

# Guide To Eating Healthy(er) On The Run

Courtesy of: [www.aProvenProduct.com](http://www.aProvenProduct.com)

## BREAKFAST



### Jack in the Box: Breakfast Jack

A little high in fat but the protein helps. Of course, it would be better with only half the bun.

**Stats:** 283 calories, 11g fat, 4g saturated fat, 16g protein



### McDonald's: Egg McMuffin

Still a little high in fat, but the protein-rich, lean Canadian bacon Egg McMuffin is still a decent breakfast sandwich.

**Stats:** 300 calories, 12g fat, 5g saturated fat, 2g fiber.



### Subway: Egg White and Cheese Omelet Muffin Melt Sandwich

The sandwich has a long name, but it's short on fat and calories. Plus, it comes on a wheat English muffin that makes for a high-protein, high-fiber meal.

**Stats:** 140 calories, 3.5g fat, 1g saturated fat, 12g protein, 490 mg sodium, and 5g fiber.

## LUNCH / DINNER



### Burger King: BK Veggie Burger

If you just FEEL like a burger, this can be a nice alternative. And it doesn't taste half bad.

**Stats:** 340 calories, 8g fat, 1g saturated fat, 0mg cholesterol, 46g carbs, 7g fiber, 23g protein.



### Carl's Jr.: Charbroiled BBQ Chicken Sandwich

Ask for the BBQ sauce on the side or for them to go easy on it. It's pretty high in sugar.

**Stats:** 360 calories, 4.5g fat, 1g saturated fat, 60mg cholesterol, 48g carbs, 4g fiber, 34g protein



**KFC: Honey BBQ Sandwich**

At only 3.5 grams of fat to 24 grams of protein this is a really good choice. 21 grams of sugar keep it from being totally awesome though.

**Stats:** 280 calories, 3.5g fat, 1g saturated fat, 60mg cholesterol, 40g carbs, 3g fiber, 24g protein

**KFC's Grilled Chicken is another good option. A breast piece has 251 calories and only 5.5 grams of fat.**



**McDonald's: Premium Grilled Chicken Classic Sandwich (no mayo)**

Ditch the fattening two all-beef patties for this more artery-friendly option.

**Stats:** 370 calories, 4.5g fat, 1g saturated fat, 65mg cholesterol, 50g carbs, 3g fiber, 32g protein



**Subway: 6" Oven-Roasted Chicken Breast**

There are actually several healthy, low-fat selections on the Subway menu. The key is to go light on the cheese and mayo.

**Stats:** 310 calories, 5g fat, 25mg cholesterol, 5g fiber



**Taco Bell: Fresco Style Bean Burrito**

Fresco style replaces the regular cheese and sauce with tomatoes, onions, and cilantro.

**Stats:** 330 calories, 7g fat, 2.5g saturated fat, 0g cholesterol, 54g carbs, 9g fiber, 12g protein

**The entire Taco Bell Fresco Menu is a pretty good option.**



### **Wendy's: Ultimate Chicken Grill**

Hold the honey-mustard sauce and you have a healthy hunger fix.

**Stats:** 320 calories, 7g fat, 1.5g saturated fat, 70mg cholesterol, 36g carbs, 2g fiber, 28g protein



### **Wendy's Large Chili**

330 calories

9g fat, 3.5g saturated fat

Packed with folate-, iron- and fiber-rich beans, the 12-ounce serving will fill you up. Add a side of mandarin oranges or a side salad to complete the meal.

And don't forget... If you do happen to slip up, studies show these products taken on a regular basis can help:



**Red Whale Krill Oil™**

[www.aProvenProduct.com/krilloil](http://www.aProvenProduct.com/krilloil)



**Life Oil™**

[www.aProvenProduct.com/lifeoil](http://www.aProvenProduct.com/lifeoil)