

# 10 Paleo-ish Meals AT FAST FOOD CHAINS

from Triple Peak Wellness

*This guide is for the healthy eater who is out of options.*

When circumstances spiral out of your control - be it travel, family, or a late night at work - you don't have to give up on your clean eating. You just need to be prepared with a plan. Sure, your meal may not be totally paleo, but good nutrition is about doing the best you can in the situation at hand.

The following meals are not perfectly paleo, but these menu items and modification suggestions make them gluten-free and dairy-free, and remove as many additives, preservatives, and "fake foods" as possible. If you have food allergies, intolerances, or sensitivities, *always* inform your server to ensure your order meets your specific dietary needs.

## Chipotle

**MENU ITEM:** SALAD  
**MODIFICATIONS:** NO RICE  
NO BEANS  
ADD FAJITA VEGETABLES  
ADD CARNITAS, BARBACOA, OR CHICKEN  
ADD FRESH TOMATO SALSA  
ADD TOMATILLO-GREEN CHILI SALSA AND  
/OR TOMATILLO-RED CHILI SALSA  
ADD CHIPOTLE-HONEY VINAIGRETTE

## Panera Bread

**MENU ITEM:** SEASONAL GREENS SALAD  
**MODIFICATIONS:** NO BALSAMIC VINAIGRETTE DRESSING  
ADD OLIVE OIL DRESSING  
ADD CITRUS & PEPPER CHICKEN  
ADD AVOCADO  
ADD ALMONDS  
ADD HARD BOILED EGG  
INCLUDED SIDE: CHOOSE APPLE

## McDonald's

**MENU ITEM:** SOUTHWEST GRILLED CHICKEN SALAD  
**MODIFICATIONS:** NO CILANTRO LIME GLAZE  
NO SHREDDED CHEDDAR/ JACK CHEESE  
NO CHILI LIME TORTILLA STRIPS  
REQUEST CHICKEN GRILLED IN OLIVE OIL  
OPTIONAL: SOUTHWEST VEGETABLE  
BLEND (CONTAINS BLACK BEANS AND  
CORN)

## Subway

**MENU ITEM:** CHOPPED SALAD - VEGGIE DELITE  
**MODIFICATIONS:** NO DRESSING  
NO OLIVES  
ADD RED WINE VINEGAR  
ADD AVOCADO  
ADD VEGETABLES  
ADD CARVED TURKEY  
OPTIONAL: SIDE OF APPLE SLICES

## Taco Bell

**MENU ITEM:** POWER MENU BOWL - SHREDDED CHICKEN

**MODIFICATIONS:** NO BLACK BEANS  
NO CHEESE  
NO SEASONED RICE  
NO REDUCED FAT SOUR CREAM  
NO AVOCADO RANCH SAUCE  
ADD EXTRA GUACAMOLE  
ADD EXTRA SHREDDED CHICKEN  
ADD ONIONS  
ADD JALAPEÑO PEPPERS  
ADD TOMATOES  
ADD FIRE ROASTED SALSA

## Starbucks

**MENU ITEM:** FRESH FRUIT CUP  
GUACAMOLE  
BARE APPLE CHIPS  
DRIED BEETS  
THAT'S IT BAR  
PETER RABBIT ORGANICS STRAWBERRY & BANANA ORGANIC FRUIT PUREE  
BLACK COFFEE OR AMERICANO

## Wendy's

**MENU ITEM:** POWER MEDITERRANEAN CHICKEN SALAD

**MODIFICATIONS:** NO DRESSING  
NO FETA CRUMBLES  
NOTE: CHICKEN CONTAINS SOY

## Five Guys

**MENU ITEM:** HAMBURGER

**MODIFICATIONS:** NO BUN  
NO KETCHUP  
NO MAYONNAISE  
NO GRILLED MUSHROOMS  
NO RELISH  
NO BBQ SAUCE  
NO A1 STEAK SAUCE  
NO CHEESE  
ADD BACON  
ADD LETTUCE  
ADD TOMATO  
ADD GREEN PEPPERS  
ADD MUSTARD  
ADD JALAPEÑO PEPPERS  
ADD ONIONS  
ADD HOT SAUCE  
OPTIONAL: ADD FRIES

## Arby's

**MENU ITEM:** CHOPPED FARMHOUSE SALAD - ROAST TURKEY

**MODIFICATIONS:** NO SHREDDED CHEDDAR CHEESE  
ADD PEPPER BACON  
NOTE: ROAST TURKEY CONTAINS SOY

## Long John Silver's

**MENU ITEM:** BAKED SHRIMP MEAL  
OR BAKED COD MEAL

**MODIFICATIONS:** NO SAUCE  
NO RICE  
NO GOLDEN HUSH PUPPIES  
ADD DOUBLE SEASONED GREEN BEANS

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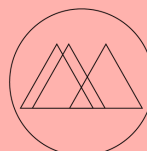
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Coaching to Create Balance in a Chaotic World

## *Sources:*

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## *Disclaimer:*

THIS GUIDE WAS COMPILED BASED ON MY RESEARCH OF EACH RESTAURANT'S PUBLISHED INGREDIENTS LIST (SEE SOURCES ABOVE). IT IS NOT INTENDED TO BE USED AS A MEAL PLAN. THESE ARE ONLY SUGGESTIONS. ALWAYS INFORM YOUR SERVER IF YOU HAVE ANY ALLERGIES, INTOLERANCES, OR SENSITIVITIES.

AS A HEALTH COACH I HELP PEOPLE TO ACHIEVE "HABIT CHANGE" (ADOPTION OF HEALTH-ENHANCING PRACTICES) VIA COACHING AND DO NOT DIAGNOSE OR TREAT DISEASE, PRESCRIBE MEDICATION, OR PERFORM THE FUNCTIONS OF CLINICAL OCCUPATIONS. CONSULT YOUR DOCTOR. AS A HEALTH COACH I AM HAPPY TO WORK WITH YOUR PHYSICIAN'S GUIDANCE TO BEST SUPPORT YOUR WELLBEING. ALWAYS CONSULT YOUR PHYSICIAN BEFORE STARTING A NEW DIET.