

THE  **Mediterranean**
DIET

FAST FOOD OPTIONS

For Staying Healthy
When You're On The Go!



SUBWAY



What is The Mediterranean Diet?

The Mediterranean Diet has been around for a very long time. What began as the typical diet of those living in the Mediterranean area has now spread all over the world. Why? Because it is delicious, affordable, easy-to-follow, and can actually help you live longer.

The Mediterranean Diet is centered on a few basic principles. One is sticking to whole foods. This means avoiding all processed foods, basically anything with more than a few ingredients. Instead, fill your trolley with differently colored fruit and vegetables, as well as a variety of different beans and whole grains. Limit or omit red meat entirely; this includes processed meats like sausage. This is because they are high in saturated fats (the bad kind) and have been linked to high blood pressure and cholesterol. Increase the healthy fats in your diet. This means eating an abundance of nuts, seeds, olive oil, avocado, and/or fatty fish such as



salmon, at every meal. The healthy fats found in these foods have been linked to lower cholesterol and a reduced risk of heart disease.

For a longer, more in-depth look into **the Mediterranean Diet**, how it works, its benefits, and how to put together delicious, homemade meals, have a look at our Mediterranean Diet Introduction Book and Meal Plan.

Balance is a big part of **The Mediterranean Diet**. This is because it is a lifestyle and not a quick-fix weight loss program. Yes, you may lose weight, but the idea is to help you get the most out of life by eating foods and following habits that give you energy, vibrancy, and, last but certainly not least, longevity.

So, where does this book fit in?

As balance is so crucial to the sustainability of any healthy lifestyle, we decided to create a book that would teach you how you could visit all your family's favorite fast-food restaurants and still eat in a Mediterranean-friendly way.

Hopefully, after reading this book, you will not only have learned how to do this at one of the listed fast-food restaurants but any restaurant.

So keep this book close at hand for when you treat yourself and your family to a meal out.



Some basics

As mentioned before, **The Mediterranean Diet** is focused on a variety of unprocessed foods and healthy fats. When selecting a meal at a restaurant, fast food or otherwise, keep these basic principles in mind:

► **Choose whole grains over processed wheat products.**

When looking at a menu, choose whole wheat, whole grain, or rye options for pizza, bread, wraps, and pasta. Or select main meals with quinoa, brown rice, bulgar wheat, or millet, whenever possible. These high-fiber foods are fantastic for your digestive system and keep you feeling fuller for longer without the nasty blood sugar dip that processed flours may cause. If you are looking to speed up your weight loss, you may want to choose meals with no grains at all.



► **Choose your protein wisely.**

The first prize protein choice is fish, particularly mackerel or salmon, packed full of heart-healthy fats. Otherwise, go for lean proteins, such as chicken (without the skin), turkey breast, pork loin, or shrimp. These are lower in unhealthy fats than red meat. Another good choice would be beans or legumes such as garbanzo beans, lentils, and black beans. Avoid red meat, such as beef and lamb, as well as anything breaded and fried. Instead, opt for grilled. When it comes to dairy, always go for the low-fat/light version instead of whole milk.

► **Side dishes matter.**

You may think choosing fries over a side of roast vegetables or a salad won't make too much of a difference, but it does! Especially if that's what you choose every time you go out for a meal. Opt for a side salad or vegetables when you can.



► **Ditch the dressing, or at least look at the ingredients.**

Another hidden source of calories and processed ingredients is dressings. It is better to ask for no dressing and drizzle your food with a bit of olive oil and balsamic vinegar.



► **Don't forget the drink!**

The Mediterranean Diet emphasizes whole and natural foods. For this reason, it is better to choose plain water, unsweetened iced tea, or fruit juice as your drink of choice. Remember that if you want to lose weight, fruit juice adds unnecessary calories to your meal. Choose it for your kids' meals and choose water or iced tea for yourself - only the unsweetened kind!



