

### TARA GRIMES FITNESS NUTRITION LIFE

# NUTRITION SURVIVAL GUIDE TO FILE Control of the second sec

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### TARA GRIMES FITNESS NUTRITION LIFE

# NUTRITION SURVIVAL GUIDE TO E GUIDE TO

WWW.TARAGRIMESFITNESS.COM



1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

| URGERS       99         con Cheeseburger       790         ceseburger       730         con Burger       616         mburger       616         con Cheeseburger (no bun)       567         le Cheeseburger (no bun)       502         le Bacon Cheeseburger (no bun)       502         le Bacon Burger       472         con Burger (no bun)       423         le Hamburger (no bun)       423         le Bacon Cheeseburger (no bun)       338         le Bacon Cheeseburger (no bun)       332         le Bacon Cheeseburger (no bun)       338         le Hamburger (no bun)       323         le Bacon Burger (no bun)       323         le Bacon Burger (no bun)       324         le Hamburger (no bun)       323         le Bacon Burger (no bun)       324         le Hamburger (no bun)       323         con Cheese Dog       672         con Cheese Dog (no bun)       444         eese Dog (no bun)       330         con Cheese Dog (no bun)       330         con   | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) |  |
|---|-------------|-------------------------|-------------------|------------|---------------|--|
| eeseburger         730           con Burger         651           le Bacon Cheeseburger (no bun)         567           le Cheeseburger (no bun)         507           le Cheeseburger (no bun)         502           le Bacon Cheeseburger (no bun)         502           le Bacon Burger (no bun)         423           le Bacon Burger (no bun)         423           le Bacon Cheeseburger (no bun)         423           le Bacon Cheeseburger (no bun)         388           mburger (no bun)         388           le Cheeseburger (no bun)         388           le Bacon Cheeseburger (no bun)         388           le Bacon Burger (no bun)         323           le Bacon Durger (no bun)         323           le Bacon Durger (no bun)         323           le Bacon Cheese Dog         672           con Cheese Dog         672           con Cheese Dog (no bun)         323           le Hamburger Dog (no bun)         300           Beef Hot Dog (no bun)         300           Beef Hot Dog (no bun)         323   | Pre         | To                      | Die               | Su         | To            |  |
| con Burger         651           le Bacon Cheeseburger         616           mburger         586           con Cheeseburger (no bun)         567           le Cheeseburger (no bun)         502           le Bacon Burger (no bun)         423           le Bacon Burger (no bun)         423           le Hamburger (no bun)         423           le Bacon Cheeseburger (no bun)         388           mburger (no bun)         388           le Bacon Cheeseburger (no bun)         388           le Bacon Burger (no bun)         388           le Bacon Burger (no bun)         323           le Bacon Cheese Dog         672           con Cheese Dog         672           con Cheese Dog (no bun)         323           con Cheese Dog (no bun)         323           con Dog (no bun)         300           Beef Hot Dog (no bun)         300           Beef Hot Dog (no bun)         323           ef Burger Patty         719   | 50          | 38                      | 2                 | 8          | 50            |  |
