

TRUCKER SERVICE ASSOCIATION

**LIVE HEALTHY
DRIVER HEALTH CAMPAIGN**

FAST FOOD PT.2

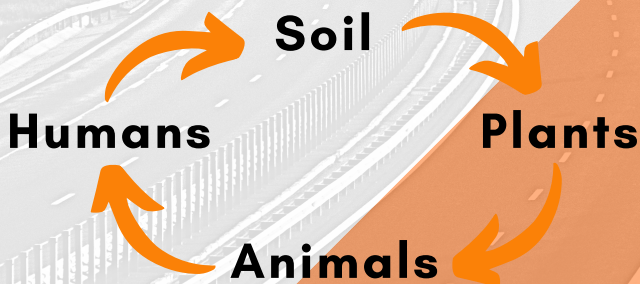
June 2021

KUHLEFIT
RENEW YOUR VITALITY



CIRCLE OF LIFE

This month is a follow up to last month's discussion about fast food options while on the road. Again, I believe that organic foods, grass-fed and finished beef, pasture-raised chickens and eggs are superior to their commercially raised counterparts. [Click here](#) to go back and review the cycle of food life. In short, nutrient rich soils are required to grow healthy, vibrant vegetables and plants. These healthy vegetables and plants are then fed to animals, ensuring the animals remain vibrant and healthy until it's time for consumption. When humans eat animals that have been raised on nutrient deficient vegetables and plants, we take on the illness of those animals and suffer the consequences of nutrition deficiency.



BEEF

Grass fed beef is the most beneficial because of how the cows are raised and fed. Typically cows are sold by weight, not muscle mass, therefore allowing the cows to get as big as possible ensures more money for the farmer. After the cows are weaned most are placed on a corn-fed diet which is highly inflammatory and contains many “ingredients” that are allowed to be fed to cows but humans would never consider eating. Corn is obviously the most widely used ingredient, but the diet can also contain cement dust, animal waste product, plastic roughage, and antibiotic drugs. This coupled with large feedlots, overpopulation, and very little room to roam produces bigger, unhealthier cows.

As a result, these animals are going to be sick and produce poor quality meat, which is then passed along to the consumer. This is why I always recommend organic, grass-fed and finished or pasture raised meats .



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.

CHIK-FIL-A

BEST OPTIONS

MARKET SALAD



**LEMON KALE
CAESAR SALAD**



GRILLED NUGGETS



COOL WRAP



FRUIT CUP



WENDY'S

BEST OPTIONS

SOUTHWEST AVOCADO SALAD



APPLE PECAN SALAD



APPLE BITES



GRILLED CHICKEN SANDWICH



PLAIN BAKED POTATO



OTHERS

UNSWEETENED ICED TEA
BLACK COFFEE

ARBY'S

BEST OPTIONS

**CREAMY
MEDITERRANEAN WRAP**



**ROAST TURKEY AND
SWISS WRAP**



**CHICKEN ENTREE
SALAD**



**BRISKET BACON
FLATBREAD**



UNSWEETENED ICED TEA



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