



**LIVELY  
KITCHENS, INC.**  
Nutrition & Kitchen Coaching  
*for All Walks of Life*

**Dining in The U.S.A.**

**Source: The Glycemic Index Diet By: Dr. Barry Sears, additions by Joyce Lande, Lively Kitchens. Inc.**

The best part about a road trip is the adventure that you and your family will undertake! The worst part about a road trip is what to eat to stay energized and not feel uncomfortable while on your adventure! So, what do you do? Below are a few tips and tricks to help you have a happy and healthy road trip:

**FAST FOOD CONSIDER THESE TIPS:**

Fast-food restaurants should never be your first choice. However; if you must consider these tips:

- **SALT** - Salt retains liquid and raises blood pressure. If not sure of salt levels, as for a Nutrition list.
- **BURGERS** - Eat them open-faced, throwing away the top slice of the bun.
- **SALAD DRESSING** - Request a light or vinaigrette dressing when possible. Stay clear of creamy dressings when possible. Ask for the dressing 'on the side' and use about 1/3 of the dressing provided.
- **CHICKEN** - Ask for the chicken to be grilled and NOT fried! McDonald's crispy chicken salads have more than twice the fat and 40% more calories than their grilled chicken salad.
- **SALAD ADDONS** - Stay away from salad toppings such as croutons, full-fat cheese, eggs, etc. NOTE: An egg can be included if the 'protein' in the meal.
- **PROTEIN, FIBER & CARB** - Try to have a protein and fiber source in your meals. The protein will give you energy and the fiber will keep you full. Make your carb sources whole-grain.
- **BEVERAGES** - Stick with water!!!! Coffee is OK. Watch so you don't drink too much and get dehydrated.
- **BREADS** - Skip the bread! If you must, just one.
- **SNACKS** - Pack water, fruit, high protein bars (12-15 grams protein per 50-60 gram bar).
  - \*\*\*See the SNACK CHOICES and THIS VS. THAT documents in TASTY TIPS Tab on website.
- **SENIOR CITIZEN?** - If so, consider ordering off this menu. The portions are smaller.

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## EATING OUT? FOLLOW THESE TIPS:

You can find a healthy meal on the road. It takes careful reading and some discipline. Additionally, start with a glass of water. Order the soup or salad first and ask the server to bring it immediately. Skip the potatoes and ask for double veggies (more fiber). CONSIDER a light lunch so you don't get sleepy.

### Breakfast

- Eat breakfast in your hotel if possible (it will save you money too)
- oatmeal with hot water
- fruit yogurt - look for fat-free and limited sugar
- fresh fruit/fruit salad (stick to the berries - full of antioxidants)
- whole wheat toast
- scrambled eggs
- tea/skim milk

DO NOT select pastries, muffins, hash browns, bacon or sausage.  
TAKE a banana and yogurt for the road (cooler required)

### Lunch

- Salad and add grilled chicken, plain shrimp or fish. No cheese or croutons and a low-fat dressing.
- Wraps/sandwiches - Avoid prepared tuna/chicken salads (packed with mayo). Select fish, chicken, turkey or lean ham with veggies. Hold the chips, fries and cheese.

### Dinner

- Start with a green salad or soup.
- Main course
  - Grilled chicken/fish with double veggies no potato
  - Pork loin chops - Grilled and usually serves to chops. Split it and add a veggie
  - Pasta - Chicken or seafood based pasta in tomato sauce. No cream sauces.
- Dessert
  - Fresh fruit
  - No-sugar added apple or berry pie and split the serving

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**BEST CHOICES FOR SOME FAST-FOOD CHAINS:**

Subway

The 6" sub with 6 grams or less of fat, on whole wheat or honey oat bread, are your best choice. Don't load up on the cheese, bacon, mayo and high-sugar sauces. Low fat salads are also good with the fat-free Italian dressing.

McDonald's

The grilled chicken salad is good with the low-fat dressing. Grilled chicken wraps are also acceptable. You can have the Fruit 'n Yogurt Parfait for dessert - hold the granola.

Burger King

The grilled chicken salads or Tendergrill Chicken Sandwich with a garden salad is the best choice. Also, the BK Veggie Burger without mayo and a garden salad is good too. Remember only fat-free dressing and 1/2 of the bun! Warning: The salads are loaded with sodium - more than an entire day's supply in a single meal!!!!

Wendy's

The best choice are the Ultimate Chicken Grill sandwich or the Grilled Chicken Go Wrap. Or, a large chili with a side salad. The Mandarin Chicken or Chicken Caesar salads are OK if you add a fat-free French or balsamic vinaigrette dressing.

Pizza Hut

Pizza wouldn't be my recommended choice for a fast-food stop. However, Pizza Hut has made an effort. Your best bet is their 12" Thin 'N Crispy Pizza (two slices maximum), plus a garden salad with a light dressing.

Taco Bell

The Fresco tacos and burritos are acceptable. However, the burritos have a very high sodium level - double that found in the tacos. Side salads are the other option. That is it!!!

KFC

Roasted Chicken salads with light dressing or the Tender Roast sandwich and Oven Roasted Twister without sauce. No fried chicken!!!

Quiznos

All the Turkey Subs are acceptable, plus Ham and Cheese and Honey Bourbon Chicken. Additionally, all salads (not the Classic Cobb) with balsamic vinaigrette dressing. Throw away the flatbread. It is loaded with fat and calories.

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### Arby's

Virtually everything they offer is loaded with fat and sodium. If you must, try the Chopped Turkey Club Salad or chopped Farmhouse Chicken-grilled with a third pouch of the balsamic vinaigrette dressing.

### All You Can Eat Buffets

These can be your worst or best option depending on your level of control. Look at all the options and then select what you want. Start with a salad and water. Remember the dressing recommendations.

### Italian

Start with a good bean and vegetable soup such as minestrone. For the main course something grilled, roasted or braised. If you want a pasta, get it as a side but no cream sauces. You are better off getting an extra vegetable.

### Greek

Grilled or baked seafood are excellent choices as is the side of chicken souvlaki. Watch your servings. Instead of potatoes, order a vegetable. Also, the salad dressing and feta should be served on the side.

### Chinese

Much of this food is deep fried and comes with sweet sauces. Sodium levels are usually high and the white rice (short grain) is the worst! This would be my last resort.

### Indian/South Asian

These are two of your best choices because the cuisine's focus on vegetables, legumes, lentils, and long-grain rice. Make sure the food is not fried particularly in the ghee butter, which is a saturated fat.

### Thai

Stick with lemongrass soup, green mango salad, or mussels in lemongrass broth. Then, Thai beef salad or stir-fry with chicken and vegetables. Skip the peanut sauce. And, watch out for too much high-fat coconut milk.

### Japanese

Careful of the rice - again. Order the sashimi instead. Watch the quantity of soy sauce. The beef and vegetable stir-fries and grilled fish are excellent choices. Try nabemono, a healthy fondue with broth.

### Family Restaurants

#1 Caution is portion size!! Typically one entree can be share with a least one more person.

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