| e Baco Cheeseburger       616         mburger       586         con Cheeseburger (no bun)       567         le Cheeseburger (no bun)       502         le Bacon Burger (no bun)       472         con Burger (no bun)       423         le Hamburger       407         le Bacon Cheeseburger (no bun)       388         mburger (no bun)       388         mburger (no bun)       388         le Bacon Cheeseburger (no bun)       388         mburger (no bun)       323         le Bacon Burger (no bun)       323         le Bacon Burger (no bun)       179         COT DOGS       607         con Cheese Dog       607         con Cheese Dog (no bun)       300         Beef Hot Dog (no bun)       300         Beef Hot Dog (no bun)       300         Beef Hot Dog (no bun)       235         f Burger Patty       71         con       65         af burger Patty       73         con  | 46          | 38                      | 1.9               | 8          | 45            |  |
| mburger         586           con Cheeseburger (no bun)         567           le Cheeseburger (no bun)         502           le Bacon Burger (no bun)         423           le Hamburger (no bun)         423           le Hamburger (no bun)         423           le Bacon Cheeseburger (no bun)         388           mburger (no bun)         388           mburger (no bun)         388           le Cheeseburger (no bun)         388           le Bacon Burger (no bun)         388           le Cheeseburger (no bun)         388           le Bacon Burger (no bun)         323           le Bacon Cheese Dog         607           con Cheese Dog         607           con Cheese Dog         607           con Cheese Dog (no bun)         300           Beef Hot Dog (no bun)         300           Beef Hot Dog (no bun)         300           le Burger Patty         71           con         657 <tr< td=""><td>42</td><td>36</td><td>2</td><td>6</td><td>38</td><td></td></tr<>  | 42          | 36                      | 2                 | 6          | 38            |  |
| Construction         567           le Cheeseburger (no bun)         502           le Bacon Burger         472           con Burger (no bun)         423           le Hamburger         407           le Bacon Cheeseburger (no bun)         388           mburger (no bun)         358           le Bacon Cheeseburger (no bun)         323           le Bacon Burger (no bun)         179           COT DOGS         672           con Cheese Dog         672           con Cheese Dog         672           con Cheese Dog (no bun)         443           eese Dog (no bun)         379           con Cheese Dog (no bun)         300           Beef Hot Dog (no bun)         300           Beef Hot Dog (no bun)         301           see Fog (no bun)         302           bef Burger Patty         179           con         651           t dog bun         253           rger bun         253           rger bun         3   | 34          | 38                      | 1.7               | 8          | 37            |  |
| le Cheeseburger551eeseburger (no bun)502le Bacon Burger472con Burger (no bun)423le Hamburger407le Bacon Cheeseburger (no bun)358mburger (no bun)358le Cheeseburger (no bun)323le Bacon Burger (no bun)323le Bacon Burger (no bun)324le Hamburger (no bun)179OCT DOGSCOT DOGScon Cheese Dog672eese Dog607con Cheese Dog607con Cheese Dog607con Cheese Dog607con Cheese Dog607con Cheese Dog300Beef Hot Dog369con Cheese Dog (no bun)300Beef Hot Dog (no bun)300Beef Hot Dog (no bun)235IEAT & BUNS235t Dog235ef Burger Patty179con65t dog bun253rger bun253rger bun225RIEES3   | 38          | 36                      | 1.9               | 6          | 33            |  |
| accord burger (no bun)         502           le Bacon Burger (no bun)         423           le Hamburger         407           le Bacon Cheeseburger (no bun)         388           mburger (no bun)         323           le Bacon Burger (no bun)         179           le Bacon Burger (no bun)         179           le Bacon Cheese Dog         672           con Cheese Dog         607           con Cheese Dog (no bun)         443           eese Dog (no bun)         300           Beef Hot Dog (no bun)         300           con Dog (no bun)         300           ef Burger Patty         179           con         65           ef dog bun         253           reger bun         228   | 44          | 2                       | 0.7               | 2          | 43            |  |
