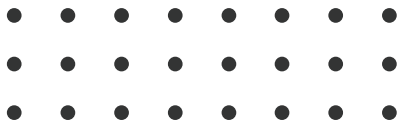
MEXICAN GRILL

- **Bowl- Double steak, black beans, pico de game, lettuce.**
7440 calories, 13g fat, 50 G protein, 29 g carb



Healthy ordering tips for chipotle:

- Choose a bowl or salad
- Pick your favorite protein
- Eat your beans
- Choose brown rice





- **Grilled chicken cool wrap with a fruit cup**
(43g protein, 66g carbs, 15g fat) 525 calories



- **Chick fil a spicy southwest salad**
450 calories



● **Grilled chicken sandwich**
320 calories



● **Greek yogurt parfait**
280 calories



Was **this** helpful?

The beauty of this guide is that you can optimize your fat burning hormones without giving up the foods you love.

This guide is to help you diet smarter, not harder. No extra time invested.

Interested In fully optimizing your nutrition and training together?

We all have different body types, metabolisms, and different things going on with our hormones. If you are a high achiever who does not accept mediocrity and is looking to get sustainable results.

Schedule a 30 minute call with me. I help create custom plans for top performers to win back their confidence and health.





Click below and **schedule**
your call with me today

[Schedule MY Call](#)

Let's do this together

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