



CHEF ROB VARNER

# CHEF ROB'S HEALTHIER FAST FOOD TIPS



## TORTILLA MAGIC

Buy a bag of low-carb tortillas and keep it on hand. Then whenever you grab a quick burger or a chicken sandwich, you can just slide the toppings into the tortilla and eat it that way. Say goodbye to bun carbs!



## WRAP IT UP

Ask to have your burger, chicken or deli sandwich wrapped in **lettuce instead of a bun**. Then you can add extra tomatoes and all that good stuff too.



## DITCH THE SODAS

Soft drinks are empty calories that help pack on the pounds.

Order instead:

Water

Unsweet Tea

Zero-Calorie Beverages



## BE A NO-FRY ZONE

That goes for chips too.

Swap your side:

Salad

Yogurt

Fruit

Mac & Cheese

Potato Salad



## NO ICE CREAM

Or apple pie. Or chocolate chip cookie. Skip the dessert!

Instead, whip up at home:

Crustless Cheesecake

Apple Nachos



## BURGERS

### GO OPEN-FACE

Cut out half the carbs! Add extra veggies if you're really hungry.

### LIMIT YOUR PORTION

Just get a smaller burger in a kid's meal, then give your kids the toy!



## TACOS

### KEEP AWAY FROM CRUNCHY

If your food is crunchy, it most likely means it's been fried.

### GET A BOWL

Or make your own by emptying your tortilla and putting a salad together.



## CHICKEN

### FORGO THE FRIED

Look for grilled or baked instead. Ask if naked tenders are an option.

### ADD PROTEIN

Kick up another 10–15 grams of protein and stay fuller longer.

## GET SAUCY

Order your sauces on the side. Many sauces are high in sugar, mayo or fat; this way you can control how much you eat.



### PRO TIP

Buffalo sauce (spicy!) or honey mustard are typically lower in calories, carbs and sugar.



## BREAKFAST

**GO BISCUITLESS** Get two sausage, egg and cheese biscuits and give away the biscuits. If you can do egg whites, even better.

**THINK LIGHT** Shun the combo and get a side of fruit or yogurt. Or a delicious parfait.

**Now that's how you make fast food healthier!**

Explore [Healthy Habits](#) for more great tips on how to eat healthier in Alabama.