You will see as we tackle each fast food restaurant's menu that these principles repeat themselves time and time again. This is why, in the end, you should be able to apply them to any restaurant menu.

Weight loss

The Mediterranean Diet's end goal is not weight loss. It is, in fact, general health. However, weight loss may well happen anyway. We want this book to be suitable for the whole family. We have added extra tips and tricks for those who want to speed up their weight loss and options that are suitable for anyone in the family, for example, children or grandparents, who don't need to lose weight but still want the benefits of eating the Mediterranean way.

Are you ready to learn how to order Mediterranean-friendly, or as close as possible, at all your favorite fast food joints? Let's begin.





Wendy's

Wendy's

We were pleasantly surprised at the healthy options on Wendy's menu.



For a larger main meal, select the **Grilled Chicken Sandwich**

because it is a lean protein and is not breaded and fried. It is also much lower in calories than many of the other burgers or sandwiches, making it a great option for those looking to speed up weight loss.

As a side, you can choose a plain **Baked Potato**, for the weight-conscious, or one with **Sour Cream and Chives**. The sour cream is a "light" version, meaning that it uses a lower fat dairy.

If you're a little less hungry, then scan through the salads and choose the **Apple Pecan Chicken Salad**.

This option is packed with nutritious fats from the pecan nuts and powerful antioxidants (shown to help reduce your risk of cancer) from the dried cranberries and apples. The blue cheese is robust in flavor, meaning you don't need other cheeses to feel satisfied. Ask to leave the Pomegranate Vinaigrette, which is high in sugar, and add your own balsamic vinegar and olive oil.



Alternatively, order **Chili** off the sides menu. Although it contains red meat, which isn't encouraged on **The Mediterranean Diet**, it also contains pink and red kidney beans, and these are rich in fiber and very good for you.

For a wholesome, naturally sweet treat, choose **Apple Bites**. This is as natural as they come. Or if you're feeling a little more extravagant, go for the **Fresh Baked Oatmeal Bar**, which is loaded with whole grain (oats) and healthy antioxidants from the blueberries and cranberries.



For a beverage, as mentioned before and probably will be multiple times throughout this book, go for the one with the least ingredients. That means **Cold Brew Iced Coffee** or **Fresh Brewed Coffee** (with the benefit of antioxidants), **Iced Tea** (unsweetened), Water, 1% Milk, and for the less weight-conscious, enjoy a chilled **Simply Orange Juice**.



Don't worry; we haven't forgotten the kids! Unfortunately, Wendy's doesn't have a lean protein option as part of their kid's meals. So you may need to put your own meal together for them. Choose a **Grilled Chicken Sandwich**, with a side of **Apple Bites**, and a drink of **Milk** or **Honest Kids Fruit Punch**. You can throw in a **Baked Potato** if they're extra hungry.



Subway



As Subway is all about sandwiches and wraps, you should know by now that you're going to want to choose the whole wheat or whole grain option. Luckily, they do this for you under the 'fresh fit' options. Each sandwich has been prepared in a loaf of 9-grain wheat bread with two servings of vegetables!



Choose between **Oven Roasted Chicken**, **Turkey Breast**, or **Veggie Delight**. Then choose your sauce. We suggest **Yellow Mustard** or a **Light Mayonnaise** as they have the fewest ingredients. We don't suggest the Black Forest Ham or Sweet Onion Chicken Teriyaki options because we want to avoid processed meats and sugar-laden sauces (they mention that the teriyaki sauce is fat-free, which is

often a code phrase for lots of sugar!)

For the more weight-conscious, ditch the bread and choose between Subway's **Oven Roasted Chicken**, **Tuna**, **Turkey Breast**, or **Veggie Delight Salad**. Drizzle a little **Red Wine Vinegar** over the top.



If you're here for breakfast, unfortunately, there won't be any suitable options. All their flatbreads have either processed meats (bacon or ham) or cheese. None of these fall in line with **The Mediterranean Diet**.

