



Luke Randall Fitness

NUTRITION SURVIVAL GUIDE TO

TACO BELL

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

SOFT TACOS

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Supreme - Pulled Pork	280	12	17	-	3	18	1.2
Supreme - Seasoned Beef	260	12	18	-	3	15	1.1
Supreme - Mexican Chicken	240	12	18	-	3	13	1.1
Supreme - Refried Beans	240	8	25	-	2	12	1
Supreme - Grilled Chicken	230	15	17	-	2	11	1
Pulled Pork	220	12	16	-	1	12	1.2
Seasoned Beef	210	12	17	-	1	10	1.1
Mexican Chicken	190	12	17	-	1	8	1.1
Grilled Chicken	180	14	16	-	1	6	0.9
Refried Beans	180	8	24	-	1	6	1

CRUNCHY TACOS

Supreme - Pulled Pork	240	11	10	-	2	17	0.8
Supreme - Seasoned Beef	220	11	11	-	2	15	0.8
Supreme - Mexican Chicken	210	10	11	-	2	13	0.8
Supreme - Refried Beans	200	7	18	-	1	11	0.6
Pulled Pork	190	10	9	-	0	12	0.8
Supreme - Grilled Chicken	190	13	10	-	2	11	0.6
Seasoned Beef	170	10	10	-	0	10	0.8
Mexican Chicken	150	10	10	-	0	8	0.7
Grilled Chicken	140	12	8	-	0	6	0.6
Refried Beans	140	6	16	-	0	6	0.6

DOUBLE DECKER TACO

Cheesy - Pulled Pork	390	18	25	-	1	24	1.7
Cheesy - Seasoned Beef	380	18	26	-	1	22	1.6
Cheesy - Mexican Chicken	360	18	26	-	1	20	1.6
Cheesy - Grilled Chicken	350	21	25	-	1	18	1.4
Cheesy - Refried Beans	350	14	33	-	1	18	1.5
Pulled Pork	340	16	32	-	1	17	1.7
Seasoned Beef	320	16	33	-	1	14	1.6
Mexican Chicken	310	16	33	-	1	12	1.6
Refried Beans	300	12	40	-	1	11	1.5
Grilled Chicken	290	19	32	-	1	10	1.5

BURRITOS

7 Layer	550	19	66	-	4	24	2.9
Fresco - Grilled Chicken	347	27	38	-	4	9	2.2
Volcano - Pulled Pork	660	25	59	-	6	35	3.9

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	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Volcano - Seasoned Beef	620	25	61	-	5	30	3.8
Volcano - Mexican Chicken	590	25	61	-	6	27	3.7
Volcano - Grilled Chicken	570	30	59	-	6	22	3.5
Volcano - Refried Beans	570	17	75	-	6	23	3.5
Fajita - Pulled Pork	510	18	50	-	6	26	2.6
Fajita - Seasoned Beef	490	18	51	-	6	23	2.5
Fajita - Mexican Chicken	470	17	51	-	6	22	2.5
Fajita - Refried Beans	460	14	58	-	6	20	2.4
Fajita - Grilled Chicken	450	20	50	-	6	20	2.4
Grilled Stuff - Pulled Pork	720	31	67	-	6	36	4.1
Grilled Stuff - Seasoned Beef	680	31	69	-	6	30	4
Grilled Stuff - Mexican Chicken	650	31	69	-	6	27	3.9
Grilled Stuff - Grilled Chicken	630	36	66	-	6	23	3.6
Grilled Stuff - Refried Beans	630	23	82	-	6	24	3.7
Cheesy Dbl Melt - Pork Carnitas	650	31	47	-	4	37	3.6
Cheesy Dbl Melt - Beef	610	31	50	-	4	31	3.5
Cheesy Dbl Melt - Mexican Chicken	580	31	49	-	4	28	3.5
Cheesy Dbl Melt - Refried Beans	570	23	63	-	4	25	3.2
Cheesy Dbl Melt - Grilled Chicken	560	36	47	-	4	24	3.2

