

NICKI WILSON
FITNESS



A GUIDE TO THE BEST-ISH FAST FOOD CHOICES





A NOTE FROM NICKI

Hey guys! So, you might find it a leeeetle bit odd that I am making a guide for the healthiest fast food choices, amirite? It is pretty funny considering that 12 years ago, I watched the life-changing movie, Super Size Me, and completely swore off fast food for about 6 years. That movie was really eye-opening to me and to the rest of America and guess who else? THE FAST FOOD INDUSTRY! Truly, if you think about menus now compared to 10-12 years ago...WOW! They really listened up and gave us some options. And you guys, just the fact that they have nutritional info readily available to you is a huge stride! To be honest, I find the chain-restaurant industry to be more detrimental to our health these days than fast food. The portions chains serve are as big as yo head and THAT is a problem!

But I digress...

Since having kids, living in a moderately mid-size town, and travel being a HUGE priority in our family life (HELLLOOO airport and small town road trip meals!), I realize that fast food is often times inevitable. We constantly find ourselves in the throws of going to from game to game, class to class, practice to practice and by the time it is all said and done, the kids are starving and we have to do the dreaded drive thru. Years past, this would have rocked me in the worst way. I LOVE cooking whole, healthy meals at home. I feel complete when I cook. And while cooking at home is 100% the way to go to make long-term sustainable health changes in your life... fast food happens. And when it happens, I want it to be the best-ish choice for you when you are trying to maintain some healthy semblance to your life.

A COUPLE OF DISCLAIMERS

1. I am not a nutritionist nor a dietitian. This is all personally researched information and preference. Consult a professional if you have further questions regarding nutritional information and/or allergy information.

2. Menu items may vary from city to city, restaurant to restaurant.

3. Sodas both regular and diet are NO-NO's in my book. Probably the only thing that I consider off limits!! So, please...drink water or tea!

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CHICK-FIL-A

1. **Cobb Salad with honey mustard dressing** (healthiest option-with grilled chicken—which I don't do, but it is definitely healthier!) The why: This is a great #SatisfactionFactor menu item, isn't it? I mean....the nuggets, the cheese, the dressing annnnnd CFA actually uses quality veggies! The veggies are the real bonus here, you guys. Their greens are actually leafy greens and not "white lettuce" as I like to call other fast food salad options. The nutrients are there. The only issue here is a higher fat content, however, I am ok with this because if I eat this salad, I am satisfied and less likely to overeat on something else later because the fullness lasts a little longer. I actually find that this salad is so tasty, I only use half the packet of dressing because who wants to over-taint this awesomeness???

Macros stats: 22F 39P 33C

2. **Grilled Chicken Cool Wrap** -The why: again, like the salad, I really like that this little guy has some veggie involved and they aren't fake veggies! Ha! And the tortilla is going to be a little less carb-y than the buns. Remember: we aren't dissing on bread, but also we are realizing that eating incredible amounts of per day isn't the best idea either, so we are looking for the carbs to be in lesser amounts like in this whole wheat tortilla.

Macro stats: 14F 37P 29C



WHATABURGER

1. Chicken Fajita Taco- The why-Of coooourse my first choice would be the taquito...helllllo college nights (or mornings LOLOL), but I think this little number is a descent way to stay on track. Again with the tortilla. I issue with buns is there are usually 2, so one tortilla lowers the carb count. You can always opt to not eat the tortilla and just the inside contents, but I never do.

Macro stats: 12F 28P 29C

2. Double Meat Whataburger Jr. – The why: You might be surprised by a DOUBLE MEAT anything, right? Two things here, protein and small portion. This tinier option is perfect because the double meat won't leave you hungry, but the smaller buns even out the macros a little better than the other "bunned" items—which all were close to 50+grams of carbs!

Macro stats: 20F 23P 37C

WENDY'S

1. Grilled Chicken Wrap- The why: although it is a little small, I think this is one of those options that will keep you fuller than you think. Sometimes, at fast food places, we have to ignore the fact that you can order fries on the side—it's become so habit for us, that we think we need them when we really don't {GREAT time to practice mindfulness, friends}! If you still feel jilted, get a side salad and some ranch. Yeah, it'll add to the fat grams, BUT it might help you with the #SatisfactionFactor.

