

# The Fast Food Survival Guide: Extended Edition

A comprehensive guide to eating at every major fast food chain as an XC/Track athlete on the road, with orders organized by goal, gas station nutrition picks, items to avoid before competition, and team ordering strategies for coaches.

**ACCESS**

Free resource

**AUDIENCE**

athlete / parent / coach

**READ TIME**

10 min

**AUDIENCE**

Athlete + Parent + Coach

**WHY THIS MATTERS**

Let's be realistic: you are a XC/Track athlete.



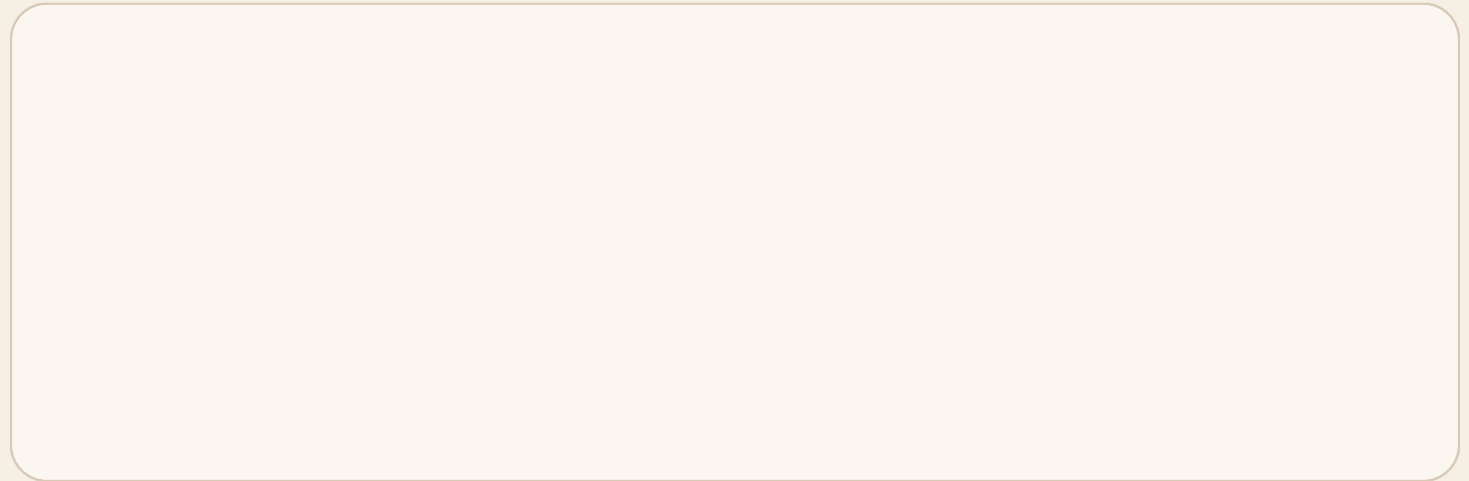
# The Fast Food Survival Guide: Extended Edition

---

## QUICK START

### Start here

A comprehensive guide to eating at every major fast food chain as an XC/Track athlete on the road, with orders organized by goal, gas station nutrition picks,...



#### ORDER BY JOB

##### Fast food works best when the athlete knows what the meal is for

- Pre-race meals should be familiar, lower fat, and carb-supported.
- Post-race meals can be larger and include more protein, sodium, and total calories.

#### SMART SWAPS

##### The best order is often one or two edits away

- Choose grilled options, simpler sandwiches, rice bowls, burritos, baked potatoes, or basic burgers when possible.
- Add a carb side if the meal looks too small for the day.

#### GAS STATION LAYER

##### Travel fueling is often won or lost at the stop before the stop

- Pretzels, crackers, yogurt, fruit, chocolate milk, trail mix, bars, and water can rescue weak drive-thru orders.
- Do not make the athlete rely on a single meal if the whole travel day is long.

