



# *Fast Food* **Cheat Sheet**

for busy people who want to get lean  
and feel good in their skin again

**MY PATH WELLNESS**

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# Thanks for having interest in my Fast Food Cheat Sheet!



## I'M MIKE

Like you, many other people have struggled to lose weight and continue to keep trying to avoid going to eat at fast food, yet succumb to eating there and throwing their diet by the wayside. I've been a personal trainer since 2007 working specifically with people trying to lose weight both in person and online.

Since the beginning of dieting programs it has always been about restriction of foods you eat in your daily life. Always struggling to stick with a diet and feeling guilty and beating yourself up that you can't do it, because of a lack of motivation or you just don't have the discipline.

It doesn't exactly work like that.

Building a plan that fits with your lifestyle where you don't have to give up what you enjoy, you don't have to give up on outings with friends and family, you just need to learn how to do it the right way for you.

And one of the most powerful ways to do this is through unveiling the curtain and seeing what is really going on and what you've been lied to about.

In fact, I've been able to help 100's of people lose weight, My Path has helped people to lose 10lbs up to 100lbs with small little adjustments rather than extremely restrictive dieting and hardcore workouts.

No restrictions on foods you eat, and no longer soreness from workouts for days..

That's right...being able to eat foods you enjoy, enjoying your daily life all while losing weight at the same time. It has helped people like you reach the goal of losing weight and finally being able to be successful at it and keep it off instead of just putting the weight right back on.

You can have these results too if you learn to understand how to use your current life as a tool rather than fighting against it.

This guide will show you how.

One of the biggest struggles I hear from people is they eat out with their busy lives and end up feeling guilty and just throw the towel in.

That's why I want to show you how you can eat fast food in a pinch, still stay on target to lose weight, you will build trust in yourself, belief in yourself that you can lose weight all to start feeling good in your own skin again.

Now there are no more excuses needed, I can't wait to hear how helpful this is for you.

I can't wait to see what results you get from this.

Yours in Health,

Mike

Founder, My Path

# TACO BELL



Here is a selection of Foods that we suggest to eat at Taco Bell if you are trying to lose weight or just make healthier choices.



## BLACK BEAN BURRITO

Calories	380
Total Fat	11g
Sugars	3g
Protein	14g



## BURRITO SUPREME® - BEEF

Calories	400
Total Fat	15g
Sugars	4g
Protein	17g



## SOFT TACO - CHICKEN

Calories	160
Total Fat	5g
Sugars	1g
Protein	12g



## PINTOS 'N CHEESE

Calories	190
Total Fat	7g
Sugars	1g
Protein	10g



## 7-LAYER BURRITO

Calories	430
Total Fat	16g
Sugars	4g
Protein	14g



## BEAN BURRITO

Calories	370
Total Fat	11g
Sugars	3g
Protein	14g

# MCDONALD'S



Here is the McDonald's Picks for foods to eat if you are in a pinch. There use to actually be a few more selections but they have take a lot of them out of their menus.



## HAMBURGERS

Calories	250
Total Fat	8g
Total Carbs	31g
Protein	13g



## ARTISAN GRILLED CHICKEN SANDWICH

Calories	380
Total Fat	8g
Total Carbs	31g
Protein	13g



## SOUTHWEST GRILLED CHICKEN SALAD

Calories	350
Total Fat	12g
Total Carbs	27g
Protein	37g

## BREAKFAST



## EGG MCMUFFIN®

Calories	290
Total Fat	12g
Total Carbs	29g
Protein	17g



## EGG WHITE DELIGHT MCMUFFIN®

Calories	250
Total Fat	8g
Total Carbs	29g
Protein	17g



## PREMIUM ROAST COFFEE

Calories	0
Total Fat	0g
Total Carbs	1g
Protein	2g

Here is our suggested of Subway Nutrition Facts subs and salads to eat at Subway. Also for the subs we suggest that you either choose for bread the Wheat or the 9-Grain Honey Oat.



