

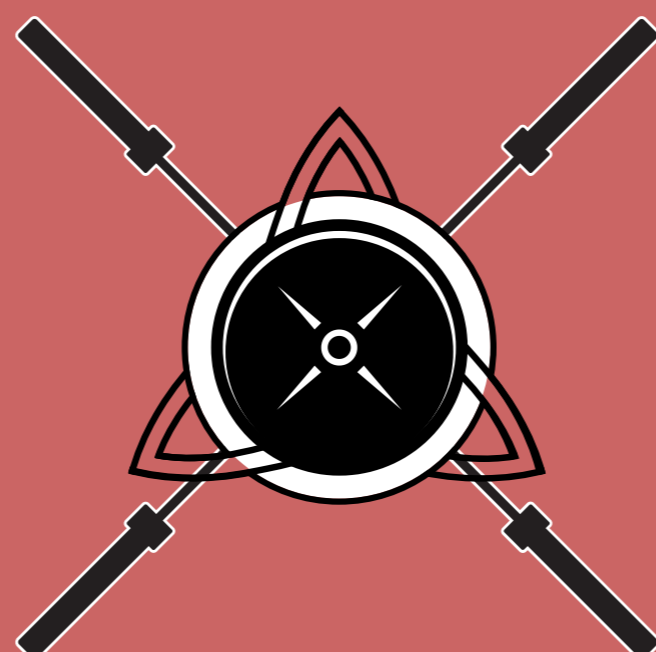


MINI-GUIDE FOR CHEAT MEALS

Downey Strength Co



Hard



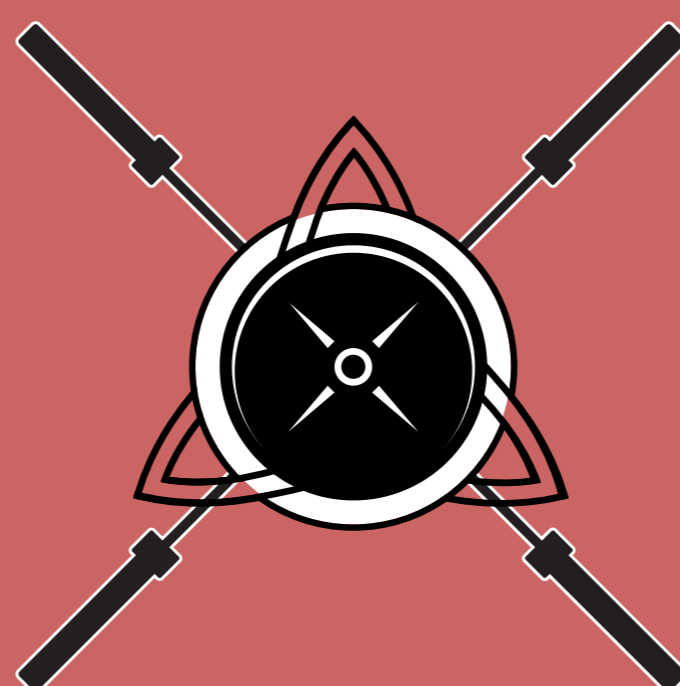


HELLO AND WELCOME

Welcome to our E-book, a concise guide for those always on the move. We understand the challenges of your busy lifestyle. From having no time to cook to frequent dining out, this guide is intended to help you make smart, informed meal choices that align with your fitness goals.

These are only suggestions, and are informed by each restaurant's nutritional data. They are meant to assist you in your health and fitness journey. Let's embrace these tips and keep achieving your goals!

LETS GO!





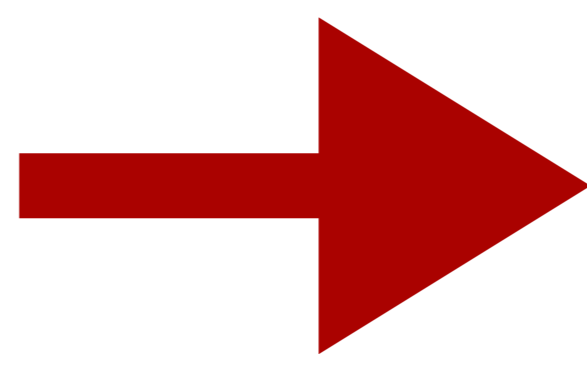
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Bacon Egg and Cheese Biscuit



