

### 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

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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 mburger (no bun) 358 le Cheeseburger (no bun) 323 le Bacon Burger (no bun) 244 le Hamburger (no bun) 179 COT DOGS Con Cheese Dog 677 con Cheese Dog 677 con Dog 528 Beef Hot Dog 667 con Cheese Dog (no bun) 444 eese Dog (no bun) 444 eese Dog (no bun) 379 con Dog (no bun) 300 Beef Hot Dog (no bun) 300 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 le Cheeseburger (no bun) 224 le Bacon Burger (no bun) 179 COT DOGS Con Cheese Dog 672 eese Dog 677 eese Dog 677 eese Dog 677 con Dog 528 Beef Hot Dog (no bun) 444 eese Dog (no bun) 444 eese Dog (no bun) 379 con Dog (no bun) 300 Beef Hot Dog (no bun) 235 <b>IEAT &amp; BUNS</b> ILOG 235 ILOG 235 IL	22	36	1.6	6	20	
le Cheeseburger (no bun) 323 le Bacon Burger (no bun) 244 le Hamburger (no bun) 179 OCT DOGS Con Cheese Dog 677 eese Dog 607 con Dog 528 Beef Hot Dog 463 con Cheese Dog (no bun) 444 eese Dog (no bun) 379 con Dog (no bun) 379 con Dog (no bun) 235 EEAT & BUNS IEAT & BUNS ICON Con	28	2	0.4	2	30	
le Bacon Burger (no bun) 179 IOT DOGS Con Cheese Dog 672 eese Dog 607 con Dog 528 Beef Hot Dog 463 con Cheese Dog (no bun) 444 eese Dog (no bun) 379 con Dog (no bun) 379 con Dog (no bun) 300 Beef Hot Dog (no bun) 300 Beef Hot Dog (no bun) 235 IEAT & BUNS I Dog 235 ef Burger Patty 179 con 65 t dog bun 253 rger bun 253 rger bun 253 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 27	38 38	1.8 1.7	9 9	44 39	
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) 235 EEAT & BUNS t Dog 235 ef Burger Patty 179 con 65 t dog bun 253 rger bun 253 tuce (as a bun) 3	27	38	1.7	9 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 con Dog (no bun) 300 Beef Hot Dog (no bun) 235 IEAT & BUNS t Dog 235 ef Burger Patty 179 con 65 t dog bun 253 rger bun 253 rger bun 253 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 ef Burger Patty 179 con 65 t dog bun 253 rger bun 228 tuce (as a bun) 3 RIES	13	0	0.4	1	20	
ef Burger Patty 179 con 65 t dog bun 253 rger bun 228 tuce (as a bun) 3 RIES						
con 65 t dog bun 253 rger bun 228 tuce (as a bun) 3 RIES	13	1	0.4	1	20	
t dog bun 253 rger bun 228 tuce (as a bun) 3 RIES	16	0	0.3	0	13	
rger bun 228 tuce (as a bun) 3 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 Base + Salted Caramel	458	4	79	0	64	14	2
Base + Peanut Butter Base + Salted Caramel Base + Cherry	458 448	4 3	79 80	0	64 59	14 13	2 0
Base + Peanut Butter Base + Salted Caramel Base + Cherry Base + Chocolate	458 448 438	4 3 5	79 80 70	0 0 1.9	64 59 58	14 13 16	2 0 0
Base + Peanut Butter Base + Salted Caramel Base + Cherry Base + Chocolate Base + Banana	458 448 438 382	4 3 5 4	79 80 70 63	0 0 1.9 0.4	64 59 58 60	14 13 16 13	2 0 0
Base + Peanut Butter Base + Salted Caramel Base + Cherry Base + Chocolate Base + Banana Base + Vanilla Syrup	458 448 438 382 355	4 3 5 4 3	79 80 70 63 50	0 0 1.9 0.4 0	64 59 58 60 48	14 13 16 13 13	
Base + Peanut Butter Base + Salted Caramel Base + Cherry Base + Chocolate Base + Banana Base + Vanilla Syrup Base + Strawberry	458 448 438 382 355 346	4 3 5 4 3 3	79 80 70 63 50 54	0 0 1.9 0.4 0 0.3	64 59 58 60 48 50	14 13 16 13 13 13	
Base + Peanut Butter Base + Salted Caramel Base + Cherry Base + Chocolate Base + Banana Base + Vanilla Syrup Base + Strawberry Base + Whipped cream	458 448 438 382 355 346 338	4 3 5 4 3 3 4	79 80 70 63 50 54 29	0 0 1.9 0.4 0 0.3 0	64 59 58 60 48 50 27	14 13 16 13 13 13 23	
