

FREEBIE DOWNLOAD



# DINING

THE FITT CYCLE  
GUIDE TO

# ON THE GO



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# BURRITOS & BOWLS

## High Carb

### BURRITO BOWL

Macros	Per 1 bowl
Calories	600
Carbs	72
Fat	15g
Protein	45g

### INGREDIENT SELECTION:

Chicken  
 Cilantro Lime Brown or White Rice  
 Black Beans or Pinto beans  
 Fajitas Veggies  
 Tomato salsa  
 Tomatillo Red Chili Sauce  
 Lettuce

## Low Carb

### SALAD

Serving	1 salad
Calories	565
Carbs	13g Net
Fat	36g
Protein	29g

### INGREDIENT SELECTION:

Lettuce  
 Steak  
 Guacamole  
 Fajitas Veggies  
 Tomato Salsa  
 Tomatillo Red Chili Sauce  
 Queso

# MEXICAN

## TORTILLA CHIPS

Macros	Per 1 basket
Calories	500
Carbs	26
Fat	36g
Protein	6g

EVERYONE WILL HAVE CHIPS, BUT DO SO IN MODERATION! BEWARE OF THE FAT CONTENT!

## High Carb

### FROZEN MARGARITA

Macros	Per 1 drink
Calories	218
Carbs	12g
Fat	0g
Protein	<1g

### REFRIED BEANS

Macros	Per 1/2 C.
Calories	120
Carbs	22g
Fat	1g
Protein	8g

### MEXICAN RICE

Macros	Per 1 C.
Calories	125
Carbs	20g
Fat	4g
Protein	2g

### CHICKEN FAJITAS

Macros	Per 1 meal
Calories	691
Carbs	62g
Fat	24g
Protein	36g

### VEGGIE ENCHILADA

Macros	Per 1 enchilada
Calories	193
Carbs	27g
Fat	6g
Protein	8g

### BAJA TACOS

Macros	Per 2 tacos
Calories	500
Carbs	37g
Fat	6g
Protein	24g

## Low Carb

### CREAMY JALAPEÑO RANCH

Macros	Per 2 T.
Calories	135
Carbs	9g
Fat	11g
Protein	<1g

### BEEF FAJITAS SALAD (NO BOWL)

Macros	Per 1 salad
Calories	279
Carbs	12g
Fat	15g
Protein	13g

### BEEF FAJITAS (NO TORTILLAS)

Macros	Per 1 meal
Calories	280
Carbs	12g
Fat	15g
Protein	13g

# CHINESE

“WHEN I ORDER FROM A CHINESE DELIVERY SERVICE, I ALWAYS GET THE STEAMED VEGGIES WITH CHICKEN (SAUCE ON THE SIDE). VERY CLEAN, AND LOW IN FAT!”  
--LINDSAY

