




**TARA GRIMES**  
FITNESS NUTRITION LIFE

A close-up photograph of a bowl of noodles, likely from Panda Express, topped with a generous amount of fried onions and a slice of red onion. The background is slightly blurred, showing more of the dish and some fresh vegetables like red chili peppers and a lime wedge. The overall color palette is warm, with a strong red and orange tint.

NUTRITION SURVIVAL GUIDE TO  
**PANDA**  
**EXPRESS**

[WWW.TARAGRIMESFITNESS.COM](http://WWW.TARAGRIMESFITNESS.COM)



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# PANDA EXPRESS

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1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

## SIDES

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Fried Rice	520	11	85	1	3	16	2.1
Chow Mein	510	13	80	6	9	20	2.2
Brown Steamed Rice	420	9	86	4	1	4	0
Chow Fun	410	9	73	1	6	9	2.8
White Steamed Rice	380	7	87	0	0	0	0
Mixed Vegetables (Side)	80	4	16	5	5	1	1.4

## VEGETABLES

Eggplant Tofu	340	7	23	3	17	24	1.3
Country Style Bean Curd	191	7	14	2	8	12	2.4
Hot Szechuan Tofu	140	6	10	2	5	8	1.5
Mixed Veggies (Entree)	35	2	8	3	2	0	0.7

## CHICKEN

Orange Chicken	490	25	51	2	19	23	2.1
Teriyaki Chicken	340	41	14	3	10	13	1.6
Asian Chicken	340	41	14	3	10	13	1.6
Grilled Teriyaki Chicken	300	36	8	0	8	13	1.3
Grilled Asian Chicken	300	36	8	0	8	13	1.3
Kung Pao Chicken	290	16	14	2	6	19	2.4
Black Pepper Chicken	280	13	15	1	7	19	2.8
Mushroom Chicken	220	12	11	1	4	14	2.1
Potato Chicken	190	8	18	2	4	10	1.7

## CHICKEN BREAST & BEEF

Beijing Beef	470	13	46	1	24	26	1.7
SweetFire Chicken Breast	380	13	47	1	27	15	0.8
Shanghai Angus Steak (String Beans)	310	19	17	1	11	19	2
Sweet & Sour Chicken Breast	300	10	40	1	24	12	0.7
Wok-Seared Steak & Shrimp	220	19	20	1	11	7	2.8
String Bean Chicken Breast	190	14	13	4	4	9	1.5
Broccoli Beef	150	9	13	2	7	7	1.3

## SEAFOOD

Honey Walnut Shrimp	360	13	35	2	9	23	1.1
Golden Treasure Shrimp	360	14	35	2	14	18	1.1
Crispy Shrimp (Entree)	260	9	26	1	2	13	2
Wok-Seared Steak & Shrimp	220	19	20	1	11	7	2.8

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## APPETIZERS

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Chicken Egg Roll	200	6	20	2	2	10	0.9
Cream Cheese Rangoon	190	5	24	2	1	8	0.5
Vegetable Spring Roll	190	3	27	2	3	8	1.3
Chicken Potsticker	160	6	20	1	2	6	0.6
Crispy Shrimp	130	5	13	1	1	6	1

## SOUP

Hot & Sour Soup (Bowl)	170	10	20	1	6	6	3.2
Hot & Sour Soup (Cup)	120	7	14	1	4	5	2.2

## SAUCES & COOKIES

Chocolate Chip Chunk Cookie	160	2	25	0	14	7	0.3
Teriyaki Sauce	70	0	16	0	14	0	1
Sweet & Sour Sauce	70	0	21	0	20	0	0.3
Plum Sauce	15	0	3	0	3	0	0.1
Chili Sauce	10	0	2	0	2	0	0.3
Potsticker Sauce	10	0	3	0	2	0	0.7
Hot Mustard	10	0	0	0	0	1	0.3
Soy Sauce	5	0	0	0	0	0	0.9

## BEVERAGES

Mountain Dew® (Large)	510	0	133	-	133	0	-
Tropicana Fruit Punch® (Large)	510	0	138	-	138	0	-
Pepsi® (Large)	460	0	129	-	124	0	-
Mug Root Beer® (Large)	460	0	119	-	119	0	-
Sierra Mist® (Large)	460	0	124	-	124	0	-
Tropicana Lemonade® (Large)	460	0	124	-	124	0	-
Dr. Pepper (Large)	390	0	106	-	106	0	-
Lipton Brisk Raspberry® (Large)	370	0	96	-	96	0	-
Mountain Dew® (Medium)	360	0	95	-	95	0	-
Tropicana Fruit Punch® (Medium)	360	0	98	-	98	0	-
Pepsi® (Medium)	330	0	92	-	89	0	-
Mug Root Beer® (Medium)	330	0	85	-	85	0	-
Sierra Mist® (Medium)	330	0	89	-	89	0	-
Tropicana Lemonade® (Medium)	330	0	89	-	89	0	-
Dr Pepper® (Medium)	280	0	76	-	76	0	-
Mountain Dew® (Small)	260	0	70	-	70	0	-
Lipton Brisk Raspberry® (Medium)	260	0	69	-	69	0	-
Tropicana Fruit Punch® (Small)	260	0	72	-	72	0	-
Pepsi® (Small)	240	0	67	-	65	0	-
Mug Root Beer® (Small)	240	0	63	-	63	0	-
Sierra Mist® (Small)	240	0	65	-	65	0	-
Tropicana Lemonade® (Small)	240	0	65	-	65	0	-