Base + Peanut Butter Base + Salted Caramel Base + Cherry Base + Chocolate Base + Banana Base + Vanilla Syrup Base + Vanilla Syrup Base + Strawberry Base + Whipped cream Base + Oreo® Cookie Pieces	458 448 438 382 355 346 338 338 319	4 3 5 4 3 3 4 4	79 80 70 63 50 54 29 39	0 0 1.9 0.4 0 0.3 0 0.4	64 59 58 60 48 50 27 32	14 13 16 13 13 13 23 16	
Base + Peanut Butter Base + Salted Caramel Base + Cherry Base + Chocolate Base + Banana Base + Vanilla Syrup Base + Vtrawberry Base + Strawberry Base + Oreo® Cookie Pieces Base + Malted Milk	458 448 438 382 355 346 338 319 306	4 3 4 3 3 4 4 5	79 80 70 63 50 54 29 39 41	0 0 1.9 0.4 0.3 0 0.4 0.7	64 59 58 60 48 50 27 32 34	14 13 16 13 13 13 23 16 14	
Base + Peanut Butter Base + Salted Caramel Base + Cherry Base + Chocolate Base + Banana Base + Vanilla Syrup Base + Vanilla Syrup Base + Strawberry Base + Strawberry Base + Oreo® Cookie Pieces Base + Malted Milk Base + Coffee	458 448 438 382 355 346 338 338 319 306 246	4 3 5 4 3 3 4 4 5 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 0 1.9 0.4 0 0.3 0 0.4 0.7 0.8	64 59 58 60 48 50 27 32 34 26	14 13 16 13 13 13 23 16 14 13	
Base + Peanut Butter Base + Salted Caramel Base + Cherry Base + Chocolate Base + Banana Base + Vanilla Syrup Base + Vanilla Syrup Base + Strawberry Base + Strawberry Base + Oreo® Cookie Pieces Base + Malted Milk Base + Coffee Five Guys Milk Shake Base	458 448 438 382 355 346 338 319 306 246	4 3 5 4 3 3 4 4 5 4 3	79 80 70 63 50 54 29 39 41 29 28	0 0 1.9 0.4 0 0.3 0 0.4 0.7 0.8 0	64 59 58 60 48 50 27 32 34 26 26	14 13 16 13 13 13 23 16 14 13 13	
Base + Peanut Butter Base + Salted Caramel Base + Cherry Base + Chocolate Base + Banana Base + Vanilla Syrup Base + Vanilla Syrup Base + Strawberry Base + Strawberry Base + Oreo® Cookie Pieces Base + Oreo® Cookie Pieces Base + Malted Milk Base + Coffee Five Guys Milk Shake Base Peanut Butter	458 448 438 382 355 346 338 338 319 306 246	4 3 5 4 3 3 4 4 5 4 3 14	79 80 70 63 50 54 29 39 41 29 28 10	0 0 1.9 0.4 0 0.3 0 0.4 0.7 0.8 0 0 4.1	64 59 58 60 48 50 27 32 34 26 26 7	14 13 16 13 13 23 16 14 13 13 26	
Base + Peanut Butter Base + Salted Caramel Base + Cherry Base + Chocolate Base + Banana Base + Vanilla Syrup Base + Vanilla Syrup Base + Strawberry Base + Whipped cream Base + Oreo® Cookie Pieces Base + Malted Milk Base + Coffee Five Guys Milk Shake Base Peanut Butter Salted Caramel	458 448 438 382 355 346 338 319 306 246 240 334	4 3 5 4 3 3 4 4 5 4 3	79 80 70 63 50 54 29 39 41 29 28 10 51	0 0 1.9 0.4 0 0.3 0 0.4 0.7 0.8 0 4.1 0	64 59 58 60 48 50 27 32 34 26 26 7 38	14 13 16 13 13 23 16 14 13 13 26 1	
Base + Peanut Butter Base + Salted Caramel Base + Cherry Base + Chocolate Base + Banana Base + Vanilla Syrup Base + Vanilla Syrup Base + Strawberry Base + Strawberry Base + Strawberry Base + Oreo® Cookie Pieces Base + Oreo® Cookie Pieces Base + Malted Milk Base + Coffee Five Guys Milk Shake Base Peanut Butter Salted Caramel Cherry	458 448 438 382 355 346 338 319 306 246 240 334	4 3 5 4 3 3 4 4 5 4 3 14 1	79 80 70 63 50 54 29 39 41 29 28 10	0 0 1.9 0.4 0 0.3 0 0.4 0.7 0.8 0 4.1 0 0	64 59 58 60 48 50 27 32 34 26 26 7	14 13 16 13 13 23 16 14 13 13 26 1 0	
Base + Peanut Butter Base + Salted Caramel Base + Cherry Base + Chocolate Base + Banana Base + Vanilla Syrup Base + Vonilla Syrup Base + Vonilla Syrup Base + Vonilla Syrup Base + Vonilla Syrup Base + Oreo® Cookie Pieces Base + Oreo® Cookie Pieces Base + Malted Milk Base + Coffee Five Guys Milk Shake Base Peanut Butter Salted Caramel Cherry	458         448         438         382         355         346         338         319         306         246         334         240         334         218         207	4 3 5 4 3 3 4 4 5 4 3 14 1 0	79 80 70 63 50 54 29 39 41 29 28 10 51 52	0 0 1.9 0.4 0 0.3 0 0.4 0.7 0.8 0 4.1 0	64 59 58 60 48 50 27 32 34 26 26 26 7 38 33	14 13 16 13 13 23 16 14 13 13 26 1	
