



# PETE'S PICKS

AT PILOT FLYING J TRAVEL CENTERS & RESTAURANTS

←..... Pete Thomas: Before & After .....→



PFJ RESTAURANT	PETE'S PICKS (CALORIES/CARBS)	CALORIES	CARBS
	Asian Cashew Chicken Salad	210	13
	Strawberry Fields Chicken Salad	350	16
	Caesar side salad (60/4) & Large Chili (270/31)	330	35
	2 Chicken Patties, Roasted 6 in. no bread, Cucumbers, Tomatoes, Low Fat Balsamic Vinaigrette, Green Peppers, Jalapeno Peppers, Lettuce, Provolone Cheese	270	17
	Premium Bacon Ranch Salad w/ Grilled Chicken (Italian Dressing)	280	15
	Grilled Chicken Sandwich w/ out bun	150	3
	Ranch Snack Wrap (Grilled)	280	25
	King's Hawaiian Roast Beef and Swiss Sandwich (no bread/ wrapped in lettuce) with side salad (no cheese)	270	6
	Roasted Turkey and Swiss Sandwich ( no bread)	320	6
	Grilled Chicken Breast (220/0) w/ green beans (25/4)	245	4
	Chester's Chicken Caesar Salad	320	35
	1 fried chicken breast (250/12) with a garden salad (40/8)	290	20
	1 fried chicken breast (250/12) with green beans (60/7)	310	19
	Grilled Seasoned Chicken Breast (196/1) w/ Fresh steamed zucchini and squash (15/3) & Broccoli (25/4)	236	8
	Half Size Cranberry Apple Chicken Salad w/ balsamic vinaigrette w/o bread	320	23
	1 slice of pizza (250/26) with Salad - no croutons - (15/3)	265	29
	2 Fresco Grilled Steak Soft Taco	300	32
	1 AM grilled taco sausage	230	15
	Grilled Chicken Sandwich without bun with a side salad	230	7
	Garden Green Salad with Grilled Chicken	150	10
	<b>HEALTHY MEAL OPTIONS</b> Deli Sandwich (No Bread, Salad) Baked Chicken Wings Fresh Salsa	<b>HEALTHY SNACK OPTIONS</b> Beef Jerky String Cheese Boiled Eggs Almonds Turkey, Chicken Yogurt	<b>HEALTHY DRINK OPTIONS</b> Unsweetened Tea Hot Tea Black Coffee Water or Sparkling Water Muscle Milk
	<b>HEALTHY BREAKFAST OPTIONS</b> Steel Cut Oatmeal Southwest Egg Scrambler	<b>FRESH FRUIT</b> Cantaloupe Honeydew Mixed Fruit Bananas Apples	

# HEALTHY TIPS FOR THE PROFESSIONAL DRIVER

## NOT DRIVING RIGHT NOW? .....

- ▶ **MOVE Your Body!** Walk, jump, leap, push – it doesn't matter, just MOVE!
- ▶ **STRETCH Your Body!** Stretch to restore your muscles to keep them efficient. Simple stretches throughout the day can keep you moving without aches and stiffness.

## STUCK IN YOUR TRUCK? .....

- ▶ **Bring Your Own Food!** A healthy food option in your truck allows eating when you feel the need. It prevents low blood sugar, any starved feeling, and keeps your body fueled!
- ▶ **Good Food IN = Good Energy OUT** - All food is not created equally!



### Foods that give you energy:

- Protein – chicken/turkey slices, cheese, eggs, nuts, beef jerky, shakes, bars
- Vegetables – eat a variety! Remember corn and white potatoes don't count as vegetables
- Fruit – eat a variety – look for berries!
- Whole Grain/Wheat – made with 100% whole grain/wheat flour
- Mixed Foods – eating protein WITH complex carbohydrates will sustain you longer!



### Foods that make you tired:

- White flour products
- Fried Foods
- High Sugar/Carbohydrate Foods and Drinks
- CARBOHYDRATES = SUGAR; your body does not know the difference!

- ▶ **Tastes like a treat, but is healthy!** Look for protein bars with lower carbs and lower sugar, almonds, protein shakes, and Greek yogurt. Drink unsweetened coffee and tea and choose diet or zero soft drinks.
- ▶ **Eating on the Go?** Need food at PFJ? Read “Pete’s Picks”- Pete Thomas, Biggest Loser Contestant from Season 2.

## DRIVING IN A DAZE? .....

- ▶ **Eat Every 3!** Eat healthy food every 3 hours to keep your body and brain in high gear. Try running a truck on empty! Your body uses food (the body's fuel) in about 3 hours. If you don't refuel your body it increases your fat storage to help you last longer. Eating a fist size of healthy food, every 3 hours steadily fuels your body, keeps you focused, sheds your fat storage and gives you high energy.
- ▶ **Drink Water!** When you get the craving for unhealthy foods, hydrate your body first.