

THE E-FACTOR DIET

FAST FOOD GUIDE



by John Rowley



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The information presented is not intended for the treatment or prevention of disease, nor a substitute for medical treatment, nor as an alternative to medical advice.

This publication is presented for information purposes, to increase the public knowledge of developments in the field of strength and conditioning. The program outlined herein should not be adopted without a consultation with your health professional.

Use of the information provided is at the sole choice and risk of the reader. You must get your physician's approval before beginning this or any other exercise program.



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The E-Factor Diet Fast Food Guide

So, you've been using *The E-Factor Diet* and everything's been going great, and then life comes along and throws a wrench into your perfect plans. Isn't that just typical? What can you possibly do to stay on track? What will you do if you have to grab ... gasp ... fast food?!

Not to worry, we've got you covered! In this day and age, with all the crazy schedules and no time for anything, you've got to wonder how you're supposed to make it through the day in super sonic mode, still get some food in, and actually make some decent choices.

It's easier than you think, as long as you are aware of what you're ordering when you're out rushing around. Believe it or not, there are some good choices at fast food restaurants.

That being said, you need to take time to look at menus and the nutritional values of the foods and meals you're eating. In fact, eating at a fast food restaurant almost makes life easier sometimes because all their food is consistently the same, and they post the nutritional information on their websites.

Take Wendy's, for example, you can download their entire menu easily and quickly and take the guesswork out of your decision-making process. You can do this with most fast food restaurants now and it makes life incredibly easy. You have all the information you need, right at your fingertips.

In terms of making meals fit into The E-Factor Diet, this could potentially be a bit trickier. You just have to make intelligent menu choices and find the best fit possible

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for your plan. The reason I say this is that, as a brief reminder, you'll be sticking to low carbs in the mornings, with higher fats and proteins. Midday meals will allow for some starchy carbs, along with moderate protein and very low fats. Evening meals will be back to high protein and high fat, with lower carbs. Again, during evening meals you can include some foods to which you might normally have a slight histaminic effect. It's okay to eat those foods at this time because your body naturally sheds water during the night.

Choose the menu items that best fit the meal and time of day:

WENDY'S

[Wendy's Nutritional Information](#)

Good Choices:

- Chili
- Garden Side Salad with fat-free French dressing
- Ultimate Chicken Grill Sandwich



MCDONALD'S

[McDonald's Nutritional Information](#)

Good Choices:

- Premium Southwest Salad with Grilled Chicken
- Premium Grilled Chicken Classic Sandwich
- Fruit and Walnuts
- Premium Caesar Salad with Grilled Chicken
- Fruit 'n Yogurt Parfait



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SUBWAY

[Subway Nutritional Information](#)

Good Choices:

- 6" Turkey Breast Sandwich on 9-Grain Wheat Bread
- 6" Club on 9-Grain Wheat
- Oven Roasted Chicken with Honey-Mustard Dressing
- Yogurt Parfait



STARBUCK'S

[Starbuck's Nutritional Information](#)

Good Choices:

- Strawberry Blueberry Yogurt Parfait
- Caffè Americano
- Chicken & Hummus Bistro Box (hummus, grilled chicken, grape tomatoes, cucumber, and pita bread)
- Zesty Chicken & Black Bean Salad Bowl (grilled chicken, black beans, roasted corn, jicama, tomatoes, feta, greens, and quinoa with chile vinaigrette)
- Seasonal Harvest Fruit Blend





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DUNKIN DONUTS

[Dunkin Donuts Nutritional Information](#)

Good Choices:

- Egg White Veggie Flatbread
- Tuna Salad Sandwich on English Muffin
- [Fewer than 400 Menu](#)



TACO BELL

[Taco Bell Nutritional Information](#)

Good Choices:

- Fresco Steak Burrito Supreme
- Fresco Chicken Soft Taco
- Chipotle Ranch Chicken Loaded Griller
- Shredded Chicken Mini Quesadilla



KENTUCKY FRIED CHICKEN

[Kentucky Fried Chicken Nutritional Information](#)

Good Choices:

- Grilled Chicken Drumsticks
- Kentucky Grilled Chicken Breast
- Crispy Chicken Caesar Salad



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BURGER KING

[Burger King Nutritional Information](#)

Good Choices:

- Whopper Jr
- TenderGrill Chicken Sandwich
- Veggie Burger



SONIC

[Sonic Nutritional Information](#)

Good Choices:

- Veggie Burger
- 4 Hot Wings
- Jr. Burger
- Classic Chicken Sandwich Grilled



CHIPOTLE

[Chipotle Nutritional Information](#)

Good Choices:

- 3 Barbacoa Beef Tacos on soft corn taco shell
- Vegetarian Burrito
- Salad with Chicken, Fajita Vegetables and Corn Salsa





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The good news is there are many lower calorie, higher protein and also lower fat options to choose from at many fast food restaurants. While the choices may not always be ideal, sometimes you have to make a decision based on what's good, what's better and what's best. ***Just choose the best option you can from the choices at hand.*** And, don't sweat it, just make all the rest of the meals as on-track as you possibly can. Remember, here are the basics one more time ... if you can fit any of the fast food meals into these parameters, great job! If they don't fit perfectly, but you're still in the healthy zone, bravo, my friend. You now know the secret to adapting and overcoming and being successful with your diet in any situation.

MORNING MEAL AND SNACKS

*Energetic Foods - eat these in the early part of the day. These should include **high protein, moderate fats and very low carbs** consisting of fibrous veggies plus an enzymatic supplement or food*

MIDDAY MEALS AND SNACKS

*Endothermic Foods – these help you burn fat naturally. **High protein, low fat, add a small starchy carb** (add starchy carb after workout, if possible)*

EVENING MEAL

*****CAN eat some foods that will release some histamines because your body will release water during the night. High fat, moderate protein, low carb, and free veggies***

Last, but not least, consider getting an app on your smartphone that can give you all this info instantly. There are many from which to choose including [My Fitness Pal](#), the [Fast Food Calorie Counter](#) app and many more which list more than 9,000 menu items. Where there's a will, there's a way!