



FITNESS

NUTRITION SURVIVAL GUIDE TO

# FIVE GUYS

CALORIES AND MACRONUTRIENTS

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

## BURGERS

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Bacon Cheeseburger	795	50	38	2	8	50	3.1
Cheeseburger	730	46	38	1.9	8	45	2.2
Bacon Burger	651	42	36	2	6	38	1.7
Little Bacon Cheeseburger	616	34	38	1.7	8	37	3
Hamburger	586	38	36	1.9	6	33	0.7
Bacon Cheeseburger (no bun)	567	44	2	0.7	2	43	2.7
Little Cheeseburger	551	30	38	1.6	8	32	2
Cheeseburger (no bun)	502	40	2	0.6	2	38	1.7
Little Bacon Burger	472	26	36	1.7	6	25	1.6
Bacon Burger (no bun)	423	36	0	0.7	0	31	1.2
Little Hamburger	407	22	36	1.6	6	20	0.6
Little Bacon Cheeseburger (no bun)	388	28	2	0.4	2	30	2.5
Hamburger (no bun)	358	32	0	0.6	0	26	0.2
Little Cheeseburger (no bun)	323	24	2	0.3	2	25	1.6
Little Bacon Burger (no bun)	244	20	0	0.4	0	18	1.1
Little Hamburger (no bun)	179	16	0	0.3	0	13	0.1

## HOT DOGS

Bacon Cheese Dog	672	31	38	1.8	9	44	4.4
Cheese Dog	607	27	38	1.7	9	39	3.4
Bacon Dog	528	23	36	1.8	7	32	2.9
All Beef Hot Dog	463	19	36	1.7	7	27	2
Bacon Cheese Dog (no bun)	444	25	2	0.5	3	37	3.9
Cheese Dog (no bun)	379	21	2	0.4	3	32	2.9
Bacon Dog (no bun)	300	17	0	0.5	1	25	2.5
All Beef Hot Dog (no bun)	235	13	0	0.4	1	20	1.5

## MEAT & BUNS

Hot Dog	235	13	1	0.4	1	20	1.5
Beef Burger Patty	179	16	0	0.3	0	13	0.1
Bacon	65	4	0	0.1	0	5	1
Hot dog bun	253	6	40	1.4	7	8	0.6
Burger bun	228	6	36	1.3	6	7	0.5
Lettuce (as a bun)	3	0	0	0.2	0	0	0

## FRIES

Large Fries (Cooked in Peanut Oil)	1725	26	173	18	2	107	2.8
Regular Fries (Cooked in Peanut Oil)	1159	18	116	12	1	72	1.9
Little Fries (Cooked in Peanut Oil)	716	11	72	7.7	1	44	1.1

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## TOPPINGS

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
All The Way	162	3	11	2.7	7	13	1.3
Mayonnaise	107	0	0	0	0	12	0.2
Cheese (1 Slice)	72	4	1	0	1	6	0.7
Relish	25	0	6	0.2	5	0	0.2
BBQ Sauce	20	0	4	0.4	4	0	0.4
Tomato Ketchup	17	0	4	0	4	0	0.3
HP Brown Sauce	13	0	3	0	3	0	0.2
Grilled Mushrooms	12	1	2	0.8	0	0	0
Grilled Onions	11	0	2	0.8	1	0	0
Onions	7	0	2	0.3	1	0	0
Tomatoes	6	0	1	0.4	1	0	0
Mustard	5	0	0	0.2	0	0	0.2
Lettuce	3	0	0	0.2	0	0	0
Green Peppers	2	0	0	0.2	0	0	0
Hot Sauce	2	0	0	0.1	0	0	0.7
Pickles	2	0	0	0.4	0	0	0.6
Jalapeno Peppers	1	0	1	0.2	0	0	0

## MILKSHAKES

Base + Peanut Butter	574	17	38	4.1	33	39	1
Base + Salted Caramel	458	4	79	0	64	14	2.6
Base + Cherry	448	3	80	0	59	13	0.3
Base + Chocolate	438	5	70	1.9	58	16	0.3
Base + Banana	382	4	63	0.4	60	13	0.3
Base + Vanilla Syrup	355	3	50	0	48	13	0.3
Base + Strawberry	346	3	54	0.3	50	13	0.3
Base + Whipped cream	338	4	29	0	27	23	0.3
Base + Oreo® Cookie Pieces	319	4	39	0.4	32	16	0.4
Base + Malted Milk	306	5	41	0.7	34	14	0.5
Base + Coffee	246	4	29	0.8	26	13	0.3
Five Guys Milk Shake Base	240	3	28	0	26	13	0.3
Peanut Butter	334	14	10	4.1	7	26	0.7
Salted Caramel	218	1	51	0	38	1	2.3
Cherry	207	0	52	0	33	0	0
Chocolate	198	2	42	1.9	32	3	0.1
Banana	142	0	35	0.4	34	0	0
Vanilla Syrup	114	0	22	0	22	0	0
Strawberry	106	0	26	0.3	24	0	0
Whipped cream	98	1	1	0	1	10	0
Oreo® Cookie Pieces	79	1	11	0.4	6	3	0.2
Malted Milk	66	2	13	0.7	8	1	0.2
Coffee	6	0	1	0.8	0	0	0