

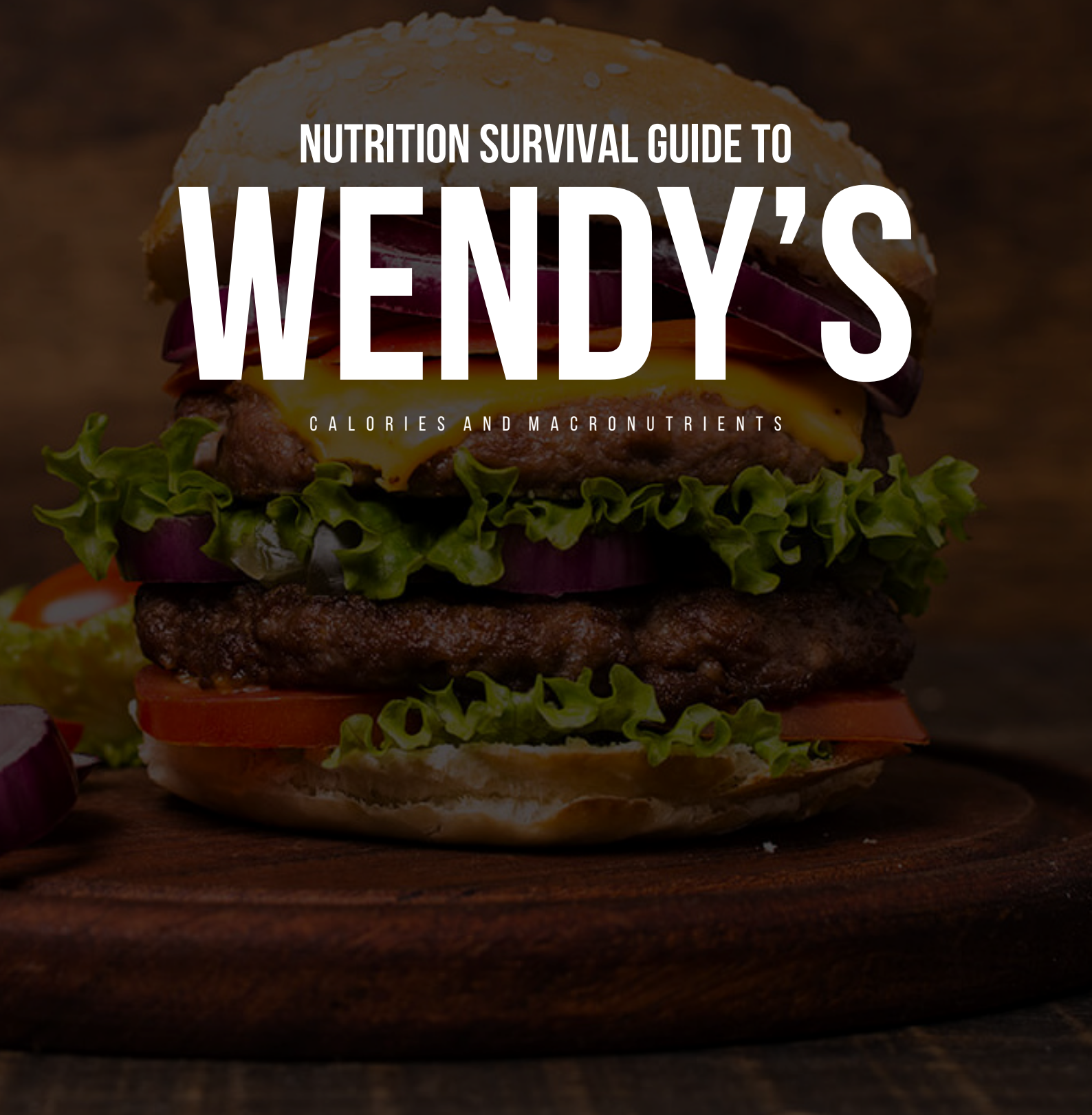


FITNESS

NUTRITION SURVIVAL GUIDE TO

WENDY'S

CALORIES AND MACRONUTRIENTS



1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

BURGERS

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Dave's Triple Cheeseburger	1060	72	42	3	10	67	4.1
Dave's Double Cheeseburger	800	50	42	3	10	48	3.2
Baconator Double	950	59	40	2	8	62	4.1
Son of Baconator	700	39	40	2	9	43	3.2
Dave's Single Cheeseburger	580	31	42	3	10	33	2.8
Double Stack	400	27	26	1	5	21	1.9
Jr. Bacon Cheeseburger (JBC)	380	19	26	1	5	22	1.7
Jr. Cheeseburger Deluxe	350	17	27	2	6	19	1.7
Jr. Cheeseburger	290	17	26	1	5	13	1.7

CHICKEN, WRAPS & MORE

Asiago Ranch Club w/Spicy Chicken	710	40	57	4	9	37	3.8
Asiago Ranch Club w/ Homestyle Chicken	690	35	56	3	9	36	4.1
Southwest Avocado Chicken Sandwich	690	38	57	6	6	34	3.7
Grilled Asiago Ranch Chicken Club	540	42	41	3	9	23	3.1
Spicy Chicken Fillet Sandwich	530	31	55	4	8	22	2.6
Homestyle Chicken Fillet Sandwich	510	26	54	3	8	21	2.9
Crispy Chicken BLT	440	20	37	2	5	24	2.4
Crispy Chicken Sandwich	380	15	37	2	4	20	1.5
Grilled Chicken Sandwich	360	35	38	3	11	8	2.1
Chicken Go Wrap w/ Spicy Chicken	340	17	31	2	1	16	2.1
Chicken Go Wrap w/ Grilled Chicken	260	19	25	2	3	10	1.6

CRISPY CHICKEN NUGGETS

Chicken Nuggets 10 Piece	450	23	24	1	0	30	2.1
Chicken Tenders 4 Piece	400	29	26	0	1	19	3.1
Chicken Tenders 3 Piece	300	22	20	0	0	14	2.3
