



Luke Randall Fitness

NUTRITION SURVIVAL GUIDE TO
SUPERMACS

CALORIES AND MACRONUTRIENTS

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

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

CHICKEN PRODUCTS

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Chicken Drumstick	180.2	29.46	5.45	Trace	Trace	14.5	1.05
Chicken Thigh Piece	210	30.93	6.51	Trace	Trace	21.02	1.52
Chicken Wing Piece	276.5	45.5	8.19	Trace	Trace	30.39	1.78
Chicken Tender Portion (3)	282.1	35.75	6.5	Trace	0.2	12.61	2.22
Chicken Nugget Portion (6)	289	30.24	7.06	2.8	0	14.9	0.9
Chicken Breast Piece	332.8	63.58	Trace	2.2	Trace	17.38	1.48
Chicken Breast Sandwich	423	33.6	49	3.8	8.2	9.4	2
Grilled Chicken Breast Sandwich	340	37.7	34.1	3.3	3.5	5.1	0.9
Chicken Burger	452	35.2	16.82	2.44	6.2	19.45	2.35
Chicken Wrap (No Sauce)	432.5	33.64	40.58	2.67	2.55	14.42	1.4
Snack Box (Fries/Drumstick & Thigh)	989	49.7	80.71	11.85	0.45	49.24	2.5

BEEF BURGER PRODUCTS

Regular Burger	235.5	13.62	29.51	2.85	5.28	7.17	1.78
Cheese Burger	367	18.6	30.13	2.36	5.89	18.6	2.02
Mighty Mac	480.9	28	45.1	4.41	8	19.9	2.13
Smokey Bacon Burger	568	31.05	43.01	5.29	7.66	28.98	3.08
Double Cheese Burger	522	32.4	25.74	3.42	5.9	31.32	2.92
5 oz Burger	633	44	40	3.6	10.1	31.8	2.5
5 oz (Bacon & Cheese)	719	51	39.9	3.1	9.3	38.8	3.4
7,5 oz Burger	822	63	41	3.6	10.7	44	3.3

FRIES & DRESSED FRIES

Regular Fries	368	5.29	54.28	5.47	0.33	15.6	0.43
Regular Curry Fries	444	6.24	56.16	6.48	1.68	20.16	0.91
Regular Curry Cheese Fries	556	10.66	52.52	5.98	1.82	32.5	1.24
Regular Garlic & Cheese Fries	692.6	9.76	48.84	3.99	1.33	49.95	1.39
Regular Taco Fries	601.2	16.52	51.87	6.38	3.99	34.85	1.7

BREAKFAST

Regular Breakfast Roll	603.5	35.86	57.79	3.35	7.79	34.83	3.33
Deluxe Breakfast Roll	655.6	39	60.3	4.5	5.7	41.4	3.5
Super Breakfast	661.2	50.95	67.94	10.81	5.06	56.36	3.03

OTHER PRODUCTS

Onion Ring Portion (6)	429	4.48	40.23	3.06	3.77	27.14	1.15
Sausage Portion (3)	315.8	10.08	9.5	2.3	0.31	25.92	2.28
Philli Cheese Steak Sandwich	470.9	34.16	47.82	6.34	7.93	14.4	2.68
Veggi Burger	512.8	12.01	51.67	9.64	4.87	28.64	2.82
Veggi Wrap	553.3	11.34	75.48	4.35	8.16	21.93	3.17
Cod & Chips	678.3	28.65	84.46	10.76	0.66	42.23	1.58

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DESSERTS

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Ice Cream Portion	100.6	2.87	13.62	Trace	13.37	3.85	0.18
99 Cone	192.6	5.08	22.62	4.52	13.78	8.12	0.25
Sundae Strawberry	235.6	4.93	36.5	1.54	31.25	7.39	0.28
Medium Milkshake (Straw)	287	8.75	45.82	3.04	30.99	6.9	0.32
Muffin & Ice Cream (Choc)	510.7	7.74	59.13	3.19	34.63	26.3	1.48
Muffin & Ice Cream (Blue)	524.2	8.3	62.79	2.91	35.22	26.03	1.35

DRINKS

Regular Coke	156.6	0	39.15	0	38.97	0	0
Regular Diet Coke	3.22	0	0.8	0	Trace	0	0
Regular Sprite	162.4	0	42.34	0	41.01	0	0
Regular Fanta	198.4	0	52.21	0	51.08	0	0

SAUCES / DIPS / SIDES

Ketchup Portion	13.93	0.14	3.25	0.25	3	0.04	0.43
Cheese Slice	47.88	2.56	1.23	Trace	0.46	3.64	0.52
Curry Sauce Portion	60.19	1.71	8.71	1.32	2.31	1.76	0.8
Beef Burger Sauce Portion	79.77	0.24	1.18	0.04	1.07	8.2	0.25
Chicken Burger Sauce Portion	48.51	0.21	2.18	0.07	1.9	4.28	0.3
Mustard Sauce Portion	75.46	0.26	0.61	0.06	0.5	7.9	0.25
Coleslaw Portion	188.7	0.99	0.74	1.92	2.12	19.76	0.42