**420 calories, 21g fat
40g carb, 16g protein**



Egg White Grill

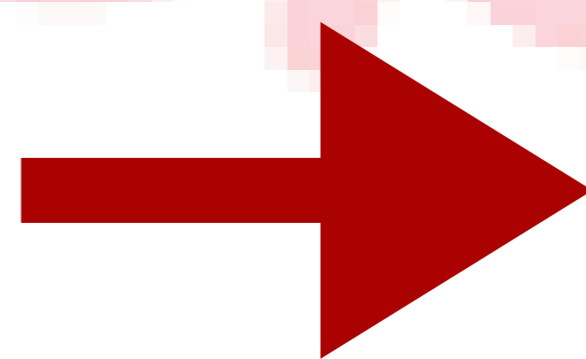


**300 calories, 8g fat
31g carb, 28g protein**

Cobb Salad with Nuggets



**830 calories, 60g fat
31g carb, 42g protein**



Market Salad



**550 calories, 31g fat
42g carb, 28g protein**



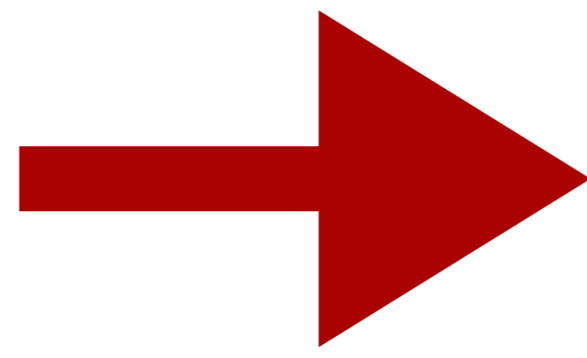
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Deluxe Chicken Sandwich



**490 calories, 22g fat
43g carb, 32g protein**



Grilled Chicken Sandwich

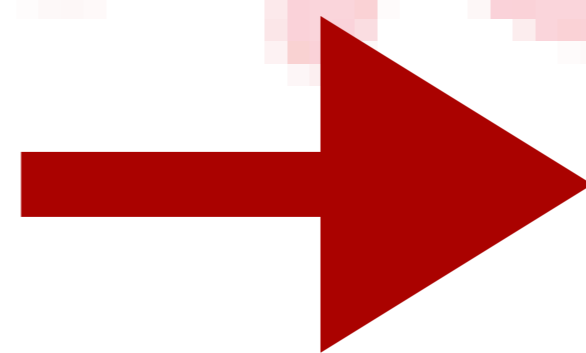


**300 calories, 8g fat
31g carb, 28g protein**

Chicken Nuggets (8)



**250 calories, 11g fat
11g carb, 28g protein**



Grilled Nuggets (12)



**200 calories, 4.5g fat
2g carb, 38g protein**



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Bacon Egg and Cheese Biscuit

