



RAPIDFITNESS

NUTRITION SURVIVAL GUIDE TO

QDOBA

RESTAURANT SPECIFIC ADVICE

The ingredients you add will either keep this meal at a reasonable calorie total or send the calories through the roof. On the Qdoba website, Taco Salads range from 360-1270 calories depending on what you add to them!

Here are the ingredients I'd encourage

- BEANS: Black/Pinto Beans
- PROTEIN: Grilled Chicken and Pulled Pork
- VEGGIES: Lettuce, Fajita Vegetables, Onions
- Salsa of choice
- Brown/White Rice

Items like: queso, chips, shredded cheese, smoked brisket, tortillas, taco shells, guacamole, and steak can ratchet up the calorie totals on the mini bowls, taco salads and quesadillas.

Mini Bowls and Taco Salads - Save calories by skipping the taco shell, tortillas or chips. This is an excellent option!

Knockout Tacos - These are 200-300 calorie tacos. Order 1-2 depending on your calorie allowance.

Impossible Taco(150 calories) vs Impossible Bowl(910 calories) - Don't get the two confused!

Lastly, just like one meal doesn't make for a healthy diet, one meal doesn't make for an unhealthy diet. Your relationship with food is incredibly important, so I created these guides to help the general population make a bit healthier decisions without overcomplicating the process. If you find yourself enjoying more food than normal, wake up the next day and get back on track. Don't sweat it! Successful dieters don't let one bad meal destroy their diet. Unsuccessful dieters let one bad meal turn into a bad day or a bad week where they fall off track indefinitely.



SURVIVORS GUIDE OPTIONS

KNOCKOUT TACOS

	CALORIES	FATS	CARBS	PROTEINS
Drunken Yardbird	220	8	25	12
Mad Rancher	230	10	21	15
Two Timer	290	13	28	15
Triple Threat	250	12	17	17
The Gladiator	280	17	16	17
Bohemian Veg	230	9	28	9

OTHER ENTREES

*Follow the ideas on Page 2 of this guide to keep calories on the lower end.

	CALORIES	FATS	CARBS	PROTEINS
Impossible Taco	150	6	17	8
Mini Bowls	320-500	depends	depends	depends
Taco Salad	360-1270	depends	depends	depends
Kids Quesadilla	350-450	depends	depends	depends

	CALORIES	FATS	CARBS	PROTEINS
Black Beans (4 oz)	140	1	24	9
Pinto Beans (4 oz)	130	1	23	8
Grilled Chicken (3.5 oz)	150	9	2	16
Pulled Pork (3.5 oz)	140	4	9	17
Lettuce	0	0	0	0
Fajita Veggies	35	2	4	1
Onions	0	0	0	0
Mango Salsa (4 oz)	60	0	14	1
Pico De Gallo (2 oz)	10	0	3	0
Salsa Verde (2 oz)	15	0	3	0
Brown Rice (4 oz)	170	1	35	4
Cilantro Lime Rice (4 oz)	190	3	38	3

1-200 CAL	301-400 CAL
201-300 CAL	401+ CAL