In terms of the available sides and drinks options, the chips and cookies will have refined oils and/or flour in them. If you want something sweet, you can choose a side of **Muscleman's Apple Sauce** because it has no added ingredients, plus you get the digestive benefit of fiber.

For a drink, choose **1% Low-Fat Milk, Coffee,** or **Water.** For those who are not so weight-conscious, you can enjoy a **Simply Apple** or **Simply Orange Juice.** These may be a particularly good option if you haven't had any fruit for the day yet.

At least your kids have the option of the **Turkey Breast Mini** or **Veggie Delight Mini for Kids,** which automatically comes on a 9-grain wheat bun with a side of applesauce and a beverage of choice (choose the **Low-Fat Milk** for a calcium-packed, healthier option).



McDonald's



When we think of McDonald's, we mostly think of one thing. That is burgers. So it's understandable if that is the first part of the menu your eyes slide towards. Unfortunately, none of the McDonald's burgers are Mediterranean Diet-friendly. They all have red meat, no whole grain/whole wheat roll options, and lots of cheese (remember, cheese is high in saturated fats).

It would be better to check out the chicken & sandwiches menu. From here, you could choose the **McChicken** or **Filet-O-Fish**. Unfortunately, both are breaded and fried, which is not recommended because of the refined flour and oil used. However, chicken is a more lean protein than red meat, and the fish has the added benefit of healthy fats. The fish is also lower in calories than the chicken, making it suitable for those looking to lose weight quicker. Ask to leave the processed cheese off the fish, and see if they have a "light" mayonnaise option instead.



You can select a side of **Apple Slices**, a **Strawberry Banana Smoothie**, or a **Mango Pineapple Smoothie** for an after-meal treat.

For a drink, you can go for the **Unsweetened Iced Tea**, **1% Low-Fat Milk**, **Water**, **Minute Maid Orange Juice**, or an **Americano**.

If your whole family is with you, then you may be interested in what kid's meals are on offer. The kid's meals are either a red-meat burger or fried chicken nuggets with chips. You may want to put together your own meal of a **McChicken**, **Apple Slices**, and **Milk** or **Minute Maid Orange juice**.



Pizza Hut

It is not the easiest thing trying to turn a pizza into a Mediterranean-friendly meal, but we will help you do your best! Ideally, you would choose a whole-grain base, but Pizza Hut doesn't offer that. Instead, you may want to go for the thinnest base with the most vegetables possible and skip the red or processed meats.

What they do offer is a "Fit 'n Delicious" option, which has 25% less fat (due to less cheese) than their usual thin crust pizza. Remember, cheese is high in saturated fats (the unhealthy kind), so we are always looking to reduce the amount we eat when following **The Mediterranean Diet**

Choose from the "Fit 'n Delicious" range, a **Chicken, Red Onion & Green Pepper**; a **Chicken, Mushroom & Jalapeno**; a **Green Pepper, Red Onion & Diced Red Tomato**; or a **Diced Red Tomato, Mushroom & Jalapeno** pizza. A good size portion would be between 2 and 3 slices per person or 1 to 2 slices each for your kids.

You could choose to have a portion of **Baked Hot Wings** for an appetizer but skip the dipping sauce. If you're thirsty, you may want to stick to **Water, Coffee, or 100% Fruit Juice** (if it's available).





Taco Bell

Taco Bell offers a few options that fit into the Mediterranean lifestyle. These are the meals that are packed full of vegetables and are lower in saturated fats (the bad kind). The **Veggie Cantina Power Burrito** or the **Bean Burrito** has a 25% reduction in fat, a good dose of vegetable protein (thanks to the beans), and is loaded with gut-friendly fiber. The **Chicken Cantina Power Bowl** is another great option if you're not a fan of beans.

Those looking to shed a few extra centimeters off the waist may want to ditch the burrito and go straight for a **Veggie Cantina Power Bowl** or a **Chicken Cantina Power Bowl**.