Chicken Nuggets 6 Piece	270	14	14	1	0	18	1.3
Chicken Nuggets 4 Piece	180	10	10	0	0	13	0.9

BREAKFAST

Sausage Breakfast Bowl	640	21	46	4	3	42	3.9
Biggie Breakfast Sandwich	610	27	37	2	7	40	3.5
Biscuit with Sausage	570	21	38	1	5	37	3.2
Honey Butter Chicken Biscuit	510	21	52	1	9	25	2.8
Bacon Breakfast Bowl	510	19	44	4	2	28	3.5
Artisan Egg Sandwich with Sausage	500	22	31	1	4	33	2.5
Sausage Biscuit	460	13	37	2	4	29	2.5

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	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Sausage & Gravy Biscuit	460	9	51	2	5	24	3.5
Gravy & Sausage Bowl	450	12	50	4	2	22	3.2
Biscuit with Smoked Bacon	410	17	36	1	4	21	2.4
Artisan Egg Sandwich with Bacon	360	19	30	1	4	18	1.9
Seasoned Homestyle Potatoes (Large)	360	5	57	6	1	13	2.7
Sausage & Egg Burrito	360	17	30	1	3	20	2.3
Seasoned Homestyle Potatoes (Small)	230	2	34	4	0	9	1.7

SALADS

Spicy Chicken Caesar Salad	720	42	44	8	6	42	4.2
Taco Salad	660	32	63	10	18	32	4.6
Southwest Avocado Chicken Salad	600	42	18	7	7	41	3.1
Apple Pecan Chicken Salad	560	38	52	7	40	24	2.6
Taco Salad 1/2 Size	470	19	49	7	12	23	3.3
Power Mediterranean Chicken Salad	430	39	38	8	18	14	3
Spicy Chicken Caesar Salad 1/2	410	23	30	5	4	23	2.3
Apple Pecan Chicken Salad 1/2	340	20	29	4	22	17	1.4
Southwest Avocado Chicken Salad 1/2	300	21	10	4	4	20	1.6
Power Mediterranean Chicken Salad 1/2	230	20	21	5	10	8	1.6