| le Bacon Burger (no bun)       472         con Burger (no bun)       423         le Hamburger       407         le Bacon Cheeseburger (no bun)       388         mburger (no bun)       358         le Cheeseburger (no bun)       323         le Bacon Burger (no bun)       244         le Hamburger (no bun)       179         ICOT DOGS       672         con Cheese Dog       672         eese Dog       607         con Cheese Dog       672         eese Dog       607         con Cheese Dog       607         con Cheese Dog       607         con Cheese Dog       672         eese Dog (no bun)       444         eese Dog (no bun)       300         Beef Hot Dog (no bun)       235         ef Burger Patty       179         con       65         t dog bun       253         rger bun       253         rger bun       228         ttuce (as a bun)       3  | 30          | 38                      | 1.6               | 8          | 32            |  |
| con Burger (no bun)423le Hamburger407le Bacon Cheeseburger (no bun)388mburger (no bun)323le Bacon Burger (no bun)244le Hamburger (no bun)244le Hamburger (no bun)179OT DOGSCOT DOGS607con Cheese Dog607con Cheese Dog607con Cheese Dog607con Dog528Beef Hot Dog463607con Cheese Dog (no bun)444eese Dog (no bun)300Beef Hot Dog (no bun)300300Beef Hot Dog (no bun)235300IEAT & BUNSIt dog bun235ICon Coc (as a bun)325REES   | 40          | 2                       | 0.6               | 2          | 38            |  |
| le Hamburger (no bun) 388<br>mburger (no bun) 358<br>le Cheeseburger (no bun) 323<br>le Bacon Burger (no bun) 244<br>le Hamburger (no bun) 179<br>COT DOGS<br>Con Cheese Dog 677<br>con Cheese Dog 677<br>con Dog 528<br>Beef Hot Dog 667<br>con Cheese Dog (no bun) 444<br>eese Dog (no bun) 444<br>eese Dog (no bun) 379<br>con Dog (no bun) 300<br>Beef Hot Dog (no bun) 300<br>Beef   | 26          | 36                      | 1.7               | 6          | 25            |  |
| le Bacon Cheeseburger (no bun)       388         mburger (no bun)       323         le Cheeseburger (no bun)       224         le Bacon Burger (no bun)       179         Id COT DOGS       672         con Cheese Dog       607         con Cheese Dog       607         con Cheese Dog       607         con Cheese Dog (no bun)       463         con Cheese Dog (no bun)       379         con Dog (no bun)       300         Beef Hot Dog (no bun)       325         toog (no bun)       235         fel Burger Patty       179         con       65         toog bun       253         rger bun       253         rger bun       253   | 36          | 0                       | 0.7               | 0          | 31            |  |
| mburger (no bun) 358<br>le Cheeseburger (no bun) 224<br>le Bacon Burger (no bun) 179<br>COT DOGS<br>Con Cheese Dog 672<br>eese Dog 677<br>eese Dog 677<br>eese Dog 677<br>con Dog 528<br>Beef Hot Dog (no bun) 444<br>eese Dog (no bun) 444<br>eese Dog (no bun) 379<br>con Dog (no bun) 300<br>Beef Hot Dog (no bun) 235<br><b>IEAT &amp; BUNS</b><br>ILOG 235<br>ILOG 235<br>IL | 22          | 36                      | 1.6               | 6          | 20            |  |
| le Cheeseburger (no bun) 323<br>le Bacon Burger (no bun) 244<br>le Hamburger (no bun) 179<br>OCT DOGS<br>Con Cheese Dog 677<br>eese Dog 607<br>con Dog 528<br>Beef Hot Dog 463<br>con Cheese Dog (no bun) 444<br>eese Dog (no bun) 379<br>con Dog (no bun) 379<br>con Dog (no bun) 235<br>EEAT & BUNS<br>IEAT & BUNS<br>ICON Con  | 28          | 2                       | 0.4               | 2          | 30            |  |
| le Bacon Burger (no bun) 179<br>IOT DOGS<br>Con Cheese Dog 672<br>eese Dog 607<br>con Dog 528<br>Beef Hot Dog 463<br>con Cheese Dog (no bun) 444<br>eese Dog (no bun) 379<br>con Dog (no bun) 379<br>con Dog (no bun) 300<br>Beef Hot Dog (no bun) 300<br>Beef Hot Dog (no bun) 235<br>IEAT & BUNS<br>I Dog 235<br>ef Burger Patty 179<br>con 65<br>t dog bun 253<br>rger bun 253<br>rger bun 253<br>RIES   | 32          | 0                       | 0.6               | 0          | 26            |  |