If you're still feeling hungry and see yourself eyeing the "sides" menu, then pick a side of **Black Beans, Salsa Dip, or Reduced-Fat Sour Cream Dip**.

You may need to put your own meal together if you're visiting for breakfast, as many of the meals contain sausage or cheese. Choose a **Side of Eggs**, a side of **Black Beans, Pico de Gallo, Guacamole, and Reduced-Fat Sour Cream Or Green Tomatillo Sauce**.

To drink, you can decide between **Coffee, Water, or Tropicana Orange Juice**.

Taco Bell doesn't offer a kids menu; however, you can choose between one of the options mentioned above for them.



KFC



It's all in the name when it comes to KFC. Fried. This makes eating a Mediterranean Diet a challenge, as we want to avoid deep-fried foods as much as possible. This is because the oil used to fry the food is rarely, if ever, olive oil (the preferred Mediterranean Diet oil) and is often used repeatedly, resulting in a lot of unhealthy fat, which can lead to heart disease.

Your best bet is four **Kentucky Fried Wings** (be sure to ask for them without sauce), and **sides of Green Beans** and **Whole Kernel Corn**. These vegetable sides will leave you feeling satisfied yet light and energetic, unlike the mayonnaise-laden coleslaw or fatty mashed potatoes.

For drinks, choose between **Unsweetened Iced Tea, Coffee, or Water**.

KFC really does kid's meals well. They offer **Grilled Chicken** instead of fried (always a winner!). You may then pick a side of **Green Beans**, a drink of **Low-Fat Milk**, and a sweet treat of **Muscleman's Unsweetened Apple Sauce**.



Olive Garden

Olive Garden is a popular Italian restaurant. As Italy falls within the actual Mediterranean, you can expect lots of options to choose from.



Appetizers, although tasty, can often lead to you overeating, so it's best to go straight for a satisfying, hearty entrée. The first choice, and the only salmon on any of these menus, is the **Herb-Grilled Salmon** served with a side of tasty broccoli. Second prize goes to the **Grilled Chicken Margherita**. Mozzarella cheese is lower in salt and calories than other cheeses, making it a

good option. This meal also comes with a side of broccoli (ask to have it without the parmesan). For a lighter meal, select a **Soup and Salad Dinner**, which will be full of vitamins and minerals thanks to all the vegetables. Variety is key, so go for meals that include more than one type of vegetable.

Pick a glass of **Fresh Brewed Iced Tea** or **Water** for a refreshing drink. Otherwise, you can always select a glass of **Red Wine**, which is very popular in **The Mediterranean Diet** and is known for its cancer-fighting antioxidants.

If your kids are joining you for the meal, then choose the **Grilled Chicken with Rotini Pasta & Marinara**. It offers up lean protein with a tasty vitamin-rich sauce made from tomatoes!



Domino's

The idea for Domino's is the same as Pizza Hut. Choose the pizza with the thinnest crust (therefore the least amount of refined-flour dough) and the most vegetables. The pizza that fits this description is the **Pacific Veggie**. Have two slices of a medium and share the rest with your family. Kids included!

Ordering a salad on the side to share adds extra vegetables and will prevent you from overeating the pizza. Opt for a Classic Garden Salad with **Ken's Lite Balsamic with Olive Oil Vinaigrette**.

Unfortunately, there are no Mediterranean-friendly sweet treats to finish your meal off with, so you may have to pick that up from somewhere else on your way home.



Chick-fil-A



Chick-fil-A offers a few tasty looking Mediterranean Diet-friendly options. Unlike KFC, they have “grilled” chicken meals, which is preferable to the deep-fried options.

From the entrees, you could choose between a **Grilled Chicken Sandwich** (avoid adding a sauce) and a **Grilled Cool Wrap** (has the added benefit of a seed flour-based wrap!). Or you could have a portion of **Grilled Nuggets** and choose a **Kale Crunch Salad** (kale’s dark green color means it has a lot of anti-aging phytonutrients) or a simple **Side Salad** with **Lite Italian Dressing**.

