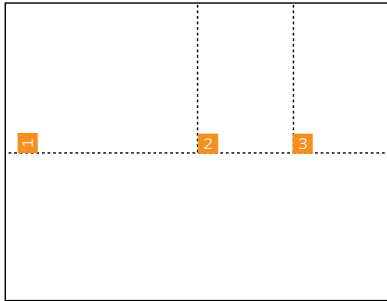
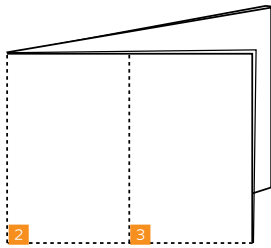
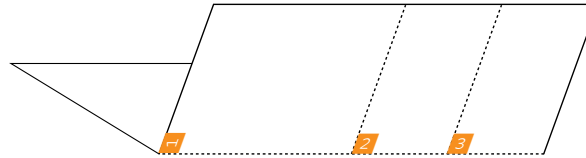


# How to Produce Your DietDetective.com 3-Fold Pocket Guide



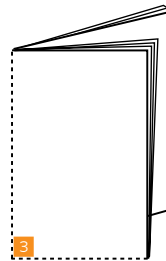
**1** Print PDF, making sure to adjust layout setting to “landscape”.

**2** Fold paper in half along line 1.



**3** Then fold in half again along line 3.

**4** Fold in half one final time along line 3 and you have your pocket 3-fold guide!



## Chick-fil-A

• Chargrilled Chicken Garden Salad with one packet Fat Free Honey Mustard Dressing: 300 calories, 8g fat, 31g carbs, 22g protein

• Chick-fil-A Chargrilled Chicken Garden Salad: 180 calories, 6g fat, 9g carbs, 22g protein; Reduced Fat Raspberry Vinaigrette Dressing: 80 calories, 2g fat, 15g carbs, 0g protein

**Fit Tip:** Make sure to order your chicken sandwich without butter. You can get a Chargrilled Chicken "sandwich" without the bun and pickles for only 100 calories. And try the Diet Lemonade—a medium has only 30 calories.

## Jack in the Box

• Asian Chicken Salad (no wonton strips) with Almonds and Low Fat Balsamic Dressing: 290 calories, 12g fat, 25g carbs, 19g protein

• Chicken Fajita Pita with Salsa: 305 calories, 10g fat, 32g carbs, 23g protein

• Chicken Sandwich (without the mayo-onion sauce), a Side Salad (hold the croutons) and Low-Fat Balsamic

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Dressing: 410 calories, 16g fat, 48g carbs, 18g protein  
Word to the Wise: Always choose thin crust over regular

**Fit Tip:** The plain hamburger is 300 calories, which is not bad, but the specialty burgers can be more than 1,000.

## Arby's

• Regular Roast Beef Sandwich: 320 calories, 14g fat, 34g carbs, 21g protein

• Martha's Vineyard Salad with Light Buttermilk Ranch Dressing: 277 calories, 8g fat, 24g carbs, 26g protein

**Fit Tip:** The bun is what costs you the most calories in any sandwich, so you might want to use only half and save about 100 calories.

## KFC

• Tender Roast Sandwich (without sauce): 300 calories, 4.5g fat, 28g carbs, 37g protein

• Roasted Caesar Salad (without dressing or croutons): 220 calories, 8g fat, 6g carbs, 30g protein

**Fit Tip:** If you take the skin and breading off the Original Recipe chicken breast, you'll save 190 calories and 13.5g fat! And if you want a side, choose green beans (50 calories) or a large corn on the cob (150 calories).

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## Links

- Arby's:** [www.arbys.com/nutrition/printable.php?type=nutrition](http://www.arbys.com/nutrition/printable.php?type=nutrition)
- Boston Market:** [www.bostonmarket.com/restaurant/?page=nutrition](http://www.bostonmarket.com/restaurant/?page=nutrition)
- Burger King:** [www.bk.com/Nutrition/PDFs/brochure.pdf](http://www.bk.com/Nutrition/PDFs/brochure.pdf)
- Carl's Jr.:** [www.carlsjr.com/content/downloads/nutrition.pdf](http://www.carlsjr.com/content/downloads/nutrition.pdf)
- Chick-fil-A:** [www.chickfila.com/MenuTable.asp](http://www.chickfila.com/MenuTable.asp)
- Dominos Pizza:** [www.dominos.com/Public-EN/resources/file/eb2fa4484373cc9/dominos\\_nutrition\\_brownies.pdf](http://www.dominos.com/Public-EN/resources/file/eb2fa4484373cc9/dominos_nutrition_brownies.pdf)
- Einstein Brothers Bagels:** [www.einsteinbros.com/index.cfm/fuseaction/DarnGoodFood.Main](http://www.einsteinbros.com/index.cfm/fuseaction/DarnGoodFood.Main)
- Hardees:** [www.hardees.com/nutrition/](http://www.hardees.com/nutrition/)
- Jack in the Box:** [www.jackinthebox.com/ourfood/index.php?section=7](http://www.jackinthebox.com/ourfood/index.php?section=7)
- Kentucky Fried Chicken:** [www.yum.com/nutrition/documents/kfc\\_nutrition.pdf](http://www.yum.com/nutrition/documents/kfc_nutrition.pdf)
- Long John Silver's:** [www.ljsilvers.com/nutrition/res/pdf/brochure.pdf](http://www.ljsilvers.com/nutrition/res/pdf/brochure.pdf)
- McDonald's:** [www.mcdonalds.com/app\\_controller.nutrition.index1.html](http://www.mcdonalds.com/app_controller.nutrition.index1.html)
- Papa Gino's:** [www.papaginos.com/nutrition.html](http://www.papaginos.com/nutrition.html)
- Papa John's:** [www.papajohns.com/menu/index.htm](http://www.papajohns.com/menu/index.htm)
- Pizza Hut:** [www.pizzahut.com/menu/nutritioninfo.aspx](http://www.pizzahut.com/menu/nutritioninfo.aspx)
- Schlotzsky's:** [www.schlotzskys.com/nutrition.html](http://www.schlotzskys.com/nutrition.html)
- Subway:** [www.subway.com/applications/NutritionInfo/index.aspx](http://www.subway.com/applications/NutritionInfo/index.aspx)
- Taco Bell:** [www.tacobell.com/](http://www.tacobell.com/)
- Wendy's:** [www.wendys.com/food/NutritionLanding.jsp](http://www.wendys.com/food/NutritionLanding.jsp)
- Whataburger:** [www.whataburger.com/browse\\_nutritional\\_info.php](http://www.whataburger.com/browse_nutritional_info.php)