| Image: Part of the set o   | 24          | 2                       | 0.3               | 2          | 25            |  |
| COT DOGS       672         con Cheese Dog       607         con Dog       528         Beef Hot Dog       463         con Cheese Dog (no bun)       444         eese Dog (no bun)       379         con Dog (no bun)       300         Beef Hot Dog (no bun)       300         Beef Hot Dog (no bun)       235         Con Dog (no bun)       235         IEAT & BUNS       235         to g       235         ef Burger Patty       179         con       65         t dog bun       253         rger bun       228         tuce (as a bun)       3         RIES       3  | 20          | 0                       | 0.4               | 0          | 18            |  |
| con Dog528Beef Hot Dog463con Cheese Dog (no bun)444eese Dog (no bun)379con Dog (no bun)300Beef Hot Dog (no bun)235IEAT & BUNS235t Dog235ef Burger Patty179con65t dog bun253rger bun228tuce (as a bun)3RIES1   | 31<br>27    | 38<br>38                | 1.8<br>1.7        | 9<br>9     | 44<br>39      |  |
| Beef Hot Dog 463<br>con Cheese Dog (no bun) 444<br>eese Dog (no bun) 379<br>con Dog (no bun) 300<br>Beef Hot Dog (no bun) 235<br>EEAT & BUNS<br>t Dog 235<br>ef Burger Patty 179<br>con 65<br>t dog bun 253<br>rger bun 253<br>tuce (as a bun) 3  | 27          | 38                      | 1.7               | 9<br>7     | 39            |  |
| con Cheese Dog (no bun)444eese Dog (no bun)379con Dog (no bun)300Beef Hot Dog (no bun)235IEAT & BUNS235t Dog235ef Burger Patty179con65t dog bun253rger bun228tuce (as a bun)3RIES   | 19          | 36                      | 1.7               | 7          | 27            |  |
| eese Dog (no bun) 379<br>con Dog (no bun) 300<br>Beef Hot Dog (no bun) 235<br>IEAT & BUNS<br>t Dog 235<br>ef Burger Patty 179<br>con 65<br>t dog bun 253<br>rger bun 253<br>rger bun 253<br>rger bun 3  | 25          | 2                       | 0.5               | 3          | 37            |  |
| con Dog (no bun)300Beef Hot Dog (no bun)235IEAT & BUNS235IEAT & BUNS235of Burger Patty179con65t dog bun253rger bun228tuce (as a bun)3RIES110  | 21          | 2                       | 0.4               | 3          | 32            |  |
| Beef Hot Dog (no bun)       235         IEAT & BUNS       235         t Dog       235         ef Burger Patty       179         con       65         t dog bun       253         rger bun       228         tuce (as a bun)       3         RIES       9  | 17          | 0                       | 0.5               | 1          | 25            |  |
| t Dog 235<br>ef Burger Patty 179<br>con 65<br>t dog bun 253<br>rger bun 228<br>tuce (as a bun) 3<br>RIES  | 13          | 0                       | 0.4               | 1          | 20            |  |
| ef Burger Patty 179<br>con 65<br>t dog bun 253<br>rger bun 228<br>tuce (as a bun) 3<br>RIES   |             |                         |                   |            |               |  |
| con 65<br>t dog bun 253<br>rger bun 228<br>tuce (as a bun) 3<br>RIES  | 13          | 1                       | 0.4               | 1          | 20            |  |
| t dog bun 253<br>rger bun 228<br>tuce (as a bun) 3<br>RIES  | 16          | 0                       | 0.3               | 0          | 13            |  |
| rger bun 228<br>tuce (as a bun) 3<br>RIES   | 4           | 0                       | 0.1               | 0          | 5             |  |
| tuce (as a bun) 3   | 6           | 40                      | 1.4               | 7          | 8             |  |
| RIES  | 6           | 36                      | 1.3               | 6          | 7             |  |
|   | 0           | 0                       | 0.2               | 0          | 0             |  |