## SANDWICH

	Calories	Total Fat (g)	Carbohydrates	Protien
Black Forest Ham	290	4.5	46	18
Black Forest Ham Mini for Kids	180	2.5	30	10
Carved Turkey	330	5	45	25
Steak & Cheese	380	10	49	26
Subway Club	310	4.5	46	23
Sweet Onion Chicken Teriyaki	370	4	58	25
Turkey Breast	280	3.5	46	18
Turkey Breast Mini for Kids	180	2	30	10
Turkey Breast & Black Forest Ham	280	4	46	18
Rotisserie-Style Chicken	350	6	45	29
Oven Roasted Chichen	320	5	46	23
Roast Beef	320	5	45	25
Roast Beef Mini for Kids	200	3	30	14

## SALAD

	Calories	Total Fat (g)	Carbohydrates	Protien
Carved Turkey with Bacon Salad	160	0	14	33
Black Forest Ham Salad	25	0	13	12
Carved Turkey Salad	30	0	12	20
Chicken & Bacon Ranch Salad	360	1	15	32
Oven Roasted Chicken Salad	25	0	11	19
Roast Beef Salad	30	0	12	19
Rotisserie-Style Chicken Salad	40	0	12	23
Oven Roasted Chicken Salad	25	0	11	19
Roast Beef Salad	30	0	12	19
Rotisserie-Style Chicken Salad	40	0	12	23
Tuekey Breast & Ham Salad	25	0	13	12
Sriracha Chicken Melt Salad	25	0	11	19
Sriracha Steak Melt Salad	45	0	15	18
Steak & Cheese Salad	80	0	16	20
Subway Club Salad	30	0	13	18
Sweet Onion Chicken Teriyaki Salad	25	0	34	19



# JACK IN THE BOX



Here are our suggestions on what to eat if you get in a pinch and have to choose something at Jack in the Box.



## CHICKEN FAJITA PITA

Calories	330
Total Fat	9g
Carbohydrates	35g
Protein	27g



## GRILLED CHICKEN SALAD

Calories	320
Total Fat	12g
Carbohydrates	24g
Protein	32g



## JCK'S TERIYAKI BOWL-CHICKEN

Calories	630
Total Fat	6g
Carbohydrates	109g
Protein	34g



## SOUTHWEST CHICKEN SALAD

Calories	340
Total Fat	13g
Carbohydrates	25g
Protein	36g



### **TURKEY 'N CHEESE SLIDER**

Calories	200
Total Fat	7g
Carbohydrates	21g
Protein	14g



### **ROAST BEEF GYRO**

Calories	430
Total Fat	17g
Carbohydrates	47g
Protein	23g



### **ROAST TURKEY & SWISS WRAP**

Calories	410
Total Fat	16g
Carbohydrates	38g
Protein	30g



### **ROAST TURKEY & SWISS SANDWICH**

Calories	710
Total Fat	28g
Carbohydrates	79g
Protein	38g



### **TURKEY GYRO**

Calories	350
Total Fat	7g
Carbohydrates	48g
Protein	24g



### **REUBEN**

Calories	680
Total Fat	31g
Carbohydrates	62g
Protein	37g

# CHICK-FIL-A



This place is one of our Favorites to choose from. They have one of the biggest selections of foods to choose from here.



## EGG WHITE GRILL

Calories	300
Total Fat	7g
Carbohydrates	31g
Protein	25g



## SPICY SOUTHWEST SALAD

Calories	450
Total Fat	19g
Carbohydrates	38g
Protein	35g



## MARKET SALAD

Calories	330
Total Fat	13g
Carbohydrates	26g
Protein	29g



## GRILLED COOL WRAP

Calories	350
Total Fat	13g
Carbohydrates	29g
Protein	43g



## SMOKEHOUSE BBQ BACON SANDWICH

Calories	490
Total Fat	18g
Carbohydrates	44g
Protein	38g



## GRILLED CHICKEN CLUB

Calories	380
Total Fat	10g
Carbohydrates	41g
Protein	33g



## GRILLED CHICKEN SANDWICH

Calories	330
Total Fat	6g
Carbohydrates	41g
Protein	29g



## NUGGETS KID'S MEAL

Calories	330
Total Fat	11g
Carbohydrates	28g
Protein	28g

# BURGER KING



Here is a list of items at Burger King with Burger King Nutrition Facts that we'd suggest at My Path Wellness in a Personal Training Program.



