

# PANTHER PLATES

*Eat To Compete*

## MI CASA TU CASA

*Best:*

### GRILLED CHICKEN BOWL

- Brown rice, black beans, grilled chicken, pico de gallo, salsa verde
- Lean protein + fiber + complex carbs = great muscle fuel

### GRILLED SHRIMP BOWL

- Brown rice, black beans, sautéed peppers & onions, pico de gallo
- Lean seafood protein + nutrient-dense veggies

### SOFT CORN TACOS WITH TINGA (Shredded Chicken)

- Lettuce, pico de gallo, small cheese sprinkle
- Lean protein, lower fat tortilla, fresh toppings

### GRILLED CHICKEN SALAD

- Lettuce base, grilled chicken, pico de gallo, jalapeños, light guacamole
- Very low calorie, nutrient-rich, lean protein

### BURRITO with Whole Wheat Tortilla, Grilled Shrimp, Vegetables, Guacamole

- Balanced macros, good fiber, healthy fats from avocado

*Okay:*

### BARBACOA BOWL

- Brown rice, black beans, barbacoa, pico de gallo. Good protein, but fattier beef cuts

### QUESADILLA WITH GRILLED CHICKEN & LIGHT CHEESE + VEGGIES

- Decent protein, but cheese & tortilla add calories/fat

### SOFT CORN TACOS WITH BARBACOA OR CARNITAS

- More fat, but moderate protein and better than fried options

### TINGA BURRITO (SHREDDED CHICKEN) WITH WHITE RICE AND BEANS

- Good protein but white rice = faster carbs

### VEGETARIAN REFRIED BEANS BOWL WITH BROWN RICE & VEGGIES

- Plant protein & fiber, less protein than meat options

*Avoid:*

### CARNITAS BURRITO OR BOWL - Higher fat pork, calorie-dense

### CHORIZO QUESADILLA OR TACOS - High in saturated fat, less lean protein

### QUESADILLA WITH CHEESE ONLY - Mostly fat and carbs, low protein

### BURRITO WITH WHITE RICE, CHEESE, SOUR CREAM, AND GUACAMOLE

- High calorie, more fat, less balanced macros

### ANY FRIED OR BREADED OPTIONS (IF AVAILABLE)

- Avoid due to excess unhealthy fats and calories



*Mi Casa  
Tu Casa*



**Domino's**

## DOMINOS

**CRUST**

*Best:*

**THIN CRUST** - Lower calories and carbs compared to hand-tossed or pan

**HAND TOSSED** - Moderate calories, a good balance

**GLUTEN-FREE** - Lower calories

*Okay:*

**PAN (DEEP DISH)** - Higher calories and fat

**PROTEIN**

*Best:*

**GRILLED CHICKEN** - Lean protein, low fat

**HAM** - Moderate protein, watch sodium

*Okay:*

**ITALIAN SAUSAGE** - Higher fat and calories

**PEPPERONI** - High fat and sodium

**BEEF** - Higher fat, calorie dense

**EXTRA CHEESE** - Adds fat and calories, moderate use recommended

*Avoid:*

**Bacon** - Very high fat and sodium

**VEGGIES**

*Best:*

**SPINACH** - Nutrient-dense, low calorie

**ONIONS** - Low calorie, adds flavor

**GREEN PEPPERS** - Nutrient-rich, low calorie

**MUSHROOMS** - Low calorie, adds fiber

**JALAPEÑOS** - Adds flavor, low calorie

*Okay:*

**Black Olives** - Moderate calories, healthy fats

**SPECIALITY PIZZAS**

*Best:*

**Pacific Veggie (Thin Crust)** - Lots of veggies, lean, moderate calories

**Deluxe (Thin Crust)** - Includes some meats and veggies, moderate calories

*Okay:*

**Meatzza (Thin Crust)** - High in protein but also very high fat and calories

**ExtravaganZZa (Thin Crust)** - Loaded with meats and cheese, high calories

**OTHER MENU ITEMS**

**GARDEN SALAD** - Low calorie, adds veggies

**WINGS (Grilled, not fried)** - Good protein, low fat

*Okay:*

**Breadsticks** - High carbs and calories

*Avoid:*