| ge Fries (Cooked in Peanut Oil) 1725  |             |                         |                   |            |               |  |
| · · · ·   | 26          | 173                     | 18                | 2          | 107           |  |
| gular Fries (Cooked in Peanut Oil) 1159   | 18          | 116                     | 12                | 1          | 72            |  |



1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

| TOPPINGS   | Calories (k/cal)  | Protein (g)   | Total Carbohydrates (g)  | Dietary Fibre (g)  | Sugars (g)   | Total Fat (g)  |             |
|--|---|---|--|--|--|--|-------------|
| All The Way  | 162   | 3   | 11   | 2.7  | 7  | 13   | 1           |
| Mayonnaise   | 107   | 0   | 0  | 0  | 0  | 12   | 0           |
| Cheese (1 Slice)   | 72  | 4   | 1  | 0  | 1  | 6  | 0           |
| Relish   | 25  | 0   | 6  | 0.2  | 5  | 0  | C           |
| BBQ Sauce  | 20  | 0   | 4  | 0.4  | 4  | 0  | C           |
| Tomato Ketchup   | 17  | 0   | 4  | 0  | 4  | 0  | C           |
| HP Brown Sauce   | 13  | 0   | 3  | 0  | 3  | 0  | C           |
| Grilled Mushrooms  | 12  | 1   | 2  | 0.8  | 0  | 0  |             |
| Grilled Onions   | 11  | 0   | 2  | 0.8  | 1  | 0  |             |
| Onions   | 7   | 0   | 2  | 0.3  | 1  | 0  |             |
| Tomatoes   | 6   | 0   | 1  | 0.4  | 1  | 0  |             |
| Mustard  | 5   | 0   | 0  | 0.2  | 0  | 0  | C           |
| Lettuce  | 3   | 0   | 0  | 0.2  | 0  | 0  |             |
| Green Peppers  | 2   | 0   | 0  | 0.2  | 0  | 0  |             |
| Hot Sauce  | 2   | 0   | 0  | 0.1  | 0  | 0  | C           |
| Pickles  | 2   | 0   | 0  | 0.4  | 0  | 0  | C           |
| Jalapeno Peppers   | 1   | 0   | 1  | 0.2  | 0  | 0  |             |
| MILKSHAKES   |   |   |  |  |  |  |             |
|  | 574   | 17  | 38   | 4.1  | 33   | 39   |             |
| Base + Peanut Butter<br>Base + Salted Caramel  | 458   | 4   | 79   | 0  | 64   | 14   | 2           |
| Base + Peanut Butter<br>Base + Salted Caramel<br>Base + Cherry   | 458<br>448  | 4<br>3  | 79<br>80   | 0  | 64<br>59   | 14<br>13   | 2<br>0      |
| Base + Peanut Butter<br>Base + Salted Caramel<br>Base + Cherry<br>Base + Chocolate   | 458<br>448<br>438   | 4<br>3<br>5   | 79<br>80<br>70   | 0<br>0<br>1.9  | 64<br>59<br>58   | 14<br>13<br>16   | 2<br>0<br>0 |
| Base + Peanut Butter<br>Base + Salted Caramel<br>Base + Cherry<br>Base + Chocolate<br>Base + Banana  | 458<br>448<br>438<br>382  | 4<br>3<br>5<br>4  | 79<br>80<br>70<br>63   | 0<br>0<br>1.9<br>0.4   | 64<br>59<br>58<br>60   | 14<br>13<br>16<br>13   | 2<br>0<br>0 |
| Base + Peanut Butter<br>Base + Salted Caramel<br>Base + Cherry<br>Base + Chocolate<br>Base + Banana<br>Base + Vanilla Syrup  | 458<br>448<br>438<br>382<br>355   | 4<br>3<br>5<br>4<br>3   | 79<br>80<br>70<br>63<br>50   | 0<br>0<br>1.9<br>0.4<br>0  | 64<br>59<br>58<br>60<br>48   | 14<br>13<br>16<br>13<br>13   |             |
| Base + Peanut Butter<br>Base + Salted Caramel<br>Base + Cherry<br>Base + Chocolate<br>Base + Banana<br>Base + Vanilla Syrup<br>Base + Strawberry   | 458<br>448<br>438<br>382<br>355<br>346  | 4<br>3<br>5<br>4<br>3<br>3  | 79<br>80<br>70<br>63<br>50<br>54   | 0<br>0<br>1.9<br>0.4<br>0<br>0.3   | 64<br>59<br>58<br>60<br>48<br>50   | 14<br>13<br>16<br>13<br>13<br>13   |             |
| Base + Peanut Butter<br>Base + Salted Caramel<br>Base + Cherry<br>Base + Chocolate<br>Base + Banana<br>Base + Vanilla Syrup<br>Base + Strawberry<br>Base + Whipped cream   | 458<br>448<br>438<br>382<br>355<br>346<br>338   | 4<br>3<br>5<br>4<br>3<br>3<br>4   | 79<br>80<br>70<br>63<br>50<br>54<br>29   | 0<br>0<br>1.9<br>0.4<br>0<br>0.3<br>0  | 64<br>59<br>58<br>60<br>48<br>50<br>27   | 14<br>13<br>16<br>13<br>13<br>13<br>23   |             |
