

TRUCKER SERVICE ASSOCIATION

**LIVE HEALTHY
DRIVER HEALTH CAMPAIGN**

FAST FOOD PT. 1

May 2021



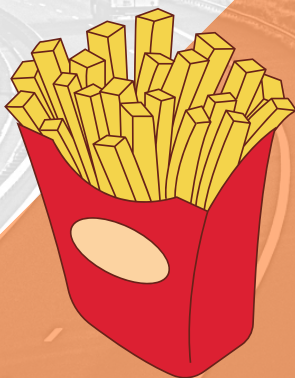
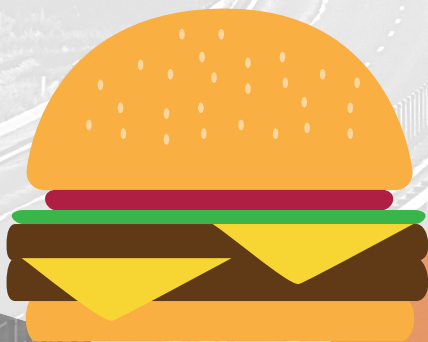
KUHLEFIT
RENEW YOUR VITALITY



FAST FOOD

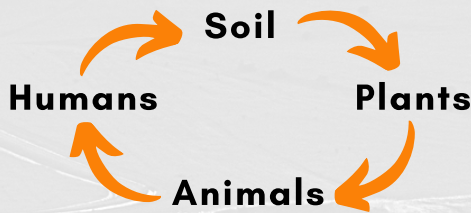
This month we are dedicating it all to fast food do's and don'ts. Every city, highway, and truck stop has fast food chains. These chains are virtually impossible to avoid, and remain a convenient stop while navigating to the next destination. Surely you've considered, "how healthy is this for me?" when consuming foods from these restaurants. That's my purpose for this post; to help you identify the best options available at some of the less than ideal places, fast food restaurants.

*Note that some of these options may have changed from the time this post has been written or locations.



CIRCLE OF LIFE

Before diving into the do's and don'ts of fast food let's consider why take out food is far inferior to certified organic food choices. Certified organic fruits and veggies are grown on the most luscious, nutrient rich soil possible, which results in nutrient rich plants that are fed to animals. This creates healthy, vibrant, and nutrient dense plants and animals that humans consume both of, thus creating superior health.



When pesticides, insecticides, rodenticides and round-ups are sprayed on soils the nutrient profile will degrade, killing off vital components that make up healthy soil. This nutrient depleted soil will then grow nutrient depleted fruits and veggies and it's difficult to be strong and resilient when lacking quality nutrition. Next comes the animals. Animals who are fed these nutrient depleted plants become sick and unhealthy. Lastly, being atop the food chain, we consume those sick animals, plants and fruits, which does not contribute to our overall health.

FAST FOOD RULES

While it is obviously not easy to consume strictly organic while behind the wheel, eating healthy is also not impossible. The more frequently that healthy eating is at the forefront of your mind with the decision to plan ahead the quicker health will improve.

“An ounce of prevention is worth a pound of cure”

The following rules will always put health first when eating at fast food restaurants.

1. If it is deep fried, save your pride.
2. If there's a bun, it's no fun.
3. If it's grilled you can be thrilled.
4. If it's a form of ice cream, help is what your body will scream.
5. If it's a salad bowl, your stomach will be happy and full.

MCDONALDS

BEST OPTIONS

AMERICANO OR BLACK COFFEE



UNSWEETENED ICED TEA



ARTISAN GRILLED CHICKEN



FRUIT AND MAPLE OATMEAL



SAUSAGE BURRITO



OTHERS

APPLE SLICES
SOUTHWEST GRILLED CHICKEN SANDWICH

BURGER KING

BEST OPTIONS

DECAF/CAFE



**UNSWEETENED
ICED TEA**



**CHICKEN GARDEN
SALAD**



SIDE SALAD



MOTT'S APPLESAUCE



OTHERS

**CAESAR SALAD WITH GRILLED CHICKEN
CRISPY TACO**

SUBWAY

BEST OPTIONS

PROTEIN BOWLS:

- TURKEY
- STEAK
- OVEN ROASTED CHICKEN



SALADS:

- TURKEY
- STEAK
- OVEN ROASTED CHICKEN

WRAPS:

- TURKEY
- STEAK
- OVEN ROASTED CHICKEN



OTHERS

APPLESAUCE
UNSWEETENED ICED TEA

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NICK KUHLE
HOLISTIC HEALTH COACH
WWW.KUHLEFIT.COM