Otherwise, you can scan the menu for the salads and choose a **Spicy Southwest Salad**, which offers the benefit of black beans and various greens. Ask for two packets of **Jalapeno Salsa**, which has fewer calories and more vegetables than the usual Creamy Salad Dressing. The salad has two types of cheese (Monterey Jack and Cheddar), so you may want to ask them to leave those off to stay true to **The Mediterranean Diet**. Cheeses like parmesan and blue cheese are preferable to processed cheese because their strong flavor means you need less of them to enjoy the taste! The **Market Salad** doesn’t have beans, but it does have a good dose of fruit (including antioxidant-rich berries) and healthy fats (thanks to the nuts). Order it with the Light Balsamic Vinaigrette dressing.

As a drink, you could have a **Simply Orange Juice**, **Freshly-Brewed Iced Tea Unsweetened**, **1% White Milk**, **Coffee**, or **Water**.

For the kids, order a **Grilled Nuggets Kid’s Meal** with a side **Fruit Cup** and **Low-Fat Milk**. If you stop in a little early in the day, don’t worry, Chick-fil-A has you covered! Choose between a **Greek Yogurt Parfait**, a **Fruit Cup**, or a **Sunflower Multigrain Bagel with Cream Cheese**.





Little Caesars

Little Caesars pizzas are made for sharing!
And with no side salad to help fill you up, you may want to choose a more Mediterranean Diet-friendly pizza place.

Pick an **ExtraMostBestest Thin Crust Pizza** with a few of your favorite veggies as a topping, for example, **Olives** (for the healthy fats), and **Fresh Mushrooms, Green Peppers,** and **Onions** for the fiber and vitamins!



Burger King

This is another restaurant with slim pickings when it comes to **The Mediterranean Diet!** Your best bet would be to choose a **Big Fish Burger**, as it will give you the benefit of the healthy fats from the fish. However, it is deep-fried. Order a **Side Garden Salad**.

To drink, you could have **Fat-Free Milk, Unsweetened Iced Tea, Minute Maid Orange Juice,** a **Coffee,** or **Water.**

Papa John's



You may be tempted to order a gluten-free pizza at Papa John's, thinking it's a healthier option, but gluten-free flours are often very processed and

have lost most of their vitamins and minerals.

Instead, opt for a standard medium **Garden Fresh Pizza**, but only have about two slices. Add extra **Anchovies** and **Olives** for the healthy fats and extra **Fresh Spinach** since they don't offer a side salad!



That's all, folks!

We hope you have learned a lot about how to stick to **The Mediterranean Diet** when visiting your favorite fast-food restaurant. Remember the basics that you learned from the introduction, and you can't go wrong...

BONUS CHAPTER:

How To See Better (and Faster) Results On The Mediterranean Diet

Several years ago, I noticed there was one single thing the most successful people do to see better (and even faster) results on **The Mediterranean Diet**.

I'd like you to try it as well — and I've found a way to make it super easy. In fact, it will take just 29 seconds a day.

What am I talking about?

Well, the folks that lose the most weight, feel the most energy, and see the biggest improvements on their blood markers...

MAKE
100% SURE TO EAT
6-12 SERVINGS OF
FRUITS AND
VEGGIES
EVERY SINGLE DAY.



You see, eating pasta, chicken alfredo, and pizza is the EASY part. And yes, those foods are important to your overall health.

But, vegetables are the “secret” behind the healing power of the Mediterranean Diet.

Simply because they are chock-full of healthy antioxidants, flavonoids and phytochemicals that rejuvenate every cell in your body.

Ever wonder why Europeans are so much thinner and healthier than Americans? Well, that’s because vegetables like broccoli, arugula, asparagus, and kale are staples at Sunday lunches in Italy and France.