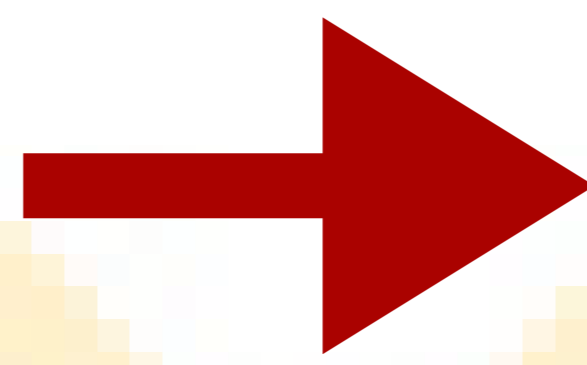


**460 calories, 26g fat
39g carb, 17g protein**

Egg McMuffin



**310 calories, 13g fat
30g carb, 17g protein**



Quarter Pounder w/cheese

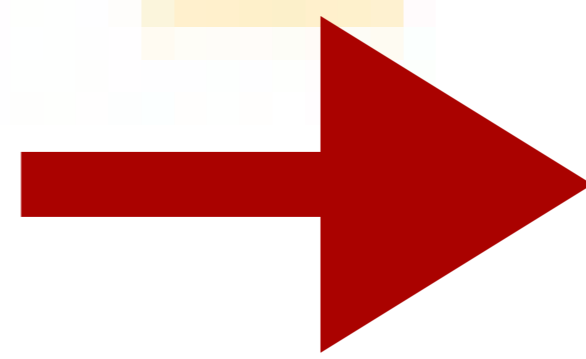


**520 calories, 26g fat
42g carb, 30g protein**

Classic Hamburger



**250 calories, 9g fat
31g carb, 12g protein**





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Beijing Beef Bowl



**470 calories, 26g fat
46g carb, 21g protein**

Black Pepper Angus Steak



**180 calories, 7g fat
10g carb, 19g protein**

Orange Chicken



**380 calories, 18g fat
45g carb, 14g protein**

Mushroom Chicken



**190 calories, 9g fat
13g carb, 14g protein**



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Veggie Spring Rolls



**190 calories, 8g fat
27g carb, 3g protein**

Chicken Potstickers



**160 calories, 6g fat
20g carb, 6g protein**

Honey Sesame Chicken



**490 calories, 19g fat
15g carb, 13g protein**

String Bean Chicken Breast



**190 calories, 9g fat
13g carb, 14g protein**





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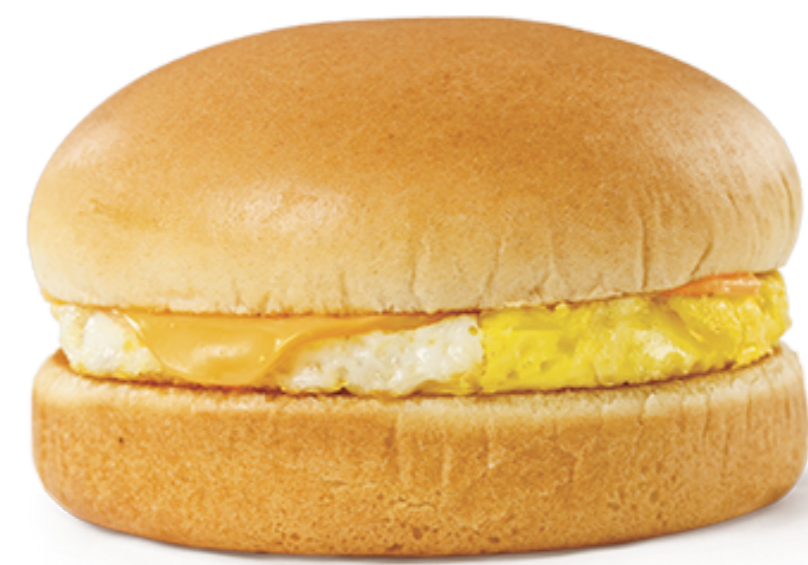


Honey Butter Chicken Biscuit



**580 calories, 32g fat
52g carb, 13g protein**

Egg Sandwich



**310 calories, 12g fat
34g carb, 15g protein**

Cobb Salad w/Spicy Chicken



**550 calories, 32g fat
21g carb, 43g protein**

Apple and Cranberry Chicken Salad



**445 calories, 16g fat
39g carb, 32g protein**



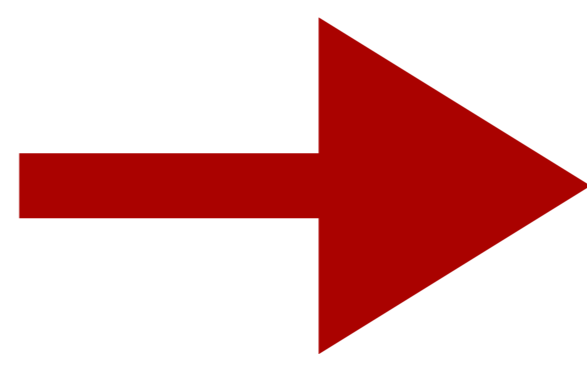
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Triple Meat Whataburger



**1010 calories, 63g fat
62g carb, 65g protein**



Double Meat Whataburger



**420 calories, 20g fat
37g carb, 23g protein**

Whatachick'n® Sandwich



**580 calories, 28g fat
52g carb, 32g protein**



Grilled Chicken Sandwich



**430 calories, 14g fat
44g carb, 29g protein**



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Burrito Supreme



**400 calories, 15g fat
52g carb, 17g protein**

**Fresco Style
Burrito Supreme**



**340 calories, 14g fat
51g carb, 16g protein**

Fiesta Taco Salad



**760 calories, 39g fat
78g carb, 26g protein**

**Grilled Chicken
Sandwich**



**500 calories, 15g fat
54g carb, 27g protein**



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**Cheesy Gordita
Crunch Supreme**



**520 calories, 29g fat
43g carb, 20g protein**

**Fresco Style
Burrito Supreme**



**150 calories, 6g fat
15g carb, 9g protein**

**XXL Grilled Stuffed
Burrito with Beef**



**970 calories, 40g fat
97g carb, 32g protein**

**Grilled Steak Soft
Taco - Fresco Style**



**500 calories, 15g fat
54g carb, 27g protein**



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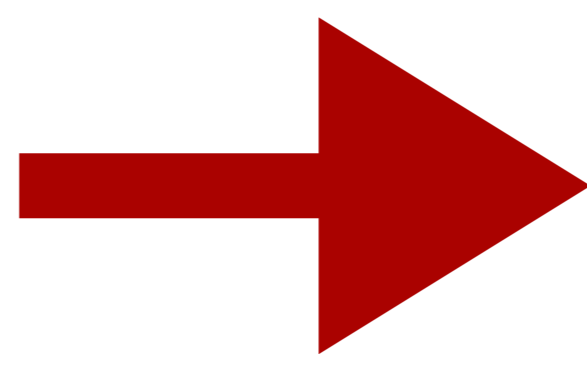


