

SMART FAST FOOD OPTIONS

Fast food choices recommended by P90x. Please keep in mind that some of these food options and nutrition information are outdated. There are also far more healthy options in all fast food places now. This is simply a guideline so you could get an idea of what you should look for.

* P90x Nutrition Plan book has more food options (e.g. for Subway)

Burger King	Calories	Fat	Carb.	Protein
BK Veggie	310	7 g	46 g	15 g
Chicken Caesar Salad (no dressing or croutons)	160	6 g	5 g	25 g

Chick-Fil-A	Calories	Fat	Carb.	Protein
Chargrilled Chicken Caesar Salad	180	6 g	9 g	22 g
Chargrilled Chicken Sandwich (no butter)	250	3 g	28 g	26 g

McDonald's	Calories	Fat	Carb.	Protein
Chicken McGrill	300	6.0 g	37 g	25 g
Grilled Chicken Caesar Salad (no dressing)	210	7.0 g	11 g	26 g
Fruit 'n Yogurt Parfait	280	4.0 g	53 g	8.0 g

Subway	Calories	Fat	Carb.	Protein
6-inch Ham	290	5 g	46 g	18 g
6-inch Roast Beef	290	5 g	45 g	19 g
6-inch Roasted Chicken Breast	320	5 g	47 g	23 g
Red Wine Vinaigrette Club	350	6 g	53 g	24 g

Wendy's	Calories	Fat	Carb.	Protein
Jr. Hamburger	270	9 g	14 g	34 g
Grilled Chicken Sandwich	300	7 g	36 g	24 g
Mandarin Chicken Salad	348	1.5 g	17 g	20 g
Spring Mix Salad	180	11 g	12 g	11 g
Baked Potato (plain)	310	0 g	72 g	7 g

Carl's Jr.	Calories	Fat	Carb.	Protein
Hamburger	280	9.0 g	36 g	14 g
Charbroiled BBQ Chicken Sandwich	290	3.5 g	41 g	25 g
Charbroiled Chicken Salad-To-Go	200	7.0 g	12 g	25 g
Garden Salad-To-Go	50	2.5 g	4 g	3 g

Jack In The Box	Calories	Fat	Carb.	Protein
Chicken Fajita Pita	330	11 g	35 g	24 g

Pizza Hut	Calories	Fat	Carb.	Protein
Thin 'N Crispy Pizza Cheese (1 slice)	200	9 g	22 g	10 g
Thin 'N Crispy Pizza Veggie Lover's (1 slice)	190	9 g	22 g	8.0 g
Pasta (1 serving) Spaghetti with Marinara	490	6 g	91 g	18 g

Taco Bell	Calories	Fat	Carb.	Protein
Beef Soft Taco	210	10 g	21 g	11 g
Chicken Soft Taco	190	6 g	19 g	14 g
Tostada	250	10 g	29 g	11 g

Other things to keep in mind:

- Always avoid high-fat dressings on salads
- Phase 1- Fat Shredder: You can eat chicken, turkey, or beef without the bun or bread.
- Phase 2- Energy Booster: You can eat chicken, turkey, or beef with half the bun or bread.
- Phase 3- Endurance Maximizer: You can eat chicken, turkey, or beef with the whole bun or bread.