I understand that sometimes fast food is the only choice you have. Follow these tips and fast food can still work for you with this program. Each of the menu items we list here fit into our nutrition guides.
KEEP TO ONE FAST FOOD MEAL PER DAY.

✓ Always refuse cheese. Cheese contains a high level of fat and adds unnecessary calories to sandwiches and salads.

✓ Go for grilled over fried. Fried foods have more calories, more fat, and often more sodium. A salad containing fried chicken and regular dressing can equal the number of calories in a hamburger and side of fries.

✓ Choose water over soda. Sugary soda contains too many calories per serving. Diet soda contains aspartame, which we recommend avoiding.

✓ Wheat bread is best. On average, wheat bread will be the lowest calorie bread at most restaurants.

✓ Mustard instead of mayonnaise. Mustard is simply healthier. If you don't like the taste of mustard, ask for low fat mayonnaise or ask the restaurant to go easy on the mayonnaise.

✓ Low fat dressing on the side. Regular dressing contains a surprising high amount of calories.

✓ Balsamic is generally low, though many chains offer other low calorie options if you ask. If you pour on the dressing gradually, you'll use less and the lettuce will stay crispier longer – a double bonus.
Any of the "7 Under 6" sandwiches. The lowest calorie sub is the Veggie De-lite, 200 calories, 2.5 grams fat, 37 grams carbohydrate, 7 grams protein.

Best Low Carb Diet Choices: any of the "7 under 6" salads, with either oil and vinegar dressing or the fat-free Italian dressing.

Subway advertises 7 sandwiches with under 6 grams of fat. Because they offer these low fats, nutrient dense options, when you have a choice of fast food, stop at Subway first. Even if choosing one of their less-lean meat sandwiches, having them hold the mayo and oil can reduce the calories and fat.
Original Baja Taco – The tacos at Baja Fresh are a decent option. The chicken and shrimp tacos have just 200 and 210 calories respectively. The steak tacos have a higher percentage of fat, but at 230 calories (70 from fat), you could do far worse. Just say no to the complimentary chips (210 calories).

Baja Ensalada – The charbroiled chicken and the shrimp salads are both low calories, though high in sodium (1210mg and 1110mg respectively). The pork carnitas won't bust your gut either at 370 calories, though the sodium count is even higher. Just opt for the fat free salsa verde dressing; the ranch dressing and olive oil vinaigrette are high in calories and fat. It is possible to get a salad for under 350 calories.

Order chicken, fajita vegetables, tomato salsa, and lettuce. Two ounces of the vinaigrette will add 282 calories to the meal. (In comparison, the chicken only has 219 calories.) Avoid the tortilla, avoid the sour cream, guacamole and cheese.
The Whopper Jr. 290 calories, 150 of which come from the buns. (It also has less calories than any of the chicken sandwiches.) Take advantage of having it your way by saying no to the mayonnaise and opting for ketchup or mustard.

The Tender Grill Chicken Filet salad – Including Ken's Light Fat Free Ranch Dressing, the salad has just 300 calories without the croutons. Just beware that the dressing is high in sodium.
**Caesar Side Salad (no dressing or croutons):** This has 70 calories, 4 grams fat, 2 grams carbohydrate, 7 grams protein, 45% Vitamin A, 30% Vitamin C. Use the Fat Free French dressing (80 calories, 19 grams carbohydrates, 0 fat) or one of the reduced fat dressings.

**The Mandarin Chicken Salad and the Spring Mix Salad:** Both have 170 and 180 calories, respectively. As far as dressings, the Fat Free French has the fewest calories (80). The Reduced Fat Creamy Ranch has 100 calories, but 8 grams of fat. Low Fat Honey Mustard is the only other viable option at 110 calories and 3 grams.

**Grilled Chicken Sandwich:** This has 300 calories, 8 grams fat, 36 grams carbohydrate, 24 grams protein.

**Small Chili:** 227 calories, 7 grams fat, 21 grams carbohydrate, 15 grams protein, 5 grams fiber.
Grilled Chicken Caesar Salad:
This has 100 calories, 2.5 grams fat, 3 grams carbohydrate, 17 grams protein, 1 vegetable exchange and 2 very lean meat exchanges. Choose one of the fat free or reduced fat dressings.

Hamburger:
This has 260 calories, 9 grams of fat, 31 grams of carbohydrate, 12 grams of protein.
**Chicken Whopper Jr.:** This has 344 calories, 14 grams fat, 31 grams carbohydrates, 23 grams protein. Without mayo: deduct 9 grams fat and 80 calories.

**Whopper Jr. (order without mayo or cheese):** 317 calories, 13 grams fat, 32 grams carbohydrate, 16 grams protein.

**Chicken Caesar Salad (no croutons):** This has 220 calories, 5 grams carbohydrate, 7 grams fat, 3 grams fiber, 35 grams protein, no trans fat. With Italian Lite dressing, add 4 grams carbohydrate, 5 grams fat, 50 calories. With Creamy Caesar dressing, add 4 grams carbohydrate, 140 calories, 13 grams fat, no trans fat.

**Side Garden Salad:** This has 25 calories, 5 grams carbohydrate, 2 grams fiber, 0 fat, 1 gram protein. Order Chicken Whopper or Chicken Whopper Junior without mayo, then toss the bun and add the chicken to the side salad.
To reduce fat and calories for any item, order it "Fresco Style" to replace the cheese and dressings with fresh fiesta salsa.

The Fresco Style Chicken Ranchero Taco and the Regular Style Chicken Ranchero Taco have just 170 calories and four grams of fat, if you order correctly. The key is to request only the following ingredients: Chicken, fiesta salsa, lettuce and tortilla.
Two Slices Thin ‘N Crispy Pizza (12") with Quartered Ham & Pineapple. This has 360 calories 12 g fat (5 g saturated fat). 1,110 mg sodium.

Charbroiled BBQ Chicken Sandwich with Side Salad with Low Fat Balsamic Dressing: This has 445 calories. 8.5 g fat (2.5 g saturated fat). 1,690 mg sodium. Barbecue sauce and a mound of fresh produce keep this meal in the safe zone.

Roast Chicken Club Sandwich: 470 calories 16 g fat (3 g saturated fat) 934 mg sodium (Always choose a roasted or grilled chicken over "crispy" (read: fried) to save on calories.)