However, it’s easy for the Europeans to make sure they always eat their “greens.” Entire families often live under the same roof, which means Grandma will often cook while the adult children work.

But American culture is different. We don’t usually live with our elderly parents or in-laws. So, we don’t have anyone to do the cooking.

In fact, you probably do it all.

You cook dinner, clean the house, and pay the bills.

You juggle everyone’s needs, and try to make sure your family is happy and healthy.

So after a stressful day at work, you **deserve** to kickback and relax — not wash, chop and prepare vegetables. Trust me, I’ve been in your shoes!

Luckily, I found a way for you to get every single fruit and veggie your body needs in just 29 seconds a day — no juicing, blending, or chopping veggies required.

How? With a ready-mix superfood drink called **Daily Energy**.



Each scoop of Daily Energy contains a whopping 60 fruits, veggies, enzymes, spices, herbs, and superfoods. One glass helps you cover all of your nutritional bases, so no more feeling guilty or seeing lackluster results.

Plus, it's so easy to make that even a 5-year-old could prepare a glass.

Just stir one scoop into a glass of water.

Sip it down.

And Voilà

you'll give your body every nutrient it needs to stay healthy, energized and trim.



Daily Energy it's so healthy and pure, I bet even Italian grandmothers would give it their stamp of approval.

Just take a look at what you're getting with every scoop:

Supergreens for heart, lung and immune health

Spirulina, chlorella, wheatgrass, organic alfalfa, organic spinach, broccoli, and barley grass.

Citrus and tropical fruits for vision, joint and heart health.

Organic apples, cherries, rose hip berries, pineapples, and papayas.

Stress-busting adaptogens to feel that laid-back Mediterranean vibe without flying to Greece.

Rhodiola rosea, ashwagandha, astragalus, and sunflower extract to help maintain healthy cortisol levels.

Digestive enzymes, prebiotics and probiotics for better digestion, nutrient absorption and easy weight loss.

Plus, a few extra “supernutrients” for good measure:

- ▶ CoQ10, which quite literally recharges every cell in your body.
- ▶ ECGC, a tea extract that helps boost your metabolism so fat burns off faster.
- ▶ Beets for better blood pressure, blood sugar, and overall energy.
- ▶ Ginger for soothing stiff, achy joints
- ▶ And dozens many more.

Plus, it's certified organic and made in an FDA-approved facility. That means no GMOs, no artificial colors, no artificial flavors, no heavy metals, and no other junk.

Every ingredient comes from real farms where the focus is on the quality of the ingredient - not the quantity. Drinking Daily Energy is almost as natural as eating fruit right off the vine at a farm in France.

But what about taste?

Most other “greens” products taste like grass. But Daily Energy has a fruity, tangy taste. Even my kids look forward to drinking it.

Okay, how much will this set me back?

I reached out to Phil at Spring of Life (the company that makes Daily Energy). I told him about our mission to help people improve their health through the Mediterranean diet and lifestyle.

Well, he got so excited, he said:

“ You know what... I’ll send you a link that will give all of your readers 40% off Daily Energy. It’s the least I can do. ”

I was blown away. Because a 40% discount brings Daily Energy down a measly \$2.30 per day. And when you consider one tiny tin of cherries costs \$8 bucks at Whole Foods, \$2.30 for over 60 superfoods is an absolute steal.

Plus, you get a 60-day guarantee. Just try it for a month. If you’re unsatisfied for any reason, let us know and you’ll receive a speedy and courteous refund. You’ve got nothing to lose by giving it a shot.

Look, I don’t recommend many supplements. But I promise you — Daily Energy will make your health journey just a little bit easier, so you’ll see results just a little bit faster.

So, I’d like you to pick this up. Just make sure you use the link below to receive your 40% discount.



Click to get 40% off Daily Energy and see better (and faster) results on The Mediterranean Diet.

CLICK HERE NOW!