## High Carb

### EGG ROLLS

Macros	Per 1 egg roll
Calories	160
Carbs	24g
Fat	4g
Protein	6g

### SPRING ROLLS

Macros	Per 2 rolls
Calories	110
Carbs	13g
Fat	5g
Protein	3g

### WONTON SOUP

Macros	1 bowl
Calories	250
Carbs	37g
Fat	4g
Protein	19g

### PAN FRIED PORK DUMPLINGS

Macros	Per 6 dumplings
Calories	420
Carbs	42g
Fat	17g
Protein	25g

### GINGER CHICKEN W/ BROCCOLI

Macros	Per 1 meal
Calories	460
Carbs	38g
Fat	10g
Protein	53g

### CHICKEN FRIED RICE

Macros	per 1 serving
Calories	350
Carbs	48g
Fat	9g
Protein	19g

### CHICKEN CHOW MEIN

Macros	per 1 serving
Calories	267
Carbs	30g
Fat	9g
Protein	13g

### SWEET & SOUR CHICKEN

Macros	per 1 serving
Calories	340
Carbs	51g
Fat	9g
Protein	15g

### ORANGE CHICKEN

Macros	per 1 serving
Calories	420
Carbs	54g
Fat	15g
Protein	17g

## Low Carb

### KUNG PAO SHRIMP

Macros	Per 1 serving
Calories	273
Carbs	15g
Fat	18g
Protein	14g

### BEEF WITH BROCCOLI

Macros	per 1 serving
Calories	760
Carbs	23g
Fat	49g
Protein	56g

### SHANGHAI SHRIMP W/ GARLIC SAUCE

Macros	per 1 serving
Calories	240
Carbs	10g
Fat	20g
Protein	17g



# SUSHI

## High Carb

### SPICY TUNA ROLL

Macros	Per 8 pieces
Calories	290
Carbs	26g
Fat	11g
Protein	24g

### SHRIMP TEMPURA ROLL

Macros	Per 8 pieces
Calories	260
Carbs	45g
Fat	5g
Protein	7g

### RAINBOW ROLL

Macros	Per 8 pieces
Calories	420
Carbs	66g
Fat	9g
Protein	31g

### CALIFORNIA ROLL

Macros	Per 8 pieces
Calories	105
Carbs	19g
Fat	4g
Protein	3g

### YELLOWTAIL NIGIRI ROLL

Macros	Per 8 pieces
Calories	105
Carbs	19g
Fat	4g
Protein	3g

### DRAGON ROLL

Macros	Per 8 pieces
Calories	450
Carbs	54g
Fat	20g
Protein	14g

## Low Carb

### YELLOWTAIL SASHIMI

Macros	Per 1 piece (about 1 oz)
Calories	41
Carbs	0g
Fat	2g
Protein	7g

### TUNA SASHIMI

Macros	Per 1 piece (about 1 oz)
Calories	31
Carbs	0g
Fat	0.3g
Protein	7g

### SASHIMI GRADE AHI TUNA

Macros	Per 4-oz uncooked
Calories	130
Carbs	0g
Fat	1g
Protein	28g

# ITALIAN

## High Carb

### BREAD, HERBS & OIL

Macros	per 1 loaf
Calories	300
Carbs	39g
Fat	14g
Protein	6g

### SPAGHETTI MARINARA

Macros	per 1 dinner
Calories	265
Carbs	50g
Fat	2g
Protein	11g

### SEAFOOD LINGUINE AL LA VODKA

Macros	per 1 meal
Calories	1120
Carbs	117g
Fat	39g
Protein	53g

## Low Carb

### PROSCIUTTO-WRAPPED PORK TENDERLOIN

Macros	per 1 serving
Calories	410
Carbs	7g
Fat	24g
Protein	43g

### TUSCAN GRILLED PORK CHOP

Macros	per 1 dinner
Calories	390
Carbs	1g
Fat	20g
Protein	47g

### CHICKEN MARSALA

Macros	per 1 serving
Calories	455
Carbs	3g
Fat	23g
Protein	53g

### TOMATO CAPRESE SALAD

Macros	per 1 serving
Calories	316
Carbs	7g
Fat	28g
Protein	13g

### CHICKEN PICATA

Macros	per 1 serving
Calories	530
Carbs	12g
Fat	26g
Protein	34g

### GRILLED CHICKEN CAESAR SALAD

Macros	per 1 serving
Calories	390
Carbs	12g
Fat	20g
Protein	40g

### HOUSE SALAD

Macros	per 1 serving
Calories	268
Carbs	7g
Fat	25g
Protein	6g

# CHICKEN FAST FOOD

## High Carb

### LEMONADE (MEDIUM)

Macros	per 1 serving
Calories	230
Carbs	61g
Fat	0g
Protein	0g

### CHICKEN SANDWICH

Macros	per 1 sandwich
Calories	440
Carbs	40g
Fat	19g
Protein	28g

### SPICY CHICKEN SANDWICH

Macros	per 1 sandwich
Calories	450
Carbs	41g
Fat	19g
Protein	29g

### WAFFLE POTATO FRIES (MEDIUM)

Macros	per 1 serving
Calories	360
Carbs	43g
Fat	18g
Protein	5g

## Low Carb

### DIET LEMONADE (MEDIUM)

Macros	per 1 serving
Calories	20
Carbs	6g
Fat	0g
Protein	0g

### GRILLED CHICKEN NUGGETS

Macros	per 4 count
Calories	70
Carbs	1g
Fat	2g
Protein	13g

### NAME BRAND SAUCE

Macros	per 1 container
Calories	140
Carbs	6g
Fat	13g
Protein	0g

# BURGER JOINTS

## High Carb

### GRILLED CHICKEN WRAP

Macros	per 1 wrap
Calories	430
Carbs	42g
Fat	14g
Protein	31g

### GRILLED CHICKEN SANDWICH (NO MAYO)

Macros	per 1 sandwich
Calories	350
Carbs	40g
Fat	8g
Protein	30g

### ALL AMERICAN HOT DOG

Macros	per 1 hot dog
Calories	380
Carbs	40g
Fat	18g
Protein	11g

### FRENCH FRIES (LARGE)

Macros	per 1 serving
Calories	450
Carbs	67g
Fat	18g
Protein	3g

## Low Carb

*Tip: Deconstruct any sandwich or burger and don't eat the bread!*

### CHEESEBURGER (NO BUN)

Macros	per 1 serving
Calories	278
Carbs	2g
Fat	22g
Protein	19g

### GRILLED CHICKEN (NO BUN)

Macros	per 1 serving
Calories	106
Carbs	1g
Fat	2g
Protein	21g

# BARBECUE

## High Carb

### BBQ BEANS

Macros	per 1 serving
Calories	150
Carbs	29g
Fat	1g
Protein	5g

### BBQ SAUCE

Macros	per 2 T.
Calories	35
Carbs	9g
Fat	0g
Protein	0g

### BBQ TURKEY (ADD BREAD FOR CARBS)

Macros	per 1 serving
Calories	230
Carbs	0g
Fat	1g
Protein	51g

## Low Carb

### BEEF BRISKET

Macros	Per 1 thin slice
Calories	72
Carbs	0g
Fat	6g
Protein	5g