**Wings (Fried)** - High fat and calories

## CHICK-FIL-A

### Best:

#### 12/30 COUNT GRILLED NUGGETS

- Exceptional protein-to-calorie ratio; excellent for muscle building

#### GRILLED CHICKEN SANDWICH

- Balanced meal with lean protein and moderate carbs

#### GRILLED CHICKEN CLUB SANDWICH (NO CHEESE)

- Higher protein content; omitting cheese reduces saturated fat

#### COBB SALAD WITH GRILLED NUGGETS

- Nutrient-dense with ample protein; watch fat content from dressings

#### SPICY SOUTHWEST SALAD WITH GRILLED FILET

- Spicy kick with solid protein; moderate carbs and fats

### Okay:

#### CHICK-FIL-A COOL WRAP

- High protein but also high in fat; suitable for higher calorie needs

#### CHICK-N-STRIPS (4 CT)

- Good protein content; fried preparation increases fat

#### CHICK-FIL-A CHICKEN SANDWICH

- Classic choice; moderate protein with higher fat due to frying

#### SPICY CHICKEN SANDWICH -

Adds spice; similar nutritional profile to the classic sandwich

### Avoid:

#### COOKIES & CREAM MILKSHAKE

- High in sugars and fats; occasional treat at best

#### COBB SALAD WITH CHICK-N-STRIPS

- Protein-rich but high in fats due to fried strips

#### SPICY SOUTHWEST SALAD WITH NUGGETS

- Fried nuggets increase fat content; opt for grilled versions

## QDOBA

### PROTEIN

### Best:

**Grilled Chicken** - Lean protein, versatile, low fat

**Steak** - Good protein, moderate fat

**Barbacoa (Shredded Beef)** - Rich flavor, decent protein, watch fat content

### Okay:

**Ground Beef (90% Lean)** - Higher fat, calorie dense, use sparingly

**Carnitas (Pulled Pork)** - Moderate fat, flavorful, watch portions

### Avoid:

**Impossible Plant-Based** - Higher fat and sodium compared to grilled meats

**Bowls & Burritos:**

### Best:

**Power Bowls (Grilled Chicken or Steak)**

- Balanced macros, lots of veggies, good for muscle gain

**Burrito (Chicken or Steak, whole wheat tortilla)**

- Balanced, choose whole wheat to add fiber

### Okay:

**Queso Burrito** - High in cheese, fat, and calories

### Avoid:

**Loaded Nachos** - High fat, calories, and sodium

**Toppings & Add-ons:**

### Best:

**Black Beans** - High fiber and protein

**Pinto Beans** - Great source of fiber and protein

**Lettuce, Tomato, Onion** - Low calorie, nutrient rich

**Brown Rice** - Good carb source, choose moderate portions

**White Rice** - Good carbs but less fiber

### Okay:

**Guacamole** - Healthy fats but calorie dense, moderate portions

**Cheese** - Adds protein and fat, watch quantity

### Avoid:

**Sour Cream** - High fat and calories, avoid or use sparingly

## TACO BELL

### Best:

**POWER MENU BOWL WITH CHICKEN (NO GUAC, NO CHEESE)**

- 450 cal, 27g protein, 18g fat, 41g carbs

**GRILLED CHICKEN SOFT TACO (FRESCO STYLE)**

- 150 cal, 12g protein, 4.5g fat, 13g carbs

**STEAK SOFT TACO (FRESCO STYLE)**

- 160 cal, 12g protein, 5g fat, 14g carbs

**BLACK BEANS & RICE**

- 170 cal, 4g protein, 4g fat, 30g carbs

**CRUNCHY TACO (FRESCO STYLE)**

- 140 cal, 8g protein, 7g fat, 13g carbs

**CHICKEN QUESADILLA (SPLIT PORTION WITH EXTRA PROTEIN)**

- 250 cal per half, 14g protein

**SOFT TACO SUPREME WITH CHICKEN (LIGHT CHEESE/SOUR CREAM)**

- 200-220 cal, 13g protein

### Okay:

**Power Menu Bowl with Steak (No Extras)**

- 500 cal, 26g protein, 20g fat, 42g carbs