Base + Peanut Butter Base + Salted Caramel Base + Cherry Base + Chocolate Base + Banana Base + Vanilla Syrup Base + Voro® Cookie Pieces Base + Oreo® Cookie Pieces Base + Malted Milk Base + Coffee Five Guys Milk Shake Base Peanut Butter Salted Caramel Cherry Chocolate Banana	458 448 438 382 355 346 338 319 306 246 240 334 218 218 207	4 3 5 4 3 4 4 5 4 3 14 1 0 2	79 80 70 63 50 54 29 39 41 29 28 10 51 52 42	0 0 1.9 0.4 0 0.3 0 0.4 0.7 0.8 0 4.1 0 0 1.9	64 59 58 60 48 50 27 32 34 26 26 26 7 38 33 32	14 13 16 13 13 23 16 14 13 13 26 1 0 3	
Base + Peanut Butter Base + Salted Caramel Base + Cherry Base + Chocolate Base + Banana Base + Vanilla Syrup Base + Vonilla Syrup Base + Oreo® Cookie Pieces Base + Oreo® Cookie Pieces Base + Malted Milk Base + Coffee Five Guys Milk Shake Base Peanut Butter Salted Caramel Cherry Chocolate	458         448         438         382         355         346         338         319         306         240         334         218         207         198         142	4 3 5 4 3 4 4 5 4 3 14 1 0 2 0	79 80 70 63 50 54 29 39 41 29 28 10 51 52 42 35	0 0 1.9 0.4 0 0.3 0 0.4 0.7 0.8 0 4.1 0 0 1.9 0.4	64 59 58 60 48 50 27 32 34 26 26 7 38 33 32 34	14 13 16 13 13 23 16 14 13 26 1 0 3 0	
Base + Peanut Butter Base + Salted Caramel Base + Cherry Base + Chocolate Base + Banana Base + Vanilla Syrup Base + Vanilla Syrup Base + Vanibery Base + Vanibery Base + Oreo® Cookie Pieces Base + Oreo® Cookie Pieces Base + Malted Milk Base + Coffee Five Guys Milk Shake Base Peanut Butter Salted Caramel Cherry Chocolate Banana 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 3 5 4 3 4 4 5 4 3 14 1 0 2 0 0 0	79 80 70 63 50 54 29 39 41 29 28 10 51 52 42 35 22	0 0 1.9 0.4 0 0.3 0 0.4 0.7 0.8 0 4.1 0 0 1.9 0.4 0	64 59 58 60 48 50 27 32 34 26 26 7 38 33 32 33 32 34 22	14 13 16 13 13 23 16 14 13 13 26 1 0 3 0 0 0	
Base + Peanut Butter Base + Salted Caramel Base + Cherry Base + Chocolate Base + Banana Base + Vanilla Syrup Base + Vanilla Syrup Base + Strawberry Base + Whipped cream Base + Oreo® Cookie Pieces Base + Malted Milk Base + Coffee Five Guys Milk Shake Base Peanut Butter Salted Caramel Cherry Chocolate Banana Vanilla Syrup	458         448         438         382         355         346         338         319         306         240         334         240         334         218         207         198         142         114         106	4 3 5 4 3 3 4 4 5 4 3 14 1 0 2 0 0 0 0 0	79 80 70 63 50 54 29 39 41 29 28 10 51 52 42 35 22 26	0 0 1.9 0.4 0 0.3 0 0.4 0.7 0.8 0 4.1 0 0 1.9 0.4 0 0.3	64 59 58 60 48 50 27 32 34 26 26 7 38 33 32 34 22 34 22	14 13 16 13 13 23 16 14 13 13 26 1 0 3 0 0 0 0 0	
Base + Peanut Butter Base + Salted Caramel Base + Cherry Base + Chocolate Base + Chocolate Base + Banana Base + Vanilla Syrup Base + Vanilla Syrup Base + Vanible Cream Base + Oreo® Cookie Pieces Base + Oreo® Cookie Pieces Base + Malted Milk Base + Coffee Five Guys Milk Shake Base Peanut Butter Salted Caramel Cherry Chocolate Banana Vanilla Syrup Strawberry Whipped cream	458         448         438         382         355         346         338         319         306         240         334         218         207         198         142         114         106         98	4 3 5 4 3 4 4 5 4 3 14 1 0 2 0 0 0 0 0 1	79 80 70 63 50 54 29 39 41 29 28 10 51 52 42 35 22 26 1	0 0 1.9 0.4 0 0.3 0 0.4 0.7 0.8 0 4.1 0 0 1.9 0.4 0 0.3 0 0	64 59 58 60 48 50 27 32 34 26 26 7 38 33 32 34 22 34 22 24 1	14 13 16 13 13 23 16 14 13 26 1 1 0 3 0 0 0 0 0 0 10	

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