| Base + Peanut Butter<br>Base + Salted Caramel<br>Base + Cherry<br>Base + Chocolate<br>Base + Banana<br>Base + Vanilla Syrup<br>Base + Vanilla Syrup<br>Base + Strawberry<br>Base + Whipped cream<br>Base + Oreo® Cookie Pieces   | 458<br>448<br>438<br>382<br>355<br>346<br>338<br>338<br>319   | 4<br>3<br>5<br>4<br>3<br>3<br>4<br>4  | 79<br>80<br>70<br>63<br>50<br>54<br>29<br>39   | 0<br>0<br>1.9<br>0.4<br>0<br>0.3<br>0<br>0.4   | 64<br>59<br>58<br>60<br>48<br>50<br>27<br>32   | 14<br>13<br>16<br>13<br>13<br>13<br>23<br>16   |             |
| Base + Peanut Butter<br>Base + Salted Caramel<br>Base + Cherry<br>Base + Chocolate<br>Base + Banana<br>Base + Vanilla Syrup<br>Base + Vtrawberry<br>Base + Strawberry<br>Base + Oreo® Cookie Pieces<br>Base + Malted Milk  | 458<br>448<br>438<br>382<br>355<br>346<br>338<br>319<br>306   | 4<br>3<br>4<br>3<br>3<br>4<br>4<br>5  | 79<br>80<br>70<br>63<br>50<br>54<br>29<br>39<br>41   | 0<br>0<br>1.9<br>0.4<br>0.3<br>0<br>0.4<br>0.7   | 64<br>59<br>58<br>60<br>48<br>50<br>27<br>32<br>34   | 14<br>13<br>16<br>13<br>13<br>13<br>23<br>16<br>14   |             |
| Base + Peanut Butter<br>Base + Salted Caramel<br>Base + Cherry<br>Base + Chocolate<br>Base + Banana<br>Base + Vanilla Syrup<br>Base + Vanilla Syrup<br>Base + Strawberry<br>Base + Strawberry<br>Base + Oreo® Cookie Pieces<br>Base + Malted Milk<br>Base + Coffee   | 458<br>448<br>438<br>382<br>355<br>346<br>338<br>338<br>319<br>306<br>246   | 4<br>3<br>5<br>4<br>3<br>3<br>4<br>4<br>5<br>4  | <ul> <li>79</li> <li>80</li> <li>70</li> <li>63</li> <li>50</li> <li>54</li> <li>29</li> <li>39</li> <li>41</li> <li>29</li> </ul> | 0<br>0<br>1.9<br>0.4<br>0<br>0.3<br>0<br>0.4<br>0.7<br>0.8   | 64<br>59<br>58<br>60<br>48<br>50<br>27<br>32<br>34<br>26   | 14<br>13<br>16<br>13<br>13<br>13<br>23<br>16<br>14<br>13   |             |
| Base + Peanut Butter<br>Base + Salted Caramel<br>Base + Cherry<br>Base + Chocolate<br>Base + Banana<br>Base + Vanilla Syrup<br>Base + Vanilla Syrup<br>Base + Strawberry<br>Base + Strawberry<br>Base + Oreo® Cookie Pieces<br>Base + Malted Milk<br>Base + Coffee<br>Five Guys Milk Shake Base  | 458<br>448<br>438<br>382<br>355<br>346<br>338<br>319<br>306<br>246  | 4<br>3<br>5<br>4<br>3<br>3<br>4<br>4<br>5<br>4<br>3   | 79<br>80<br>70<br>63<br>50<br>54<br>29<br>39<br>41<br>29<br>28   | 0<br>0<br>1.9<br>0.4<br>0<br>0.3<br>0<br>0.4<br>0.7<br>0.8<br>0  | 64<br>59<br>58<br>60<br>48<br>50<br>27<br>32<br>34<br>26<br>26   | 14<br>13<br>16<br>13<br>13<br>13<br>23<br>16<br>14<br>13<br>13   |             |
| Base + Peanut Butter<br>Base + Salted Caramel<br>Base + Cherry<br>Base + Chocolate<br>Base + Banana<br>Base + Vanilla Syrup<br>Base + Vanilla Syrup<br>Base + Strawberry<br>Base + Strawberry<br>Base + Oreo® Cookie Pieces<br>Base + Oreo® Cookie Pieces<br>Base + Malted Milk<br>Base + Coffee<br>Five Guys Milk Shake Base<br>Peanut Butter   | 458<br>448<br>438<br>382<br>355<br>346<br>338<br>338<br>319<br>306<br>246   | 4<br>3<br>5<br>4<br>3<br>3<br>4<br>4<br>5<br>4<br>3<br>14   | 79<br>80<br>70<br>63<br>50<br>54<br>29<br>39<br>41<br>29<br>28<br>10   | 0<br>0<br>1.9<br>0.4<br>0<br>0.3<br>0<br>0.4<br>0.7<br>0.8<br>0<br>0<br>4.1  | 64<br>59<br>58<br>60<br>48<br>50<br>27<br>32<br>34<br>26<br>26<br>7  | 14<br>13<br>16<br>13<br>13<br>23<br>16<br>14<br>13<br>13<br>26   |             |
| Base + Peanut Butter<br>Base + Salted Caramel<br>Base + Cherry<br>Base + Chocolate<br>Base + Banana<br>Base + Vanilla Syrup<br>Base + Vanilla Syrup<br>Base + Strawberry<br>Base + Whipped cream<br>Base + Oreo® Cookie Pieces<br>Base + Malted Milk<br>Base + Coffee<br>Five Guys Milk Shake Base<br>Peanut Butter<br>Salted Caramel  | 458<br>448<br>438<br>382<br>355<br>346<br>338<br>319<br>306<br>246<br>240<br>334  | 4<br>3<br>5<br>4<br>3<br>3<br>4<br>4<br>5<br>4<br>3   | 79<br>80<br>70<br>63<br>50<br>54<br>29<br>39<br>41<br>29<br>28<br>10<br>51   | 0<br>0<br>1.9<br>0.4<br>0<br>0.3<br>0<br>0.4<br>0.7<br>0.8<br>0<br>4.1<br>0  | 64<br>59<br>58<br>60<br>48<br>50<br>27<br>32<br>34<br>26<br>26<br>7<br>38  | 14<br>13<br>16<br>13<br>13<br>23<br>16<br>14<br>13<br>13<br>26<br>1  |             |