**BEEF SOFT TACO (FRESCO STYLE)**

- 160 cal, 9g protein, 8g fat, 14g carbs

**BEAN BURRITO**

- 350 cal, 13g protein, 9g fat, 54g carbs

**CHEESY GORDITA CRUNCH (NO SAUCE)**

- 420 cal, 20g protein, 24g fat, 35g carbs

**MINI SKILLET BOWL (BREAKFAST)**

- 180 cal, 5g protein, 11g fat, 15g carbs

**CHICKEN CHALUPA SUPREME**

- 340 cal, 16g protein, 18g fat, 29g carbs

### Avoid:

**QUESARITO (BEEF)** - 650 cal, 25g protein, 33g fat, 67g carbs

**NACHOS BELLGRANDE** - 740 cal, 17g protein, 38g fat, 82g carbs

**CRUNCHWRAP SUPREME** - 530 cal, 16g protein, 21g fat, 71g carbs

**CINNABON DELIGHTS (12 PACK)** - 930 cal, 9g protein, 51g fat, 103g carbs

**CHEESY FIESTA POTATOES** - 230 cal, 3g protein, 13g fat, 24g carbs

**BACON CLUB CHALUPA** - 470 cal, 18g protein, 30g fat

**MOUNTAIN DEW BAJA BLAST (16 oz)** - 220 cal, 0g protein, 59g carbs



## JIMMY JOHNS

### UNWICHES

#### Best:

**TURKEY TOM UNWICH** - Lean protein, low carb

**HUNTER'S CLUB UNWICH** - Double roast beef, great protein

**BEACH CLUB UNWICH** - Avocado adds healthy fats

**CLUB LULU UNWICH** - Turkey & bacon combo

#### Okay:

**THE J.J. GARGANTUAN UNWICH** - Very high protein, but lots of sodium

**VITO UNWICH** - Higher fat, okay protein

#### Avoid:

**VEGETARIAN UNWICH** - Low protein, high fat from cheese/avocado

### 8 INCH SUBS

#### Best:

**TURKEY TOM** - Simple, lean protein

**HUNTER'S CLUB** - High protein, okay fat

**BIG JOHN** - Just roast beef, leaner option

#### Okay:

**BILLY CLUB** - Higher in fat due to ham and cheese

**VITO** - Processed meats, moderate protein

**THE J.J. GARGANTUAN** - High protein, Very high sodium and calories

#### Avoid:

**TUNA SALAD** - Very high fat, low-quality protein

**VEGETARIAN** - No complete protein source

### 16 INCH GIANT SUBS

#### Best:

**TURKEY TOM (GIANT)** - Split into two meals

#### Okay:

**HUNTER'S CLUB (GIANT)** - Calorie bomb, only get if timed correctly.

#### Avoid:

**THE J.J. GARGANTUAN (GIANT)** - Too much sodium/fat even in surplus

### ADD ONS

#### Best:

**EXTRA MEAT** - Boosts protein

**EXTRA VEGGIES** - Good volume and fiber

**AVOCADO SPREAD** - Healthy fats in moderation

#### Okay:

**CHEESE** - Adds calories quickly

**BACON** - Adds flavor, use in moderation

#### Avoid:

**MAYO** - Empty calories, go light or skip



## SUBWAY

### PROTEINS

#### Best:

**Rotisserie-Style Chicken** - High-quality lean protein

**Oven Roasted Turkey** - Low-fat, great base

**Grilled Chicken** - Very lean and filling

**Black Forest Ham** - Lean, slightly higher sodium

**Roast Beef** - Lean, good iron source

**Steak & Cheese** - Solid protein, watch portion control

#### Okay:

**Tuna** - High in fat due to mayo base

**Meatball Marinara** - High fat/sodium, moderate protein

**Italian B.M.T.