

THE WALL STREET DIET

FLIGHT PLAN

Being stuck in the airport can be terminal for your diet. But even this fast-food nightmare doesn't have to mean the death of your diet.

Best "racing for your early flight" breakfast:

Best Starbucks breakfast:

- Reduced-Fat Turkey Bacon, Egg and Reduced Fat Cheddar Sandwich 350 cal.
- Any non- or low-fat yogurt 60–160 cal.
- Tall, skim latte 100 cal.
- All Starbucks drinks: order "tall", "light", "nonfat" and always "no whip"

Best flying snacks:

Best pack your own snacks:

- FiberRich crackers (packed in plastic soap box)
 - + 2 Babybel cheeses
 - + Judsen's peanut butter 'squeeze'
 - + fruit like banana or apple
- Glenny's soy crisps
- Poppable veggies: cherry tomatoes, baby carrots, celery chunks

Best terminal snacks:

- 'Covered' fruit like banana or orange
- Protein bar such as Nature Valley, Luna, Zone
- Hard boiled egg
- String cheese

Best terminal lunch from the chains:

Au Bon Pain Picks:

- Southwest Vegetable Soup (medium) 100 cal.
- Thai Chicken Salad With Fat Free Raspberry Vinaigrette 270 cal.
- Caesar Salad With Fat Free Raspberry Vinaigrette 290 cal.

Best Burger King Picks:

- Side Garden Salad With Ken's® Fat Free Ranch Dressing 75 cal.
- Croissan'wich® Egg & Cheese (w/o the croissant) 150 cal.
- Hamburger (w/o the bun) 160 cal.
- Hamburger 290 cal.
- TenderGrill™ Chicken Garden Salad With Ken's® Fat Free Ranch Dressing (60) 300 cal.

FAST FOOD NAVIGATION

Don't let a road trip be your mapquest to diet disaster with fatty snacks and hi-cal meals. There are alternatives when you know how to navigate wisely.

STUCK AT A REST STOP? HERE ARE SOME SUGGESTIONS:

McDonald's Picks:

- Fruit and Walnut Salad (snack size) 210 cal.
- Ceasar Salad with Grilled Chicken with Low-Fat Balsamic Vinaigrette 260 cal.
- McDonald's Hamburger 250 cal.
- Honey Mustard Snack Wrap (grilled chicken) 260 cal.

McDonald's Skips:

- Double Quarter Pounder with Cheese & medium French Fries (380 cal.) 1120 cal.

Subway Picks:

- "Jared" (lowfat) Salads: Ham, Roast Beef, Club, Turkey Breast or Veggie Delite® with Fat Free Italian Dressing 185 (or less) cal.
- 6" Jared (lowfat) Sandwiches:
 - Veggie Delite® 230 cal.
 - Turkey Breast 280 cal.
 - Ham 290 cal.
 - Roast Beef 290 cal.

Subway Skips:

- 6" Double Meatball Marinara Sub 860 cal.

Taco Bell Picks:

- Grilled Steak Soft Taco ("Fresco Style") 160 cal.
- Ranchero Chicken Soft Taco ("Fresco Style") 170 cal.
- Taco Bell Beef Soft Taco Supreme ("Fresco Style") 190 cal.
- Taco Bell Enchirito-Beef ("Fresco Style") 230 cal.
- Taco Bell Gordita Baja Chicken 320 cal.

Taco Bell Skips:

- Chicken Fiesta Taco Salad 800 cal.
- Taco Bell "Grilled Stuff" Chicken Burrito 640 cal.

Wendy's Picks:

- Wendy's Mandarin Chicken Salad (w/o noodles or almonds) with fat free french dressing 240 cal.
- Small Chili 220 cal.
- Wendy's Jr. Hamburger 280 cal.
- Wendy's Grilled Chicken Sandwich

Wendy's Skips:

- Southwest Taco Salad with Ancho Chipotle Ranch Dressing 680 cal.
- Wendy's Old Fashioned Burger: ½ lb. Double with Cheese 700 cal.