| Base + Peanut Butter<br>Base + Salted Caramel<br>Base + Cherry<br>Base + Chocolate<br>Base + Banana<br>Base + Vanilla Syrup<br>Base + Vanilla Syrup<br>Base + Strawberry<br>Base + Strawberry<br>Base + Strawberry<br>Base + Oreo® Cookie Pieces<br>Base + Oreo® Cookie Pieces<br>Base + Malted Milk<br>Base + Coffee<br>Five Guys Milk Shake Base<br>Peanut Butter<br>Salted Caramel<br>Cherry  | 458<br>448<br>438<br>382<br>355<br>346<br>338<br>319<br>306<br>246<br>240<br>334  | 4<br>3<br>5<br>4<br>3<br>3<br>4<br>4<br>5<br>4<br>3<br>14<br>1                                    | 79<br>80<br>70<br>63<br>50<br>54<br>29<br>39<br>41<br>29<br>28<br>10   | 0<br>0<br>1.9<br>0.4<br>0<br>0.3<br>0<br>0.4<br>0.7<br>0.8<br>0<br>4.1<br>0<br>0                                     | 64<br>59<br>58<br>60<br>48<br>50<br>27<br>32<br>34<br>26<br>26<br>7  | 14<br>13<br>16<br>13<br>13<br>23<br>16<br>14<br>13<br>13<br>26<br>1<br>0   |             |
| Base + Peanut Butter<br>Base + Salted Caramel<br>Base + Cherry<br>Base + Chocolate<br>Base + Banana<br>Base + Vanilla Syrup<br>Base + Vonilla Syrup<br>Base + Vonilla Syrup<br>Base + Vonilla Syrup<br>Base + Vonilla Syrup<br>Base + Oreo® Cookie Pieces<br>Base + Oreo® Cookie Pieces<br>Base + Malted Milk<br>Base + Coffee<br>Five Guys Milk Shake Base<br>Peanut Butter<br>Salted Caramel<br>Cherry | 458         448         438         382         355         346         338         319         306         246         334         240         334         218         207   | 4<br>3<br>5<br>4<br>3<br>3<br>4<br>4<br>5<br>4<br>3<br>14<br>1<br>0                               | 79<br>80<br>70<br>63<br>50<br>54<br>29<br>39<br>41<br>29<br>28<br>10<br>51<br>52   | 0<br>0<br>1.9<br>0.4<br>0<br>0.3<br>0<br>0.4<br>0.7<br>0.8<br>0<br>4.1<br>0  | 64<br>59<br>58<br>60<br>48<br>50<br>27<br>32<br>34<br>26<br>26<br>26<br>7<br>38<br>33                                    | 14<br>13<br>16<br>13<br>13<br>23<br>16<br>14<br>13<br>13<br>26<br>1  |             |
| Base + Peanut Butter<br>Base + Salted Caramel<br>Base + Cherry<br>Base + Chocolate<br>Base + Banana<br>Base + Vanilla Syrup<br>Base + Voro® Cookie Pieces<br>Base + Oreo® Cookie Pieces<br>Base + Malted Milk<br>Base + Coffee<br>Five Guys Milk Shake Base<br>Peanut Butter<br>Salted Caramel<br>Cherry<br>Chocolate<br>Banana  | 458<br>448<br>438<br>382<br>355<br>346<br>338<br>319<br>306<br>246<br>240<br>334<br>218<br>218<br>207   | 4<br>3<br>5<br>4<br>3<br>4<br>4<br>5<br>4<br>3<br>14<br>1<br>0<br>2                               | 79<br>80<br>70<br>63<br>50<br>54<br>29<br>39<br>41<br>29<br>28<br>10<br>51<br>52<br>42   | 0<br>0<br>1.9<br>0.4<br>0<br>0.3<br>0<br>0.4<br>0.7<br>0.8<br>0<br>4.1<br>0<br>0<br>1.9                              | 64<br>59<br>58<br>60<br>48<br>50<br>27<br>32<br>34<br>26<br>26<br>26<br>7<br>38<br>33<br>32                              | 14<br>13<br>16<br>13<br>13<br>23<br>16<br>14<br>13<br>13<br>26<br>1<br>0<br>3                                    |             |
| Base + Peanut Butter<br>Base + Salted Caramel<br>Base + Cherry<br>Base + Chocolate<br>Base + Banana<br>Base + Vanilla Syrup<br>Base + Vonilla Syrup<br>Base + Oreo® Cookie Pieces<br>Base + Oreo® Cookie Pieces<br>Base + Malted Milk<br>Base + Coffee<br>Five Guys Milk Shake Base<br>Peanut Butter<br>Salted Caramel<br>Cherry<br>Chocolate  | 458         448         438         382         355         346         338         319         306         240         334         218         207         198         142   | 4<br>3<br>5<br>4<br>3<br>4<br>4<br>5<br>4<br>3<br>14<br>1<br>0<br>2<br>0                          | 79<br>80<br>70<br>63<br>50<br>54<br>29<br>39<br>41<br>29<br>28<br>10<br>51<br>52<br>42<br>35                                       | 0<br>0<br>1.9<br>0.4<br>0<br>0.3<br>0<br>0.4<br>0.7<br>0.8<br>0<br>4.1<br>0<br>0<br>1.9<br>0.4                       | 64<br>59<br>58<br>60<br>48<br>50<br>27<br>32<br>34<br>26<br>26<br>7<br>38<br>33<br>32<br>34                              | 14<br>13<br>16<br>13<br>13<br>23<br>16<br>14<br>13<br>26<br>1<br>0<br>3<br>0                                     |             |
