

Free Bonus #2!

FAST FOOD OPTIONS

If you're caught out and haven't prepared your meals, you may choose from the following:

Subway Roasted Chicken Salad with extra meat, ask for an olive oil blend & vinegar as the dressing.

Nando's Grilled Chicken Salad, no dressing

Nando's ½ Chicken (breast without skin) & Portuguese Salad

Wendy's Mandarin Chicken Salad with extra meat, no crispy noodles

Sashimi from a fresh sushi bar (no sushi rolls!)



Nando's Grilled Chicken Salad

Please get into the habit of preparing all your meals. If there are no other options, choose from the above no more than 3 x per week, and remember to watch your daily calorie intake if you have to choose a fast food option. It easily increases your calories without you realising it and may alter your results.