QUESADILLA

Slow Cooked Pulled Pork	680	35	37	-	5	42	3.3
Seasoned Beef	640	35	40	-	5	37	3.2
Mexican Chicken	610	35	29	-	5	34	3.1
Grilled Chicken	590	40	37	-	5	30	2.9
Refried Beans	590	27	53	-	4	30	2.9
Fajita - Pulled Pork	560	28	38	-	5	32	2.8
Fajita - Seasoned Beef	540	28	39	-	5	30	2.7
Fajita - Mexican Chicken	520	28	39	-	5	28	2.7
Fajita - Refried Beans	520	24	46	-	5	26	2.6
Fajita - Grilled Chicken	510	31	38	-	5	26	2.6
Fajita Plain	490	22	42	-	7	27	2.4
Cheese	480	20	37	-	4	28	1.9

CRUNCHWRAP SUPREMES

Pulled Pork	660	27	55	-	6	36	2.7
Seasoned Beef	620	27	58	-	6	31	2.6
Mexican Chicken	590	26	57	-	6	28	2.5
Refried Beans	580	19	71	-	6	24	2.3
Grilled Chicken	570	32	55	-	6	24	2.2

SHAREABLES

Fully Loaded Fries - Seasoned Beef	950	29	80	-	9	57	4.8
Nachos Supreme	750	13	64	-	8	51	4.8

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SIDES

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Nachos Large	430	6	49	-	2	24	3
Mexican Fries Large	350	5	44	-	2	17	1.7
Mexican Fries Regular	280	4	35	-	2	14	1.3
Nachos Regular	220	3	25	-	1	12	1.5
Side of Beans (refried), topped	170	11	18	-	0	7	1.6
Side of Mexican Rice	140	2	22	-	1	5	1.3
Side of Beans (refried), plain	110	7	16	-	0	3	1

CRAVERS

Cheesy Topped Fries	530	10	49	-	6	33	2.2
Beefy Melt Griller	480	20	48	-	4	23	2.6
Spicy Chicken Griller	420	17	48	-	4	17	2.7
Bean Burrito	380	15	53	-	3	12	2.2

DESSERTS

Churros	420	6	72	-	17	13	1.7
Chocodilla	220	4	26	-	11	11	0.4
Chocomarsh Melt	190	4	28	-	13	7	0.4

EXTRAS

Extra Sour Cream LRG	210	2	4	-	3	20	0.1
Extra Nacho Cheese Sauce LRG	190	7	5	-	4	16	0.8
Extra Guacamole LRG	140	2	9	-	2	12	0.7
Extra Sour Cream REG	100	1	2	-	2	10	0
Extra Nacho Cheese Sauce REG	90	3	2	-	2	8	0.4
Extra Guacamole REG	70	1	5	-	1	6	0.4
Extra Tomato Salsa LRG	25	1	6	-	1	0	0.9
Extra Tomato Salsa REG	10	0	3	-	1	0	0.4
Extra Pico de Gallo LRG	10	0	2	-	0	1	0.6
Extra Pico de Gallo REG	5	0	1	-	0	0	0.3
Extra Jalapenos REG	0	0	0	-	0	0	0.4
Extra Jalapenos LRG	0	0	0	-	0	0	0.9
Border Sauce Packet - Fire	5	0	1	-	0	0	0.2
Border Sauce Packet - Mild	0	0	0	-	0	0	0.1
Border Sauce Packet - Hot	0	0	0	-	0	0	0.1

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DRINKS

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Large Pepsi	263	0	69	-	69	0	0
Strawberry Daiquiri Twisted Freeze	194	0	36	-	33	0	0
Regular Pepsi	191	0	50	-	50	0	0
Margarita Twisted Freeze	181	0	32	-	29	0	0
Strawberry Smash Freeze	161	0	40	-	37	0	0
Large Tango Orange	156	0	38	-	38	0	0.6
Large Tango Apple	150	0	36	-	36	0	0.3
Lemon Quencher Freeze	146	0	36	-	33	0	0.1
Sol Beer	132	0	12	-	0	0	0
Tropicana Orange	120	2	25	-	25	0	0
Large Lipton Ice Tea Peach	119	3	29	-	28	3	0.2
Regular Tango Orange	114	0	27	-	27	0	0.4
Regular Tango Apple	109	0	26	-	26	0	0.2
Regular Lipton Ice Tea Peach	86	2	21	-	20	2	0.1
Large 7 Up	13	0	0	-	0	0	0.6
Fruitshoot Apple & Blackcurrent	10	0	2	-	2	0	0
Regular 7 Up	9	0	0	-	0	0	0.4
Diet Mountain Dew	5	0	0	-	0	0	0
Diet Pepsi/Max	4	0	0	-	0	0	0.4
Water	0	0	0	-	0	0	0