## WHOPPER JR.® SANDWICH

*Big in fire-grilled flavor*

Calories	240
Total Fat	10g
Carbohydrates	27g
Protein	13g



## WHOPPER® SANDWICH

*America's favorite burger*

Calories	270
Total Fat	20g
Carbohydrates	49g
Protein	26g



## HAMBURGER

*Juicy & superbly tasty*

Calories	220
Total Fat	8g
Carbohydrates	26g
Protein	11g



## DOUBLE CHEESEBURGER

*Twofold the tastiness*

Calories	310
Total Fat	15g
Carbohydrates	26g
Protein	18g



## EXTRA LONG CHEESEBURGER

*Long on Flavor*

Calories	400
Total Fat	16g
Carbohydrates	43g
Protein	22g



## GARDEN GRILLED CHICKEN SALAD

*Great for a Light BITE*

Calories	320
Total Fat	14g
Carbohydrates	16g
Protein	36g



**GRILLED CHICKEN SANDWICH**  
*Grilled and seasoned*

Calories	470
Total Fat	19g
Carbohydrates	39g
Protein	37g



**HAMBURGER KING JR™ MEAL**  
*Fire-grilled yum*

Calories	230
Total Fat	9g
Carbohydrates	26g
Protein	9g



**LOW FAT CHOCOLATE MILK**  
*A sweet mid-day treat*

Calories	160
Total Fat	2.5g
Carbohydrates	26g
Protein	8g



**MIRNINGSTAR VEGGIE BURGER**  
*Meat-Les. Flavor-Ful*

Calories	390
Total Fat	15g
Carbohydrates	42g
Protein	22g

# DAIRY QUEEN



Here are the Dairy Queen Nutrition Facts on the foods we'd suggest at My Path Wellness in a Personal Training Program.



## CHICKEN GARDEN GREENS

Calories	160
Total Fat	2g
Total Carbs	10g
Protein	26g



## GRILLED CHICKEN SANDWICH

Calories	440
Total Fat	15g
Total Carbs	44g
Protein	31g



## KANSAS CITY BBQ PULL PORK

Calories	430
Total Fat	15g
Total Carbs	69g
Protein	33g



## CHICKEN BACON BBQ SNACK MELT

Calories	280
Total Fat	11g
Total Carbs	27g
Protein	17g



## CHICKEN BACON RANCH

Calories	500
Total Fat	20g
Total Carbs	45g
Protein	33g



## CHICKEN BLT

Calories	270
Total Fat	11g
Total Carbs	10g
Protein	35g



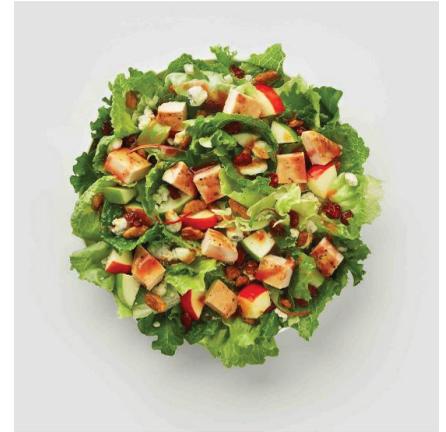
### **BERRY BURST CHICKEN SALAD**

Calories	380
Total Fat	11g
Sugars	3g
Protein	14g



### **TACO SALAD**

Calories	400
Total Fat	15g
Sugars	4g
Protein	17g



### **APPLE PECAN CHICKEN SALAD**

Calories	160
Total Fat	5g
Sugars	1g
Protein	12g



### **JR. HAMBURGER**

Calories	190
Total Fat	7g
Sugars	1g
Protein	10g



### **GRILLED ASIAGO RANCH CHICKEN CLUB**

Calories	430
Total Fat	16g
Sugars	4g
Protein	14g



### **GRILLED CHICKEN SANDWICH**

Calories	370
Total Fat	11g
Sugars	3g
Protein	14g

# STARBUCKS NUTRITION FACTS



Here is a list of foods and drinks at Starbucks. and Starbucks Nutrition Facts, that would work with any personal training or weight loss program.