Macro Stats: 11F 20P 24C

2. Meaty Chili (Large)- The why: ok, ok, ok, soooo I actually really really like this chili! Like, it might be one of my favorite fast food items of all time! It has a good mix of meat for protein and beans for a little bit of fiber, which is nice. Please note it is what it says-meaty. And it tends to be more soupy than thick-which is why I like it! And even I was surprised when I saw how much protein was in it! Bonus!

Macro stats: 7F 23P 23C



CHIPOTLE

1. Steak Salad (with romaine lettuce, steak, fajita veggies, salsa, cheese & guac)- The why: well, honestly, this is my favorite at Chipotle. FOR ME-the cheese and guac are very worth it as my body feels more satiated with fats, but the beauty of the salad is that you can basically change it up as much as you like. Use chicken instead and it will make it a little leaner! Personally, I just like the steak

Macro stats: 36F 31P 17C

2. Carnitas Burrito Bowl (with carnitas, black beans, fajita veggies, salsa, romaine lettuce & cheese)- The why: This is also a super satisfying meal in terms of taste, size and keeping you fuller longer. However, the burrito bowls can quickly turn into a "faux" healthy meal, so be aware! So many pretty, healthy options, but if you add them all up, sometimes you can go overboard quickly and it goes south-very high fat and carbs will soar. So, be sure to leave a few things off, or if you add rice, eliminate the beans and guac. You can definitely play around with a little more freedom at Chipotle, but just be aware that because it is a "healthy" or "fresh" restaurant, it doesn't mean it's a total homerun in macros. Also, these tend to be very filling so practice your mindfulness by not eating until you are stuffed.

Macro stats: 21F 37P 29C

IN-AND-OUT BURGER

1. Hamburger with onion ‘Protein Style’ (this means a burger wrapped in lettuce instead of a bun). The why: The In & Out menu is actually pretty small, but they do have the “Protein Style” which really brings down the carbs on just about anything if you take off the buns. The macros on this are pretty small overall, which might not get you very full, so you might need to keep that in mind. And honestly, there is not a #2 on the list at In & Out! Soooo, if you find yourself there, snag a few fries from a friend if your burger leaves you wanting more!

Macro Stats: 17F 13P 11C

SUBWAY

1. Double Meat Turkey on a 6-inch Multigrain Flatbread- The why: The key to this sandwich is getting the double meat! It costs extra, but man, it gives it so much more protein! Worth it in that regard. The other key here is loading with veggies: peppers, tomatoes, lettuce, red onion—it’s up to you, but it is a great time to pack them on! Don’t skimp! And use regular mustard!!! Additionally, if you order really any of the bread, the macros only change the carbs by a few grams, but the multigrain flatbread is the lowest carb.

Macro Stats: 12F 31P 46C

2. Ham and Pepperjack cheese Egg White on Flatbread- The why: this is my favorite thing to order at Subway! Still not in love with the carbs, but c’mom...it IS a sandwich shop after all, so your options are limited. But this one is super tasty and I order it with avocado for a little boost of healthy fats and I load mine up with green and banana peppers , jalapeno and yellow mustard. And make sure to toast it!

Macro Stats: 17F 26P 48C

TACO BELL

1. **Chicken Fajita Taco**- The why-Of coooourse my first choice would be the taquito...helllllo college nights (or mornings LOLOL), but I think this little number is a descent way to stay on track. Again with the tortilla. I issue with buns is there are usually 2, so one tortilla lowers the carb count. You can always opt to not eat the tortilla and just the inside contents, but I never do.

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Macro stats: 20F 23P 37C

MCDONALD'S

1. **Egg White Delight**- The why: Honestly, this sandwich is good. And now that McDonald's serves brekkie all day, wellll...go for it! In serious empty pantry crisis situations, I will drive thru and get one of these with a coffee (which is some of the cheapest and best, BTW). I wish the protein count was a little higher, on this, so definitely be prepared to supplement with a protein bar or something an hour or so later.

Macro Stats: 8F 17P 29C

2. **Bacon Ranch Salad and Buttermilk Crispy Chicken** (*w/out dressing because I could not find the nutritional info on what they offer.)- The why: a lot like the CFA cobb salad, this salad packs a #SatisfactionFactor punch because of the chicken and veggies and cheese! I was disappointed that I could not find the dressing info on their site, but as a rule of thumb, any sort of Ranch will be high in fat. If you choose a honey mustard, it will be the safest choice.

Macro Stats: 28F 33P 28C



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