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- Tendergrill Chicken Garden Salad (without dressing): 240 calories, 9g fat, 8g carbs, 33g protein. If you want the dressing it's 300 calories, 9g fat, 24g carbs, 33g protein
  - Side Garden Salad (15 calories) with Ken's Light Italian Dressing (120 calories) and Garlic Croutons (60 calories): 195 calories, 13g fat, 15g carbs, 2g protein (or go with Ken's Fat Free Ranch Dressing, which is only 60 calories for 2 ounces)
  - Fit Tip:** Anything low-carb that comes without mayo, ketchup or a bun will save you a bundle of calories. Even a Whopper with just the patty, pickles, onions, tomatoes, lettuce and ketchup is only 255 calories.
  - 6-inch Veggie Deltite sandwich: 230 calories, 3g fat, 44g carbs, 9g protein
  - 6-inch Savorly Turkey Breast sandwich: 280 calories, 4.5g fat, 46g carbs, 18g protein
  - Roasted Chicken Noodle Soup (1 bowl): 80 calories, 2g fat, 11g carbs, 6g protein
- Fit Tip:** Order your sandwich without mayo or other special sauces—opt for vinegar or mustard instead. If you want a bag of chips, choose Baked Lays.



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- Ultimate Chicken Grill Sandwich: 370 calories, 8g fat, 44g carbs, 33g protein
- Two quarter-pound Classical Singles with no buns and nothing on them except ketchup: 430 calories, 28g fat, 4g carbs, 38g protein
- Mandarin Chicken Salad with almonds (no noodles) and fat-free French dressing: 380 calories, 13g fat, 41g carbs, 28g protein. You can also ask for the salad without the almonds and save another 130 calories
- Fit Tip:** Get two Ultimate Chicken Grill Fillets without bread for a total of only 260 calories. If you add ketchup it's another 15. Eight slices (about 6 ounces) of Roasted Turkey Breast are only 160 calories.
- Premium Grilled Chicken Classic Sandwich (without mayonnaise): 370 calories, 4.5g fat, 50g carbs, 32g protein
- McDonald's Southwest Chicken Salad (without dressing) 320 calories, 9g fat, 30g protein
- Caesar Salad with Grilled Chicken (before dressing): 220 calories, 6g fat, 12g carbs, 30g protein
- Fit Tip:** Always choose grilled rather than crispy chicken, and hold the mayo. Newmann's Own Low Fat Balsamic Vinaigrette is the best dressing at 40 calories for 2 ounces while Newmann's Own Ranch dressing has a whopping 170 calories and Newmann's Own Creamy Caesar dressing has 190.
- Angus Steak Burger—low-carb—no bun, mayo or sauce: 270 calories, 18g fat, 3g carbs, 24g protein
- BK Veggie Burger (without mayonnaise): 340 calories, 8g fat, 46g carbs, 23g protein

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- Fresco Style Grilled Steak Soft Taco with Fresco Style Mexican Rice: 320 calories, 9g fat, 47g carbs, 13g protein
- Fresco Burrito Supreme (chicken): 350 calories, 8g fat, 50g carbs, 19g protein. The steak version has just 1 more gram of fat and 2 fewer grams protein
- Fit Tip:** Order everything "Fresco Style"—meaning with salsa and without cheese or sauce.
- Premium Grilled Chicken Classic Sandwich (without mayonnaise): 370 calories, 4.5g fat, 50g carbs, 32g protein
- McDonald's Southwest Chicken Salad (without dressing) 320 calories, 9g fat, 30g protein



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- If you ask, many FF restaurants have available nutrition information on the spot.
- Drink water, diet soda or skim milk (1 cup max) instead of regular soda.
- Say no to mayo, tartar sauce, creamy dressings or extra cheese.
- Use mustard, ketchup, salt, pepper, or vinegar as fat free ways to season your food.
- For heaven's sake, don't supersize!
- Carry fresh fruit to enjoy with your meal instead of fries.
- Chicken and fish can be good choices—but ONLY if they are grilled or broiled, NOT breaded or deep fried.
- Instead of cheese, opt for lettuce, tomato and onion; taking off one slice of cheese can save you about 100 calories.
- Top your pizza with vegetables instead of meat.
- Ask for half the cheese.
- Order a salad or broth-based soup to enjoy before your main meal.

## Basic Tips

For most busy Americans, fast food is an unavoidable part of everyday life. So how can you eat fast food if you're trying to lose weight? With some careful selection, you can eat healthy anywhere you go.



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A pocket guide to help you change your life provided by DietDetective.com



Fast Food Guide