---

## Team Bus Ordering Strategy: How Coaches Can Feed 30+ Athletes Efficiently

Pre-ordering for a team is one of the most practical skills a coach can develop for travel meets.

Pre-ordering for a team is one of the most practical skills a coach can develop for travel meets.

Best chains for team pre-orders:

## What to order in bulk:

- Chick-fil-A: Excellent catering options with advance notice. Call 24 to 48 hours ahead.
- Chipotle: Catering burritos and bowls in bulk are reliable and athlete-friendly.
- Subway: Platter ordering is available at most locations.

---

## WATCH FOR

# What to Avoid Before Competition: The GI Risk List

These items have a documented history of causing GI problems in athletes within 2 to 3 hours:

These items have a documented history of causing GI problems in athletes within 2 to 3 hours:

- High-fat fried foods (double-fried items, extra-crispy anything)
- Raw onions and raw peppers
- Beans in large quantities
- Spicy sauces (Taco Bell fire sauce, Buffalo wing sauces)

---

## COMPARISON

# Chipotle

Tips: Chipotle is excellent post-race but carries GI risk pre-race.

### Goal

- Max carbs
- Max protein
- Pre-race safe
- Post-race recovery

### Order

- Burrito with white rice, pinto beans, corn salsa, and flour tortilla (~110g carbs)
- Burrito bowl with double chicken = ~60g protein
- Bowl with white rice, chicken, mild salsa only — no beans, no raw vegetables
-

Burrito with steak or chicken, white rice, pinto beans, cheese

## COMPARISON

### Wingstop

Tips: Wingstop is a post-workout food, not a pre-competition food.

#### Goal

- Max carbs
- Max protein
- Pre-race safe
- Post-race recovery

#### Order

- Lemon pepper fries large + 10 boneless wings + ranch
- 10 classic wings (bone-in) = ~45g protein
- Not recommended within 3 hours of competition
- 10 boneless wings (mild or lemon pepper) + large fries

## COMPARISON

### Dunkin'

Tips: Dunkin' is an excellent pre-race breakfast stop for athletes.

#### Goal

- Max carbs
- Max protein
- Pre-race safe
- Post-race recovery

#### Order

- Bagel with cream cheese + medium OJ + hash browns
- Wake-Up Wrap x3 = ~30g protein
- Plain bagel with butter + medium coffee with milk
- Egg and cheese croissant + hash browns + chocolate milk

## How to Read This Guide

Orders are listed under four goals:

**Maximum carbs (pre-race, heavy training day)**

**Maximum protein (post-workout, strength block)**

**Pre-race safe (light, digestible, no GI risk) =**

**Post-race recovery (carbs + protein together, within 60 minutes)**

**Budget-friendly (under \$6)**

## QUICK REFERENCE

## Key targets to keep in view

Use these as planning anchors when you turn the manual into weekly actions.

### BEST LENS

Order by goal, not by chain

Treat this as a decision anchor, not a trivia stat.

### PRE-RACE MOVE

Go simple, lower fat, lower risk

Treat this as a decision anchor, not a trivia stat.

### TRAVEL TRUTH

Good enough beats going hungry

Treat this as a decision anchor, not a trivia stat.

## COACH TAKEAWAYS

### Use this with athletes

These are the cues worth repeating before the week gets busy.

Pre-race orders: Familiar, carb-first, and low drama wins.

Post-race orders: Use more total food, sodium, and protein.

Coach move: Set the order plan before the bus pulls in.

### WHAT TO DO NEXT

#### Use it this week

Pick two safe fast-food orders and two gas-station backup combos before the next road trip.

#### BOTTOM LINE

Travel food works when the plan is clear first.

#### RELATED TOOL

Fueling calculator

Turn the manual into day-by-day targets.

Source topics: fast food for athletes • fast food nutrition guide • athlete fast food order • road trip nutrition • team bus food • gas station food