## SANDWICHES



**REDUCED-FAT TURKEY BACON & CAGE FREE EGG WHITE BREAKFAST SAN**

Calories	230
Total Fat	5g
Sugars	28g
Protein	17g



**SPINACH, FETA & CAGE FREE EGG WHITE BREAKFAST WRAP**

Calories	230
Total Fat	5g
Sugars	28g
Protein	17g



**HOMESTYLE CHICKEN & DOUBLE SMOKED BACON**

Calories	600
Total Fat	25g
Sugars	65g
Protein	29g



**SOUS VIDE EGG BITES: EGG WHITE & RED PEPPER**

Calories	170
Total Fat	8g
Sugars	11g
Protein	12g

## BOTTLED DRINKS



**ICED ESPRESSO CLASSICS VANILLA LATTE**



**ICED ESPRESSO CLASSICS CAFFÈ MOCHA**



**STARBUCKS DOUBESHOT ENERGY MOCHA DRINK**



**STARBUCKS DOUBESHOT ENERGY VANILLA DRINK**



**STARBUCKS DOUBESHOT ENERGY VANILLA LIGHT DRINK**



**STARBUCKS DOUBESHOT ENERGY WHITE CHOCOLATE DRINK**



**STARBUCKS BOTTLES MOCHA LIGHT FRAPPUCCINO® COFFEE DRINK**



**STARBUCKS BOTTLES VANILLA LIGHT FRAPPUCCINO® COFFEE DRINK**



**STARBUCKS® DOUBESHOT PROTEIN COFFEE**



**STARBUCKS® DOUBESHOT PROTEIN DARK CHOCOLATE**



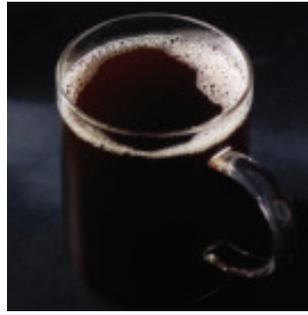
**STARBUCKS® DOUBESHOT PROTEIN VANILLA**

## FRESHLY BREWED COFFEE



**CAFFÈ MISTO**

Calories	110
Total Fat	4g
Sugars	10g
Protein	7g



**PIKE PLACE® ROAST**

Calories	5
Total Fat	0g
Sugars	0g
Protein	1g



**DECAF PIKE PLACE® ROAST**

Calories	5
Total Fat	0g
Sugars	0g
Protein	1g



**FEATURED DARK ROAST**

Calories	5
Total Fat	0g
Sugars	0g
Protein	1g

## STARBUCKS ESPRESSO BEVERAGES



**CAFFÈ AMERICANO**

Calories	15
Total Fat	0g
Sugars	0g
Protein	1g



**CAFFÈ LATTE**

Calories	190
Total Fat	7g
Sugars	19g
Protein	13g



**CAFFÈ MOCHA**

Calories	360
Total Fat	15g
Sugars	44g
Protein	13g



**CAPPUCCINO**

Calories	120
Total Fat	4g
Sugars	12g
Protein	8g



**CARAMEL MACCHIATO**

Calories	250
Total Fat	7g
Sugars	35g
Protein	10g



**CINNAMON DOLCE LATTE**

Calories	340
Total Fat	13g
Sugars	44g
Protein	12g



**ICED CAFFÈ LATTE**

Calories	130
Total Fat	4.5g
Sugars	13g
Protein	8g

# WHAT TO DO NEXT

How are you feeling about all of this?

Are you totally excited to finally know what to get when eating fast food?

Or are you feeling a bit overwhelmed?

Look, I have been in the fitness industry for over a decade, so I know how this all may sound.

All other diet programs never talk about this, and tell you to avoid foods like this.

I know how these other programs work, and how difficult they are to stick to.

If you didn't know this already, I have a 12 week program where I teach people like YOU how to learn to eat and enjoy your life all while getting you back to feeling good in your skin again.

If this is something you've been looking for and didn't even know this existed let me know.

I limit the amount of people in the program so I can give the best service possible. Only 5 spots are open a month and fill up fast.

Imagine being able to go out with family, friends or rushing around and know what and how to eat that doesn't make you give up on your diet because it is your very own diet.

Nothing changes if you don't change anything...

Don't be left behind, struggling with diet after diet, kick them off the fence to finally commit to working on a program that is proven and what you've been looking for to feel confident and good in your own skin again.

**FILL OUT THE APPLICATION BY CLICKING THE LINK BELOW TO RESERVE YOUR SPOT BEFORE IT'S SOLD OUT:**

<https://bit.ly/2Y53C95>