



Luke Randall Fitness

NUTRITION SURVIVAL GUIDE TO

MCDONALD'S

CALORIES AND MACRONUTRIENTS

WWW.FACEBOOK.COM/LUKERANDALLFIT-
NESS

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

BEEFBURGERS

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Big Tasty with Bacon	850	49	50	4.3	11	50	3.7
Big Tasty	799	45	50	4.3	11	46	3.4
The Signature Collection: BBQ	782	47	48	2.9	14	44	2.4
The Signature Collection: Classic	698	47	43	2.5	10	37	2.4
The Signature Collection: Spicy	635	40	46	2.7	12	32	2.7
Quarter Pounder with Cheese	518	31	37	2.5	10	27	2.5
Big Mac	508	26	43	3.6	9	25	2.3
Double Cheeseburger	440	26	32	2.4	8	23	2.4
Cheeseburger	295	16	31	2.4	7	12	1.6
Hamburger	250	14	30	2.4	8	8	1.2

FISH & VEGGIE BURGERS

Spicy Vegetable Deluxe	412	10	57	5.8	12	15	1.5
Vegetable Deluxe	400	10	54	5.4	8	15	1.4
Filet-o-Fish	335	14	38	2.7	6	13	1.3

SALADS

Crispy Chicken & Bacon Salad	316	25	16	1.7	3	16	1.2
Crispy Chicken Salad	265	21	16	1.7	3	13	0.9
Grilled Chicken & Bacon Salad	190	25	7	1.7	5	7	1
Grilled Chicken Salad	140	20	7	1.7	5	3	0.7

CHICKEN

McNuggets - 20 Share Box	835	45	66	2.2	2	47	1.7
Chicken Selects - 5 piece	610	35	43	0.3	1	33	3
Chicken Legend w Bacon & BBQ Sauce	590	33	61	4	4	23	2.1
Chicken Legend w Bacon & Salsa	555	34	68	3.9	7	16	1.9
Chicken Legend with Mayo	550	30	61	4	4	21	1.8
Chicken Legend with BBQ Sauce	484	27	61	3.9	8	14	1.6
BBQ Chicken BLC	399	19	42	2.8	8	17	1.8
McChicken Sandwich	385	16	44	3.4	7	16	1.4
McNuggets - 9	375	21	30	1	1	21	0.8
Chicken Selects - 3 piece	365	21	26	0.2	1	20	1.8
Mayo Chicken	315	12	38	2.8	5	13	1.1
McNuggets - 6	250	14	20	0.7	1	14	0.5
Garlic Mayo Chicken Wrap - Crispy	479	22	48	3.2	3	21	1.8
Sweet Chilli Chicken Wrap - Crispy	474	22	52	3.2	7	19	2
BBQ Chicken Wrap - Grilled	366	26	40	3	7	11	1.6
Hot Peri Peri Chicken Wrap - Grilled	353	27	38	3	6	10	1.8
Garlic Mayo Chicken Wrap - Grilled	345	25	35	3	4	11	1.3
Sweet Chilli Chicken Wrap - Grilled	340	24	39	3.1	8	9	1.4
Spicy Chicken Snack Wrap	322	13	30	1.9	2	16	1.5

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SIDES

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
French Fries - Large	460	5	60	4.8	1	23	0.8
French Fries - Medium	330	3	42	3.6	1	16	0.6
Mozzarella Dippers	280	11	24	1.9	1	15	1.2
French Fries - Small	230	2	30	2.6	0	11	0.4
Hash Brown	140	1	14	1.3	0	9	0.7
Fruit Bag	46	0	10	1.8	10	0	0
Carrot Sticks	34	0	6	2.4	6	0	0.1
Shaker Side Salad	18	1	2	1.1	2	1	0.1