FOUNDED BY FIREMEN™

**Jamaican Jerk
Turkey**



**1140 calories, 55g fat
111g carb, 62g protein**



**Engineer Small
Wheat**

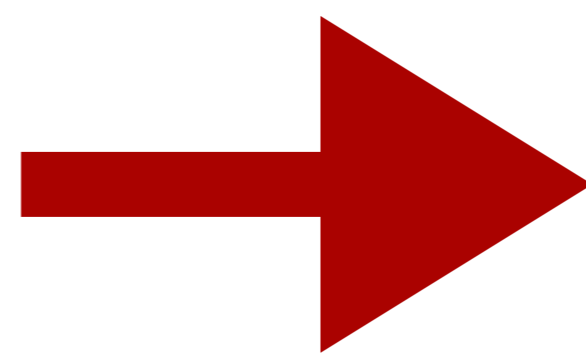


**350 calories, 18g fat
30g carb, 19g protein**

**Smokehouse Beef and
Cheddar Brisket**



**1500 calories, 55g fat
97g carb, 55g protein**



**Virginia Ham
Small Wheat**



**370 calories, 18g fat
36g carb, 19g protein**



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Meatball Marinara
6'



**458 calories, 18g fat
54g carb, 20g protein**

Steak and Cheese
6'



**320 calories, 10g fat
37g carb, 25g protein**

Buffalo Chicken Wrap



**560 calories, 19g fat
56g carb, 42g protein**

Grilled Chicken Bowl



**200 calories, 4g fat
9g carb, 35g protein**





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Wendy's

Baconator®



**960 calories, 66g fat
36g carb, 57g protein**

**Junior Bacon
Cheeseburger**



**370 calories, 23g fat
25g carb, 18g protein**

**Ghost Pepper Ranch
Chicken Sandwich**



**690 calories, 35g fat
61g carb, 32g protein**

Grilled Chicken Wrap



**420 calories, 16g fat
41g carb, 27g protein**



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**Monster
Thickburger**



**1400 calories, 90g fat
53g carb, 76g protein**

**Double
Cheeseburger**



**380 calories, 19g fat
33g carb, 18g protein**

**Handbreaded Chicken
Sandwich**



**680 calories, 38g fat
56g carb, 34g protein**

5 pc Chicken Tenders



**440 calories, 21g fat
21g carb, 41g protein**



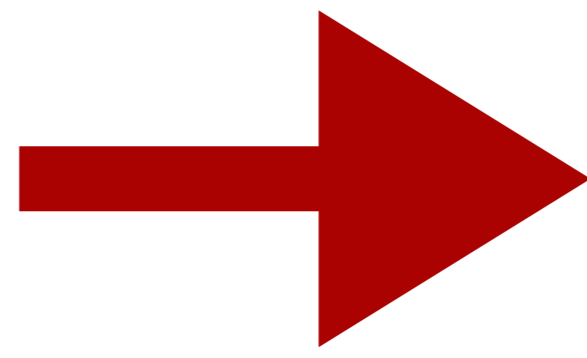
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Triple Whopper



**1350 calories, 94g fat
60g carb, 83g protein**



Hamburger

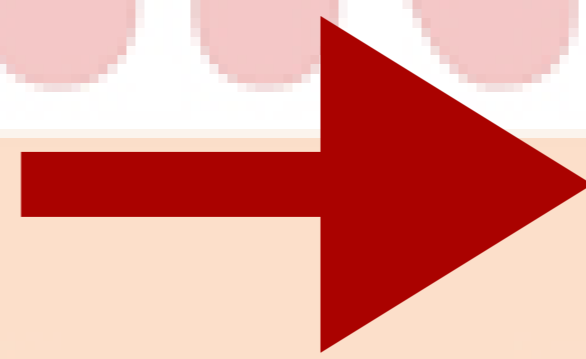


**250 calories, 10g fat
29g carb, 13g protein**

Large Onion Rings



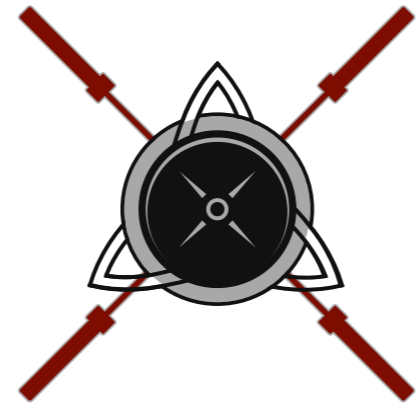
**520 calories, 24g fat
70g carb, 7g protein**



Value Onion Rings



**200 calories, 9g fat
27g carb, 3g protein**



FOOD IS FUEL!

Remember, just because you are traveling, eating out frequently, or struggle to find time to eat at home, YOU CAN STILL HIT YOUR MACROS! There are always options if you are willing to make small changes where you can!

If you are looking for more resources to help you hit your goals, click the link [here](#) to book a free call with Coach Chandler or send us an email at:

downeystrengthco@protonmail.com

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