

# Quick Nutrition Guide

Most of us don't always have time to cook 3 meals per day. It is always better to try and cook your own food, as there is generally less salt and fat. However, for those of us that this is just not possible, here is a quick guide to eating healthy on the run...

## Breakfast:

- Starbucks blueberry oatmeal - 220 calories
- Starbucks Greek yogurt with berries - 220 calories
- Jamba Juice berry topper, 12 oz – 300 calories
- Denny's scrambled egg whites, chicken sausage and fruit – 230 calories
- Subway western egg white and cheese muffin melt – 160 calories

## Lunch:

- Starbucks chicken Santa Fe Panini – 410 calories
- Starbucks protein bistro box – 380 calories
- Trader Joe's citrus chicken salad – 220 calories
- Trader Joe's carrot and cilantro bulger grain salad – 240 calories
- Trader Joe's super burrito – 400 calories
- Del Taco crunchy turkey taco – 150 calories in one taco

## Dinner:

- El Pollo Loco avocado salad – 440 calories
- El Pollo Loco whole wheat avocado burrito – 490 calories
- El Pollo Loco fire-grilled skinless chicken breast meal – 240 calories
- Carls Jr grilled chicken salad – 280 calories
- Carls Jr 1/3 lb low carb thickburger without mayo – 380 calories
- In-n-out hamburger with onion, protein style – 240 calories
- Subway 6-inch veggie delite with tomato orzo soup – 360 calories

## Snacks:

- 1 medium apple – 100 calories
- 12 almonds – 100 calories
- 7 carrot sticks – 35 calories

Always remember, most of your meals, no matter where or what you are eating, should look like the picture below. 50% vegetables, 20-25% complex carbohydrates (like brown rice, whole wheat breads, etc.) and 25-30% protein (lean meats like chicken and fish are preferable). For more go to [www.vaneity.com/recipes.html](http://www.vaneity.com/recipes.html)