** - Better than Spicy Italian, still fatty

**Veggie Patty** - Decent fiber, lower protein

#### Avoid:

**Spicy Italian** - High fat, low lean protein ratio

**Chicken Bacon Ranch** - High fat and sodium

### BREADS

#### Best:

**9-Grain Wheat** - Whole grain, fiber-rich

**Multigrain Flatbread** - Lower in carbs, good texture

**Hearty Italian** - Enriched, less fiber

**Flatbread** - Calorie-dense, works in surplus

**Artisan Italian** - Classic white, okay in surplus

#### Okay:

**Italian Herb and Cheese** - Higher fat/sodium from cheese

### CHEESES

#### Best:

**No Cheese** - Use only if adding extra meat instead

**Shredded Mozzarella** - Lower fat, decent protein

**Provolone** - Good flavor and macros

**Swiss** - Balanced fat/protein

#### Okay:

**American** - High sodium, processed

**Pepperjack** - Higher fat/spice

### VEGGIES

#### Best:

**Lettuce** - Volume without calories

**Spinach** - Fiber + Micronutrients

**Tomato** - Hydration and vitamin C

**Cucumber** - Cooling + Hydrating

**Green Peppers** - Crunch + vitamin C

**Onion** - Flavor, antioxidant-rich

**Jalapeños** - Adds kick, no calorie load

#### Okay:

**Pickles** - High sodium, OK in moderation; **Olives** - High fat for small portion

### SAUCES

#### Best:

**Yellow Mustard** - Zero calories, flavor boost

**Sweet Onion Sauce** - Low fat, moderate sugar

**Honey Mustard** - Sweet, watch portion

**Buffalo Sauce** - Spicy, decent macros

#### Okay:

**Light Mayo** - Less fat, still adds up; **Oil & Vinegar** - Caloric density from oil

#### Avoid:

**Ranch** - High fat, not worth it

**Chipotle Southwest** - One of the highest-fat sauces

### SALADS

#### Best:

**ANY SALAD W/ GRILLED CHICKEN, TURKEY, OR ROAST BEEF**

- Great lean meal with dressing control

**ADD DOUBLE MEAT** - Ideal to boost calories/protein

**VEGGIE DELIGHT SALAD** - Needs protein added

#### Okay:

**TUNA OR SPICY ITALIAN SALAD** - High in fat, protein okay

## JERSEY MIKES

### COLD SUBS

#### Best:

- #7 **TURKEY AND PROVOLONE** - Lean, high-quality protein, low fat if you skip mayo
- #6 **ROAST BEEF AND PROVOLONE** - Great iron source, solid lean protein
- #3 **HAM AND PROVOLONE** - Slightly more sodium/fat than turkey

#### Okay:

- #8 **CLUB SUB (TURKEY, HAM, BACON, PROVOLONE, MAYO)**  
- Protein-rich but mayo/bacon add fat
- #9 **CLUB SUPREME (ROAST BEEF, TURKEY, SWISS, BACON, MAYO)**  
- Heavy option, ask for light mayo
- #5 **THE SUPER SUB (HAM, PROVOLONE, PROSCIUTTINI, CAPPACUOLO)**  
- High sodium/cured meats
- #10 **TUNA FISH** - High fat due to mayo base
- #11 **STICKBALL SPECIAL** - Low lean protein, higher processed meat
- #12 **CANCRO SPECIAL (ROAST BEEF, PEPPERONI, PROVOLONE)**  
- Better than full Italian, still fatty

#### Avoid:

- #13 **THE ORIGINAL ITALIAN** - High fat/cured meats, not ideal for lean gains
- #1 **BLT** - Very little protein, mostly fat/sodium
- #4 **THE NUMBER FOUR (PROSCIUTTINI, CAPPACUOLO, PROVOLONE)**  
- Low-quality protein, high sodium

### HOT SUBS

#### Best:

- #16 **MIKE'S CHICKEN PHILLY** - High-protein, grilled chicken, veggies  
**PORTABELLA CHICKEN CHEESE STEAK** - Grilled veggies + lean chicken
- #17 **MIKE'S FAMOUS PHILLY** - Higher fat due to beef/cheese, but good protein
- #31 **CALIFORNIA CHICKEN CHEESE STEAK** - Decent choice, skip ranch or mayo
- #44 **BUFFALO CHICKEN CHEESE STEAK** - Great flavor, good protein, slightly higher sodium
- #55 **BIG KAHUNA CHICKEN CHEESE STEAK** - High-calorie, good for surplus

#### Okay:

- #42 **CHIPOTLE CHICKEN CHEESE STEAK** - Sauce adds fat, still good base
- #56 **BIG KAHUNA CHEESE STEAK** - Choose chicken for less fat  
**PORTABELLA CHEESE STEAK** - Vegetarian, less protein than meat-based

