



HOW TO EAT ON THE ROAD!

The Hope30 Way!

**BEST CHOICES FROM 10 OF THE TOP FAST FOOD
RESTAURANTS IN THE USA!**



TACO BELL

LUNCH: Power Bowl Steak
Order With Extra Veggies.
(No Rice, Beans, Avocado, Cheese,
Guacamole, Ranch or Sour Cream)

DINNER: Power Bowl Chicken
Order With Extra Veggies.
(No Rice, Beans, Avocado, Cheese,
Guacamole, Ranch or Sour Cream)



MCDONALD'S

LUNCH: Egg McMuffin
Order (3) Eggs Only. Add Lettuce,
Tomato & Onion (No Bread)

DINNER: Quarter Pounder
One Quarter Pound Beef Patty
with Mustard, Lettuce, Tomato,
Pickle and Onion (No Bread)



WENDY'S

LUNCH: Apple Pecan Salad
(No cranberries, dressing, cheese
or pecans)

DINNER: One Dave's Single
Order with Extra Veggies.
(No Ketchup, mayo or bread)



PANERA

LUNCH: Fuji Apple Salad with Chicken.
(No cheese, nuts or dressing)

DINNER: Deli Turkey Sandwich
Order with Extra Lettuce & Tomato.
(No Bread or Mayo)



STARBUCKS

LUNCH: Egg & Cheddar Protein Box
Skip the cheese, bread and nut
butter. Great dinner option too!



SUBWAY

LUNCH: Roast Beef Salad
Add Extra Veggies.
(No olives, dressing, or cheese.)

DINNER: Oven Roasted Chicken Patty
Add Extra Veggies.
(No Bread, olives, cheese, or
sauce.)



CHICK-FIL-A

LUNCH: Market Salad
Order with Chicken.
(No cheese, granola, almonds or
dressing)

DINNER: Grilled Chicken Sandwich
Order with Extra Lettuce & Tomato.
(No Bread)



BURGER KING

LUNCH: Whopper
Order Single Patty w/Extra Veggies.
Add a side of Applesauce
(No bread, mayo or ketchup)

DINNER: Repeat Above. No Grilled
Chicken Options.



CHIPOTLE

LUNCH: Salad Bowl
Select from any of the choices.
(No guacamole)

DINNER: Build Your Own Salad
Choose your own meat and load
with veggies!



DUNKIN'

LUNCH: Egg & Cheese Sandwich
Order three (3) eggs only.
(No Cheese or Bread) Great Dinner
option too!

**VISIT HOPETHIRTY.COM FOR
MORE INFORMATION.**