

Fast (& *healthier*) Food Guide

Grocery store hot bars/salad bars

- Whole Foods
- Market of Choice
- New Seasons
- PCC
- Life Source (Salem only)
- Trader Joe's: ready made section has great options.
- Fred Meyers:
 - Protein: HB eggs, deli meat, rotisserie chicken, jerky, canned tuna.
 - Veggies: carrots, celery, tomatoes.
 - Starches: tortillas, bread, ready-made sides - rice/quinoa, potatoes, etc.
 - Fruit: raspberries, blackberries, blueberries, bananas, apples, etc.
 - Fat: Mayo (no canola or soybean oil), hummus, guacamole/avocado, nuts/nut butter, seeds, etc.

Meals in minutes:

- Rotisserie chicken + freezer veggies or fresh salad.
- Cold salad: canned tuna + mayo (made with olive or avocado oil), green onion, tomatoes, avocado, cucumbers.
- Gr beef + legume pasta + jar of spaghetti sauce + veggies.
- Pre-cooked meat over fresh salad.
- Stir fry: Gr beef, onions, bell peppers, broccoli,

Other "quick" options

- Use a food delivery app to get a healthy dinner from your favorite restaurant.
- Uber Eats, GrubHub, DoorDash, Seamless

Restaurant tips:

- Search "healthy food near me" in your Maps app or Google
- Ordering from a restaurant:
 - Ask for the gluten free or allergen menu to help you order
 - Keep it simple = protein & veggies
 - Bun-less burger with seasonal veggies/coleslaw
 - Protein on a salad
- Decide if you want dessert ahead of time and save room when ordering dinner
 - Share an entree with a friend or save it for later.
 - Keep the sugar/starchy carbs low to allow more room for your tasty treat.
 - Order an appetizer as a your main.
 - SAVOR IT. Take small bites, chew, and really enjoy every bite!

Chipotle

- Paleo Bowl
- Their website also suggested ingredients based on what you are trying to eat - gluten free, low carb, low calorie, low fat, sodium, paleo, vegetarian, vegan, dairy free, no sugar or high protein.

MOD Pizza

- Choose cauliflower crust if available for a lower carb option or 'gluten friendly' crust (not suitable for people with celiac disease) to decrease gluten consumption.
- Customize your pizza with lots of veggies and they even have DF 'cheese' too.
- Design your own salad.

Cafe Yum

- Dairy free: Ask for "vegan bowl" and add chicken.
- Lower carb: Ask for more veggies or cauliflower 'rice' instead of white rice.
- "Our dishes feature all-natural chicken, premium (nitrite-free) turkey breast, seasoned organic tofu, and organic tempeh. We have more than 30 menu items and we can customize almost any dish to fit your tastes or dietary restrictions. Vegan? Gluten-Free? Vegetarian? We're happy to help! Some of our most popular menu items have a Nutrition Calculator." - from their website.

Baja Fresh

- Salads (they are huge portions so that you can usually save some for later).

Panera Bread

- Salads/soups

Hawaiian Time:

- Order the "The dakine" (aka small) for portion control which has ½ the rice and ½ the meat of the regular size.
- They will also "Replace mac and rice with Romaine lettuce at no charge, or with grilled vegetables for \$2.95."
- Keep to the meat + rice/veggie options or Chinese chicken salad.

Starbucks

- Food: Egg bites, Jerky, Perfect bar, Protein box, Beet chips,
- Drinks: Plant-based milks for drinks. No syrup or sweeteners.

Subway

- Chopped salads: create your own with lots of your favorite veggies and protein. For dressing, use oil vinegar and vinegar or extra avocado, guacamole or hummus.

Wendy's (less desire-able option)

- Chicken Harvest salad

Taco Bell (less desire-able option)

- **Their website has an allergen menu where you can exclude the ingredients you are trying to avoid - eggs, fish, gluten, milk, MSG, peanuts, shellfish, soy, tree nuts, wheat.

Choose the most *nutrient-dense WHOLE FOOD* options possible, chew thoroughly, eat mindfully, and pay attention to hunger cues. Enjoy!