| Base + Peanut Butter<br>Base + Salted Caramel<br>Base + Cherry<br>Base + Chocolate<br>Base + Banana<br>Base + Vanilla Syrup<br>Base + Vanilla Syrup<br>Base + Vanibery<br>Base + Vanibery<br>Base + Oreo® Cookie Pieces<br>Base + Oreo® Cookie Pieces<br>Base + Malted Milk<br>Base + Coffee<br>Five Guys Milk Shake Base<br>Peanut Butter<br>Salted Caramel<br>Cherry<br>Chocolate<br>Banana<br>Vanilla Syrup   | 458         448         438         382         355         346         338         319         306         246         338         246         334         246         334         246         139         306         246         139         344         139         142         142 | 4<br>3<br>5<br>4<br>3<br>4<br>4<br>5<br>4<br>3<br>14<br>1<br>0<br>2<br>0<br>0<br>0                | 79<br>80<br>70<br>63<br>50<br>54<br>29<br>39<br>41<br>29<br>28<br>10<br>51<br>52<br>42<br>35<br>22                                 | 0<br>0<br>1.9<br>0.4<br>0<br>0.3<br>0<br>0.4<br>0.7<br>0.8<br>0<br>4.1<br>0<br>0<br>1.9<br>0.4<br>0                  | 64<br>59<br>58<br>60<br>48<br>50<br>27<br>32<br>34<br>26<br>26<br>7<br>38<br>33<br>32<br>33<br>32<br>34<br>22            | 14<br>13<br>16<br>13<br>13<br>23<br>16<br>14<br>13<br>13<br>26<br>1<br>0<br>3<br>0<br>0<br>0                     |             |
| Base + Peanut Butter<br>Base + Salted Caramel<br>Base + Cherry<br>Base + Chocolate<br>Base + Banana<br>Base + Vanilla Syrup<br>Base + Vanilla Syrup<br>Base + Strawberry<br>Base + Whipped cream<br>Base + Oreo® Cookie Pieces<br>Base + Malted Milk<br>Base + Coffee<br>Five Guys Milk Shake Base<br>Peanut Butter<br>Salted Caramel<br>Cherry<br>Chocolate<br>Banana<br>Vanilla Syrup  | 458         448         438         382         355         346         338         319         306         240         334         240         334         218         207         198         142         114         106   | 4<br>3<br>5<br>4<br>3<br>3<br>4<br>4<br>5<br>4<br>3<br>14<br>1<br>0<br>2<br>0<br>0<br>0<br>0<br>0 | 79<br>80<br>70<br>63<br>50<br>54<br>29<br>39<br>41<br>29<br>28<br>10<br>51<br>52<br>42<br>35<br>22<br>26                           | 0<br>0<br>1.9<br>0.4<br>0<br>0.3<br>0<br>0.4<br>0.7<br>0.8<br>0<br>4.1<br>0<br>0<br>1.9<br>0.4<br>0<br>0.3           | 64<br>59<br>58<br>60<br>48<br>50<br>27<br>32<br>34<br>26<br>26<br>7<br>38<br>33<br>32<br>34<br>22<br>34<br>22            | 14<br>13<br>16<br>13<br>13<br>23<br>16<br>14<br>13<br>13<br>26<br>1<br>0<br>3<br>0<br>0<br>0<br>0<br>0           |             |
| Base + Peanut Butter<br>Base + Salted Caramel<br>Base + Cherry<br>Base + Chocolate<br>Base + Chocolate<br>Base + Banana<br>Base + Vanilla Syrup<br>Base + Vanilla Syrup<br>Base + Vanible Cream<br>Base + Oreo® Cookie Pieces<br>Base + Oreo® Cookie Pieces<br>Base + Malted Milk<br>Base + Coffee<br>Five Guys Milk Shake Base<br>Peanut Butter<br>Salted Caramel<br>Cherry<br>Chocolate<br>Banana<br>Vanilla Syrup<br>Strawberry<br>Whipped cream  | 458         448         438         382         355         346         338         319         306         240         334         218         207         198         142         114         106         98  | 4<br>3<br>5<br>4<br>3<br>4<br>4<br>5<br>4<br>3<br>14<br>1<br>0<br>2<br>0<br>0<br>0<br>0<br>0<br>1 | 79<br>80<br>70<br>63<br>50<br>54<br>29<br>39<br>41<br>29<br>28<br>10<br>51<br>52<br>42<br>35<br>22<br>26<br>1                      | 0<br>0<br>1.9<br>0.4<br>0<br>0.3<br>0<br>0.4<br>0.7<br>0.8<br>0<br>4.1<br>0<br>0<br>1.9<br>0.4<br>0<br>0.3<br>0<br>0 | 64<br>59<br>58<br>60<br>48<br>50<br>27<br>32<br>34<br>26<br>26<br>7<br>38<br>33<br>32<br>34<br>22<br>34<br>22<br>24<br>1 | 14<br>13<br>16<br>13<br>13<br>23<br>16<br>14<br>13<br>26<br>1<br>1<br>0<br>3<br>0<br>0<br>0<br>0<br>0<br>0<br>10 |             |

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