SIDES

Chili & Cheese Baked Potato	610	26	72	8	8	24	2.7
Cheese Baked Potato	550	20	67	7	6	23	1.9
Natural-Cut Fries Large	530	6	68	6	0	25	1.3
Chili Cheese Fries	500	16	53	6	4	25	1.8
Baconator Fries	490	14	45	4	2	28	1.4
Bacon & Cheese Baked Potato	480	17	66	7	6	17	2
Natural-Cut Fries Medium	420	5	55	5	0	21	1.1
Natural-Cut Fries Small	320	5	43	4	0	15	0.8
Sour Cream & Chive Baked Potato	320	8	63	7	4	4	0.1
Chili Large	310	26	31	5	10	9	2.9
Plain Baked Potato	270	7	61	7	3	0	0.1
Garden Side Salad	250	7	18	2	4	18	1.2
Caesar Side Salad	240	8	19	3	4	15	1.3
Natural-Cut Fries Junior	230	3	30	3	0	11	0.4
Chili Small	210	17	21	4	6	6	2
Apple Slices	40	0	9	2	7	0	0

DESSERTS

Sugar Cookie	330	3	43	1	24	16	0.8
Chocolate Chunk Cookie	310	3	40	2	24	16	0.5
Double Chocolate Chip Cookie	290	4	39	4	21	14	0.6

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NCED COACHING ACADEMY

DRINKS

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)	GBK
Mango Peach FruitTea Chiller Large	280	0	72	-	70	0	-	
Mango Peach FruitTea Chiller Med	250	0	64	-	62	0	-	
Strawberry Passion FruiTTea Chiller Med	250	0	65	-	61	0	-	
Coca-Cola, Small	200	0	54	-	54	0	-	
Strawberry Lemonade	200	0	51	-	48	0	-	
All Natural Lemonade, Small	190	0	49	-	46	0	-	
Barq's Root Beer, Small	180	0	50	-	50	0	-	
Fanta Orange, Small	180	0	49	-	49	0	-	
Hi-C Flashin' Fruit Punch, Small	170	0	46	-	46	0	-	
Dr Pepper, Small	160	0	43	-	43	0	-	
Pibb Xtra, Small	160	0	43	-	43	0	-	
Sprite, Small	160	0	43	-	43	0	-	
Mango Peach FruitTea Chiller Small	150	0	37	-	36	0	-	
Strawberry Passion FruiTTea Chiller Small	150	0	38	-	36	0	-	
TruMoo Lowfat Chocolate Milk	140	7	22	-	20	3	-	
Honest Tropical Green Tea Med	120	0	30	-	30	0	-	
Brewed Sweetened Iced Tea	110	0	29	-	28	0	-	
Honest Tropical Green Tea Large	110	0	29	-	29	0	-	
TruMoo Lowfat White Milk	100	8	12	-	11	3	-	
Juicy Juice Apple Juice	90	0	22	-	20	0	-	
Honest Tropical Green Tea Small	60	0	14	-	14	0	-	
Honest Tropical Green Tea Value	60	0	14	-	14	0	-	
Strawberry Iced Tea	50	0	13	-	12	0	-	
Brewed Unsweetened Iced Tea	5	0	1	-	0	0	-	
Minute Maid Light Lemonade, Small	5	0	1	-	0	0	-	
Diet Coke, Small	0	0	0	-	0	0	-	
Nestlé Pure Life Bottled Water	0	0	0	-	0	0	-	

FROSTY TREATS

Chocolate Frosty, Large	590	17	99	-	81	15	-	
Vanilla Frosty, Large	570	15	94	-	78	15	-	
Chocolate Frosty, Medium	470	13	79	-	65	12	-	
Vanilla Frosty, Medium	450	12	75	-	63	12	-	
Chocolate Frosty, Small	300	7	49	-	42	8	-	
Vanilla Frosty, Small	280	7	47	-	40	7	-	
Chocolate Frosty, Junior	200	6	33	-	27	5	-	
Vanilla Frosty, Junior	190	5	32	-	27	5	-	