

THE NOT

FAST FOOD GUIDE

It's noon on a Monday and you are getting really hungry. You have a meeting at 1:00 and you don't have anything to eat for lunch.

Why can't you lose weight?

Why is your blood pressure high and your borderline diabetic?

Of course, it's fast food! Was it because you wanted it so bad? NO, it's because you HAD to get it or you wouldn't have anything to eat. Of course planning ahead, preparing some food and taking it for lunch is the best option, BUT I understand, life gets in the way and that didn't happen. The next best thing is not fast food, it's grocery store convenience food! In just a few more minutes than it takes to go through the drive through, you can get several meals worth of healthy food you can keep at work or use for lunch and dinner for the whole family.

1. Tip #1: What is grocery store fast food?

It's ready to go foods that are healthy and easy to make into several meals. Example: A rotisserie chicken along with a tray full of cut up vegetables, a prewashed lettuce/salad kit and the healthiest vinaigrette dressing you can find (less than 3g of sugar). This will cost between \$15-\$20 and will give you at least 2 and even up to 4 meals. Here are some examples of Grocery Store Fast Food: [#1](#), [#2](#) [#3](#) [#4](#) [#5](#) [#6](#) [#7](#)

2. Tip #2: Think about the future, buy now.

Going through a drive through is a one time fix BUT buying some mixed nuts, a rotisserie chicken, some sushi, plain greek yogurt, two bags of ready to eat salad mix, a container of mix greens, cut up veggies and a healthy vinaigrette can all be kept in your fridge at work and will feed you all week! If you take the extra 20 minutes on Monday you can be set up for lunch the rest of the week.

3. Tip #3: Healthy food can be portable.

Do you drive around for work or you don't have a place to store cold food? No problem. Flavored tuna and chicken packets, jerky, nuts, protein bars, avocados, protein powders, protein drinks like premiere protein, fruit, trail mix and nut butter packets are just a few of the portable healthy, protein packed foods you can take anywhere or keep in your desk drawer. Get creative by using baby food packets to get your fruits and veggies. Top off your supply as needed so you always have healthy options at your fingertips.

Bonus Tip:

If time is non-existent for you and you can afford to spend the money on a meal delivery service, here are a few good ones. [Trifecta](#) is completely done for you and great quality. It's more expensive but such a large company they deliver anywhere. Locally there is [Conquer Fitness Foods](#) and [Rocket Kitchen](#) but you will have to check on their availability and pricing.