

Brand	Food Item	Quantity/Size	Calories	Protein	Fat	Fiber	CHO
McDonalds	Quarter Pounder	1	410	24	19	2	37
	French Fries	Medium	380	4	19	5	48
	Total Meal		790	28	38	7	85
McDonalds	Crispy Chicken Salad	1	430	26	20	6	38
	Total Meal		430	26	20	6	38
Subway	Roast Beef Club	1 6" Sub	290	19	5	5	45
	Baked Lays Chips	1 Bag	130	2	1.5	2	23
	Total Meal		420	21	6.5	7	68
Pizza Hut	Pepperoni Pan Pizza	2 Med Slices	480	20	22	2	52
	Total Meal		480	20	22	2	52
Chipotle Burrito	Carnitas Burrito (no guac/sc) (with black beans, rice, cheese and lettuce)	1	860	51	33	15	92
	Total Meal		860	51	33	15	92
Breakfast	Eggs	3 Medium	234	20	18	0	1
	Whole Wheat Toast	2 Slices	120	6	1	2	24
	Bacon	2 Slices	208	11	18	0	0
	Total Meal		562	37	37	2	25
Promax Bar	Cookies 'n Cream	1	280	20	5	1	38
	Total Meal		280	20	5	1	38

Recommendations for a 2000 calorie diet: 2000 50 65 25 300

This is a generalization for those consuming a 2000 calorie diet - this is important to remember.