#### Avoid:

- #26 **BACON RANCH CHICKEN CHEESE STEAK** - High fat/ranch overload

### BREAD OPTIONS

**WHEAT-WRAP-WHITE** - Avoid bleached (white) foods

### BOWLS (NO BREAD)

#### Best:

- CHICKEN PHILLY BOWL** - Best lean protein option without bread
- TURKEY & PROVOLONE BOWL** - Excellent lean meal
- ROAST BEEF BOWL** - Great post-workout low-fat meal
- CHIPOTLE CHICKEN BOWL** - Spicy flavor, slight fat increase

#### Okay:

- TUNA BOWL** - Fat content high from mayo
- ITALIAN BOWL** - Fatty meats, use if protein is low in other meals.

### CHEESE

#### Best:

- NO CHEESE** - Only if adding more meat instead
- PROVOLONE** - Classic, decent balance
- SWISS** - High calcium, balanced fat

#### Okay:

- AMERICAN** - Processed, lower-quality
- EXTRA CHEESE** - Increases fat quickly, avoid doubling unless bulking hard



## JERSEY MIKES, CONTINUED

### TOPPINGS

#### Best:

- LETTUCE, TOMATO, ONION** - Volume + Nutrients
- GREEN BELL PEPPERS** - Crunch + vitamins
- PICKLES, JALAPEÑOS** - Flavor, sodium okay if training hard
- AVOCADO (IF AVAILABLE)** - Healthy fat

#### Okay:

- BACON** - High in fat, use sparingly

### CONDIMENTS

#### Best:

- MUSTARD (YELLOW, SPICY)** - Low calories
- RED WINE VINEGAR** - Flavor with no downsides
- HONEY MUSTARD** - Slight sugar, still a decent flavor boost

#### Okay:

- OLIVE OIL BLEND** - High calorie, good if you need fat
- MAYO** - Adds up fast, use light or avoid

#### Avoid:

- RANCH** - High saturated fat
- CHIPOTLE MAYO** - High fat and calories



## DAIRY QUEEN

### BURGERS/SANDWICHES/WRAPS/CHICKEN

#### Best:

- GRILLED CHICKEN SANDWICH** - Lean protein source, moderate calories, best choice
- GRILLED CHICKEN SALAD** - Lean protein and veggies, great choice
- FLAMETHROWER GRILLBURGER**  
- Good protein-calories, higher fat—okay for calorie surplus days
- CHICKEN STRIP BASKET (GRILLED)**  
- Grilled chicken strips good protein, fried not recommended

#### Okay:

- CLASSIC HAMBURGER** - Lower protein, more fat and carbs from bun
- CRISPY CHICKEN SANDWICH** - Fried, higher fat, moderate protein
- BACON CHEESEBURGER** - Good calories for bulking but higher fat and sodium
- CHICKEN WRAP** - Contains protein but also sauces and higher fat
- CHICKEN STRIP BASKET (FRIED)** - Protein rich but fried, eat moderately
- CHEESEBURGER DELUXE** - Good protein but high fat and sodium

### SIDES

#### Best:

- SIDE SALAD (WITH LIGHT DRESSING)** - Good source of fiber and micronutrients

#### Okay:

- SMALL FRIES** - Fried, calorie-dense, eat sparingly

#### Avoid:

- ONION RINGS** - High fat, low nutrient value
- CHEESE CURDS** - Deep fried, high in fat

### FROZEN TREATS

#### Best:

- FRUIT SMOOTHIES (SMALL, WITH NO ADDED SUGAR)**  
- Low calorie and good source of vitamins, best frozen treat option
- FROZEN YOGURT (IF AVAILABLE)**  
- Better option than regular ice cream due to lower fat

#### Okay:

- DILLY BAR** - Moderate calories, high sugar
- SMALL SOFT SERVE CONE** - Simple carbs, good occasional treat
- MINI BLIZZARD TREAT** - Higher sugar, moderate fat

#### Avoid:

- BLIZZARD TREATS (REGULAR AND LARGE)** -  
- Very high in sugar and fat, not ideal for muscle gain or fat loss

