

THE MILLENNIAL NUTRITIONIST

FAST FOOD TIPS AND SWAPS

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Eating Healthy On The Go!

TMN

Lose weight by eating fast food?

Yes way!

Yes Way!! Us busy millennials don't have time to cook *all* of our meals, and sometimes we have to resort to on-the go meals. But what does that leave you with? Mostly high calorie fast food because it's super easy to grab. I get it! But what if I told you that you can lose weight while eating fast food? That's right!!

The majority of fast food is super high in calories, mostly from carbs and fat. However, lots of fast food restaurants got tired of the reputation of being soooo unhealthy so they try to offer some healthy or low calorie options. When I say "healthy" I mean full of nutrients, fruits or vegetables and low in fat. If a restaurant doesn't have this, I can show you how to find at least a "low calorie" meal choice. This means that I wouldn't deem the meal as "healthy" because of the lack of fruits and vegetables, but it can still help you to lose weight.

How? You lose weight by maintaining a calorie deficit, or eating less calories than what your body needs to maintain it's current weight. So using this guide can help you make choices that keep you in that calorie deficit while eating foods you love or even if you friends/family are insisting you go with them to eat fast food

*You deserve to feel
good about yourself*



Choose items that you love the most and ditch the rest!



Working in fun foods makes your weight loss long-term!

A major part of my program is teaching millennials how to make low calorie choices no matter where they are! Sometimes our mind automatically associates some food with "all bad" or

"all good." Fast food tends to be an "all bad" food to most of my clients. But it doesn't have to be! You can find low calorie items on menus, but you just need to learn a few tricks first:

1 Look for the Online Nutrition Facts

Most, if not all, fast food restaurants provide their nutrition information online, so take advantage of that! Google "McDonald's Nutrition Information" and it should pop right up. The choices can be a little overwhelming since most places have so many menu items, but try to find your go-to items to see if they meet your calorie needs!

One important tip for this is to make sure that you're not adding a lot of condiments that add up. For example, salads often do not include the dressing in the online calorie information. So remember to look them up and add that to your calorie total!



2 Aim for ~25g protein and 400-500 Calories per meal

This is pretty doable for fast food restaurants, especially if you order a-la-carte! Don't get the combos, but instead stick to individual entrees and add sides if you have calories left. If the burger is 500 calories, you may need to skip the fries. But if you go with a kid's entree, you may be able to splurge on a large fry! It all depends on what you're really wanting. This is a great general calorie and protein goal, but of course this will depend on what your weight loss calories are.



Add in a fruit or vegetable if available

Lots of fast food restaurants have improved with this. Most offer either a side of sliced apples or even a side salad. Incorporating this in your meal can increase the fiber content and also make the meal actually healthy. Adding fiber can cause you to feel fuller longer without adding the calories! If you really enjoy your burger or chicken tenders, then getting a side fruit can really help balance out your meal. Or say you really want french fries, then opt for a salad for your main entree. Pick your non-negotiable and then add a fruit or vegetable to balance!



MILLENNIALS

LET'S TAKE
THE ANXIETY OUT
OF EATING AND
LEARN HOW TO
ENJOY IT



If the nutrition information isn't available, choose a lean protein and 1 serving of carbs

Healthy @ Chick-Fil-A



Southwest Chicken Salad
350 Calories



Grilled Chicken Sandwich
440 Calories



Grilled Chicken Nuggets
210 calories



Grilled Chicken Cool Wrap
350 Calories

This is the ultimate cheat! If you're going to a small local place, chances are they aren't going to have nutrition information available. It's usually a safe bet to go with the lean protein option and just one serving of carbs. So this could be a grilled chicken sandwich with a side of slaw or chicken nuggets and fries. This technique helps keep the calories low when you're just having to guess the correct calories!

Hey!

If you're a millennial looking for a healthy, long term weight loss solution, then check out my 3 month coaching program! Learn how to eat for life-long health for the last time so you can focus on kicking butt in your career, life, or whatever! My clients lose weight in a way that fits their lifestyle and I want to show you how to as well!

[Sign Up](#) for a free discovery call today!



"Your program works! I get to pick which foods that I want to eat that day and don't have to cut out my favorite foods. And my cravings have decreased! This is definitely a doable way of eating for the rest of my life"
-a happy client