



*Luke Randall Fitness*

NUTRITION SURVIVAL GUIDE TO

# BARBURRITO

CALORIES AND MACRONUTRIENTS

[WWW.FACEBOOK.COM/LUKERANDALLFIT-  
NESS](http://WWW.FACEBOOK.COM/LUKERANDALLFITNESS)

- 1-200 CAL
- 201-300 CAL
- 301-400 CAL
- 401-500 CAL
- 501+ CAL

## PRODUCT NAME

PRODUCT NAME	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Wrap Regular	329	8	59.9	-	2.6	7	1.5
Wrap Small	214	5.2	38.9	-	1.7	4.6	1
Dos Tacos (Corn) Regular	127	1.8	2	-	16.6	2	0
Dos Tacos (Corn soft) Regular	104.2	0.3	22.3	-	0.3	1	0.1
Dos Tacos (Soft) Regular	199	0.8	33	-	2	5	1.1
Nachos (Tortilla chips) Regular	472	7	64.4	-	1.5	20	0.4
Tortilla chips (Bag)	378	5.6	51.5	-	1.2	16	0.3
Brown Rice Regular	108	2.3	24	-	1.2	1	0.4
Brown Rice Small	81	1.8	18	-	0.9	0.7	0.3
White Rice Regular	85	2	20.3	-	0.1	0.1	0.3
White Rice Small	64	1.5	15.2	-	0	0.1	0.2
Spicy Black Beans Regular	71	3.9	10.5	-	2	1.5	0.5
Spicy Black Beans Small	47	2.6	7	-	1.3	1	0.3
Mild Pinto Beans Regular	80	4.3	13.1	-	1.6	1.1	0.5
Mild Pinto Beans Small	53	2.8	8.8	-	1.1	0.7	0.3
Cheese Sauce Regular	104	5.9	3.1	-	1.4	7.2	0.8
Cheese Regular	104	6.4	0	-	0	8.7	0.5
Cheese Small	62	4	0	-	0	5	0.3
Guacamole Regular	96	1	1.7	-	0.8	9.5	1
Jalapenos Regular	6	0.2	1.3	-	0.8	0.1	0
Lettuce Regular	2	0.2	0.2	-	0.2	0	0
Lettuce Small	1	0.1	0.1	-	0.1	0	0
Sour Cream Regular	35	1	1	-	1	3	0
Sour Cream Small	21	0.5	0.7	-	0.7	1.9	0
Spicy Shredded Beef Regular	193	21	10.6	-	3.9	8.1	1
Spicy Shredded Beef Small	123	13.9	6.7	-	2.5	5.2	0.6
Grilled Chicken Regular	143	17	2.8	-	0	7.1	0.8
Grilled Chicken Small	95	11.3	1.9	-	0.1	4.7	0.5
Diced Chorizo Extra	125	7.8	5.5	-	1.9	8.4	1.5
Slaw with Vegan Mayonnaise Regular	32.7	0.3	3	-	2.5	2.1	0.34
Slaw with Vegan Mayonnaise Small	17.6	0.1	1.6	-	1.3	1.1	0.18
Slaw with Vegan Mayonnaise Extra	98.1	0.9	9	-	7.5	6.3	1.02
Mushrooms Regular	40	0.5	0.7	-	0.5	3.9	0.1
Mushrooms Small	24	0.3	0.4	-	0.3	2.3	0.1
Onions & Peppers Regular	35	0.4	3	-	2.5	2.4	0.2
Onions & Peppers Small	21	0.3	1.8	-	1.5	1.5	0.1
Shredded Pork Regular	151	13	1.5	-	0.7	10	0.3
Shredded Pork Small	101	8.6	1	-	0.5	6.7	0.2
Grilled Steak Regular	190	17.6	0	-	0	13.3	0.1
Grilled Steak Small	127	11.8	0	-	0	8.9	0.1
Vegetarian Filling Regular	75	1	3.7	-	3	6.3	0.3
Super Veggie Chilli Regular	62	1.6	20.1	-	5.3	1	0.5

1-200 CAL

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501+ CAL

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Super Veggie Chilli Extra	62	1.6	20.1	-	5.3	1	0.5
Vegetarian Filling Small	45	0.6	2.2	-	1.8	3.8	0.2
Hot Salsa Regular	19	0.8	3.2	-	2.6	0.4	0.2
Hot Salsa Small	11	0.5	1.9	-	1.6	0.2	0.1
Extra Hot Salsa Regular	21	0.9	4	-	1.5	0.4	0.2
Extra Hot Salsa Small	12	0.5	2.4	-	0.9	0.2	0.1
Mild Salsa Regular	14	0.1	3.3	-	3	0	0.8
Mild Salsa Small	8	0.1	2	-	1.8	0	0.5
Medium Salsa Regular	14	0.6	2.5	-	2.2	0.5	0.2
Medium Salsa Small	10	0.3	1.5	-	1.3	0.3	0.1
Churros with Caramel Sauce Regular	588	6.1	63.5	-	50.6	23	0.3
Chicken Tinga Regular	110	13.1	6.4	-	2.5	4.2	0.78
Chicken Tinga Small	85	10	5	-	2	3	0.6
Sriracha sauce (Pot)	27	1	5	-	5	1	0
Chicken wings (Five)	550	52.5	6.3	-	4.5	35	2.25
Fries with chilli salt Regular	318.6	2.5	48.8	-	1	11	1.1
Chipotle Mayonnaise (Pot)	76.6	0.1	9.7	-	3.9	3	2
Pickled Onions Regular	23	0.8	4.9	-	2	0	0.5