BREAKFAST

Pancakes & Sausage with Syrup	612	20	96	2.6	41	16	2.3
Breakfast Wrap	605	27	53	4	7	31	2.5
Double Sausage & Egg McMuffin	565	36	28	2.5	3	34	2.7
Sausage, Egg & Cheese Bagel	562	30	46	3.5	7	28	2.7
Bacon, Egg & Cheese Bagel	480	26	46	3.1	6	21	2.2
Pancakes & Syrup	477	10	95	2.3	41	6	1.5
Sausage & Egg McMuffin	430	26	27	2.1	3	24	1.9
Double Bacon & Egg McMuffin	401	27	27	1.8	2	20	1.8
Bacon & Egg McMuffin	348	21	27	1.8	2	17	1.4
Bacon Roll	319	18	43	1.3	7	8	1.5
Cheesy Bacon Flatbread	298	14	28	1.6	2	14	1.5
Egg & Cheese McMuffin	295	16	27	1.8	2	13	1.1
Toasted Bagel	216	9	41	2.9	4	1	0.8
Oat So Simple	194	10	26	1.9	9	5	0.2

DIPS

Sour Cream & Chive Dip	140	1	3	0	1	14	0.53
Sweet Chilli Dip	107	0	25	0	22	1	0.8
Smoky BBQ Dip	84	1	19	0.3	13	0	0.8
Ketchup	27	0	6	0.4	5	0	0.5

DESSERTS

Chocolate Muffin	515	8	57	2.8	35	28	1.1
McFlurry - Cadbury Caramel	402	6	61	1.1	56	14	0.4
Blueberry Muffin	400	6	62	1.7	35	14	0.6
Triple Chocolate Cookie	370	4	44	3.4	29	19	0.4
Toffee Sundae	350	5	62	1.5	50	9	0.2

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	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
McFlurry - Dairy Milk	340	6	49	1.1	45	13	0.3
McFlurry - Crunchie	330	5	52	1.1	46	11	0.3
McFlurry - Oreo	310	6	47	1.5	39	11	0.4
Strawberry Sundae	290	4	51	1.5	45	7	0.2
Chocolatey Donut	254	5	28	2.3	10	13	0.4
Apple Pie	250	2	29	1.4	10	14	0.5
Sugar Donut	190	3	20	1.3	6	10	0.3
Ice Cream Cone with Flake	190	3	27	0.6	22	7	0.1
Ice Cream Cone	145	3	22	0.5	17	5	0.1

MILKSHAKES

Chocolate Milkshake - Large	500	13	86	2.2	67	10	1
Flavoured Milkshake - Large	490	13	87	0.8	79	9	0.6
Chocolate Milkshake - Medium	390	10	67	1.8	52	8	0.8
Flavoured Milkshake - Medium	380	9	67	0.6	62	7	0.4
Flavoured Milkshake - Small	205	5	37	0.3	33	4	0.23
Chocolate Milkshake - Small	200	5	35	0.9	25	4	0.4

DRINKS

Iced Frappe - Large	460	8	61	-	54	20	0.4
Iced Frappe - Regular	375	6	48	-	43	18	0.32
Hot Chocolate - Large	245	3	43	-	42	6	0.77
Iced Fruit Smoothie - Large	240	2	53	-	52	1	0.28
Coke/Fanta/Irn Bru - Large	210	1	53	-	53	0	0
Iced Fruit Smoothie - Regular	190	2	41	-	41	1	0.22
Latte - Large	190	14	18	-	18	7	0.44
Hot Chocolate - Regular	185	2	32	-	31	5	0.57
Toffee Latte	183	8	25	-	23	6	0.25
Coke/Fanta/Irn Bru - Medium	170	0	42	-	42	0	0
Latte - Regular	140	10	13	-	13	5	0.33
Cappuccino - Large	124	9	13	-	12	4	0.26
Organic Milk	118	9	12	-	12	5	0.28
Tropicana Orange Juice	118	2	25	-	25	0	0
Coke/Fanta/Irn Bru - Small	105	0	26	-	26	0	0
Cappuccino - Regular	90	6	10	-	10	3	0.19
Flat White	86	6	8	-	8	3	0.19
Robinsons Fruit Shoot	10	0	2	-	2	0	0.06
Buxton Mineral Water	0	0	0	-	0	0	0