



# KFC®

## KFC Without the Guilt: The Busy Woman's Guide to Smarter Takeaway Choices

Juggling work, family and social life doesn't mean you have to give up your fat loss goals when grabbing a quick KFC. This guide provides concise, practical strategies for enjoying takeaway without the guilt. You'll discover exactly what to order to stay on track, how to hit your protein goals without meal prep, and how to stop the Monday restart cycle. No more feeling like you've blown your progress because life got busy – instead, feel confident and in control with these smart, sustainable choices that fit your real life.

# Lowest Calorie, High-Protein KFC Options



## Chicken Pieces

Your protein powerhouses

- Mini Fillet – 124 kcals, 13g protein
- Hot Wing – 91 kcals, 4.9g protein
- Small Popcorn Chicken – 142 kcals, 8.3g protein



## Sides

Choose wisely

- Side Salad – 56 kcals, 0.8g protein
- Corn Cobette – 57 kcals, 2.2g protein
- Regular Gravy – 73 kcals, 1.7g protein



## Drinks

Stay hydrated, stay on track

- Pepsi Max/Diet Pepsi – ~2 kcals, 0g protein
- Black Americano – 23 kcals, 0.6g protein
- Water – 0 kcals, 0g protein



# What to Avoid: The Calorie Killers



When fat loss is your goal, being aware of high-calorie menu items is crucial. These options can easily derail your progress if you're not careful.



## Calorie Bombs to Watch Out For:

- Tower Burgers (600+ kcals) – Equivalent to some people's lunch and dinner combined
- Large Fries (400+ kcals) – Equal to 4+ mini fillets without the protein benefits
- Fully Loaded Box Meals (800+ kcals) – Nearly half your daily calories in one sitting
- Krushems (300+ kcals) – Desserts disguised as drinks

**Remember:** You don't have to avoid these completely, but if fat loss is your current goal, these choices make staying in a calorie deficit significantly harder.

# Example Smart Orders: Protein + Portion Control

Copy these exact orders for foolproof success when you need a quick meal that won't derail your progress.

1

Mini Fillet + Side Salad +  
Pepsi Max

**Total:** ~180 kcals, 13.8g protein

Perfect for lunch breaks or eating solo. High protein, low calorie option that will keep you satisfied without the guilt.

2

2 Hot Wings + Corn  
Cobette + Gravy +  
Water

**Total:** ~312 kcals, 8.8g protein

Ideal when everyone's ordering and you want to join in. The corn adds sweetness while gravy provides that comfort food feeling.

3

Small Popcorn Chicken  
+ Side Salad


**Total:** ~198 kcals, 9.1g protein

Great for afternoon cravings or movie night. The popcorn chicken gives you that fun, shareable experience while staying on track.

# 30g Protein Combinations for Serious Results

These game-changing combinations help you hit your protein goals without blowing your calories – perfect for women serious about fat loss while still enjoying KFC.

Combination	Calories	Protein	Best For
2 Mini Fillets + Corn + Gravy	~378	~29.9g	Lowest calorie option
Small Popcorn + 2 Mini Fillets	~390	~34g	Perfect balance
3 Mini Fillets + Side Salad	~428	~40g	Maximum protein
4 Hot Wings + 1 Mini Fillet	~488	~32.6g	Indulgent feeling
2 Small Popcorn + 2 Hot Wings + Gravy	~539	~28g	Variety and flavor

 **Why 30g of protein matters:** This amount helps maintain muscle mass during fat loss, keeps you fuller for 4-6 hours, and supports your metabolism. Most women struggle to hit adequate protein, especially when eating out.

# Mini Mindset Shift: Stop the "All or Nothing" Cycle

## The Old Way (That Keeps You Stuck):

"I've ruined my diet. I might as well eat whatever I want for the rest of the day/week. I'll start fresh on Monday."

## The New Way (That Creates Progress):

"This was one meal, and I made the smartest choices I could. I'm back on track with my next meal."

**Fat loss is about consistency, not perfection.** If you eat 21 meals per week, and 20 support your goals, you're winning at 95% consistency. But if you let one meal turn into a three-day binge, you drop to 60% consistency.



## Your New Mantras:

- "One meal doesn't define my progress"
- "I can enjoy food AND stay on track"
- "Consistency beats perfection every time"

# Top 3 Fat Loss Tips for Women Who Love Takeaway

1

## Prioritise Protein First When You Eat Out

Before ordering anything else, ask yourself: "Where's my protein coming from?" Protein keeps you fuller longer, supports muscle maintenance, and has the highest thermic effect (meaning your body burns more calories digesting it).

2

## Don't Skip Meals Before Takeaway

This common mistake leads to arriving starving and ordering twice as much food. Instead, eat normally throughout the day and make smart choices when you're out.

3

## Balance the Rest of Your Day

If you know you're having KFC for dinner, make your breakfast and lunch lighter and more nutrient-dense. Think: Greek yogurt with berries, salads with lean protein, or vegetable-based meals.

# What's Next? Taking Control of Your Choices

You now have everything you need to enjoy KFC without derailing your fat loss goals. Remember: this isn't just about KFC – these principles work for any restaurant, any social situation, anytime life gets busy and convenient food becomes necessary.

## Your Action Steps:

1. **Save this guide** to your phone for easy reference
2. **Pick your go-to order** from the smart options and try it
3. **Practice the mindset shift** – it's a game-changer
4. **Apply these principles** to other takeaway situations



## Ready to Take This Further?

Want to feel in control of your food choices—whether it's KFC, date night, or summer BBQs?

Book a free 15-minute Fat Loss Game Plan Call to map out your next steps toward sustainable fat loss that fits your real life.

**BOOK YOUR FREE CALL HERE**