



TARA GRIMES
FITNESS NUTRITION LIFE

NUTRITION SURVIVAL GUIDE TO
SUBWAY

WWW.TARAGRIMESFITNESS.COM



TARA GRIMES
FITNESS NUTRITION LIFE

NUTRITION SURVIVAL GUIDE TO
SUBWAY

WWW.TARAGRIMESFITNESS.COM

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

SIX INCH SUBS

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Chicken & Bacon Ranch Melt	503	38	40	-	5.4	19.2	2.4
Spicy italian	471	21	38	-	5.1	25.3	2.7
Meatball Marinara	435	24	49	-	10.9	15.5	1.9
Chicken Temptation	406	27	52	-	5.3	8.7	2.3
Italian B.M.T.®	396	21	38	-	5.4	16.8	2.4
Veggie Patty	380	22	46	-	7.9	8.7	1.6
SUBWAY MeLT™ (includes cheese)	359	28	39	-	5.9	9.3	2.2
Tuna	359	21	39	-	4.8	12.6	1.6
Sweet Onion Chicken Teriyaki	354	28	50	-	15.5	3.3	1.7
Steak & Cheese	343	26	40	-	6.5	8.5	1.7
Tandoori Chicken	315	28	38.1	-	6.3	3.7	1.6
SUBWAY CLUB®	310	29	38	-	5.4	3.4	1.7
Chicken Breast	304	27	39	-	5.2	3	1.2
Chicken Tikka	302	27	38	-	6.8	3	1.3
Beef	282	23	38	-	5.1	3	1.7
Turkey Breast & Ham	278	22	38	-	5.4	3	1.6
Ham	269	19	38	-	5.6	3.5	1.6
Turkey Breast	269	22	38	-	5.1	2.2	1.4
Veggie DeLiTe®	213	9	37	-	4.8	1.6	0.6

FOOT LONG SUBS

Chicken & Bacon Ranch Melt	1006	76	80	-	10.8	38.4	4.8
Spicy italian	942	42	76	-	10.2	50.6	5.4
Meatball Marinara	870	48	98	-	21.8	31	3.8
Chicken Temptation	812	54	104	-	10.6	17.4	4.6
Italian B.M.T.®	792	42	76	-	10.8	33.6	4.8
Veggie Patty	760	44	92	-	15.8	17.4	3.2
SUBWAY MeLT™ (includes cheese)	718	56	78	-	11.8	18.6	4.4
Tuna	718	42	78	-	9.6	25.2	3.2
Sweet Onion Chicken Teriyaki	708	56	100	-	31	6.6	3.4
Steak & Cheese	686	52	80	-	13	17	3.4
Tandoori Chicken	630	56	76.2	-	12.6	7.4	3.2
SUBWAY CLUB®	620	58	76	-	10.8	6.8	3.4
Chicken Breast	608	54	78	-	10.4	6	2.4
Chicken Tikka	604	54	76	-	13.6	6	2.6
Beef	564	46	76	-	10.2	6	3.4
Turkey Breast & Ham	556	44	76	-	10.8	6	3.2
Ham	538	38	76	-	11.2	7	3.2
Turkey Breast	538	44	76	-	10.2	4.4	2.8
Veggie DeLiTe®	426	18	74	-	9.6	3.2	1.2

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

EXTRAS

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
American	40	2	1	-	0	3.4	-
Monterey Cheddar	57	3.5	0	-	0	4.4	-
Peppered Cheese	39	2	0	-	0	3.1	-
Bacon (2 Strips)	40	3	0	-	0	2.9	-
Sweet Onion	34	0	8	-	7.4	0.1	-
Honey Mustard	32	0	7	-	5.9	0.2	-
BBQ	37	0	9	-	6.1	0.1	-
Light Mayo	56	0	1	-	0	6	-
Chipotle Southwest	90	0	2	-	1.2	9.2	-
Ranch	44	0	1	-	0	4.5	-

BREAKFAST ROLLS

Bacon	271	16	35	-	3	6.3	1.5
Sausage	374	20	42	-	4.3	12.6	1.8
Egg & Cheese	294	14	36	-	3.7	9	1.2
Bacon, Egg & Cheese	330	18	36	-	3.7	11.4	1.6
Sausage, Egg & Cheese	470	25	44	-	5	20.1	2.3
Mega Melt	507	29	44	-	5	22.5	2.7

SALADS

Beef	118	16	6	-	4.5	2.4	1.1
Chicken Breast	139	20	7	-	4.6	2.4	0.7
Chicken Tikka	137	20	6	-	5.1	2.4	0.8
Ham	104	12	7	-	5	2.9	1.1
Subway Club	145	22	7	-	4.8	2.8	1.1
Sweet Onion Chicken Teriyaki	189	21	19	-	14.9	2.6	1.2
Turkey Breast	104	15	6	-	4.5	1.6	0.9
Turkey Breast & Ham	113	16	6	-	4.8	2.3	1.1
Veggie Delite	49	3	5	-	4.2	1	0.2

SOUPS

Beef goulash	199	8.3	15	-	4.5	11.8	-
Country Chicken & Vegetable	168	6.8	10.5	-	1	11	-
Carrot and Coriander	80	2.4	14	-	6	1.8	-
Cream of Chicken	160	6.8	7.8	-	0.3	11.3	-
Cream of Mushroom	150	2.5	11	-	2.3	10.8	-
Highland Vegetable	73	3.8	13.8	-	0.8	0.3	-
Leek and Potato	124	4.3	20	-	6.3	3	-
Lentil and Potato	182	11	23.3	-	2	5	-
Minestrone	125	4.25	19.5	-	0.6	3	-
Red Pepper & Tomato	100	3.5	15	-	10	4	-
Thai Style Vegetable	87	2.8	16.8	-	12.8	1	-
Tomato	103	1.9	15	-	6.3	3.8	-
Wild Mushroom	101	2.5	10.3	-	1.3	5.5	-

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

SIDES & SNACKS

	Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Bowl of Meatballs	317	19	19	-	10.5	19.1	1.9
Cheese Toastie	210	11	19	-	2	9.5	0.8
Pepperoni Pizza Toastie	248	11	22	-	4.2	12.5	1.4
Melted Cheese Nachos	415	11	36	-	2.9	24.3	2.2

TREATS

Chocolate Chip Cookie	218	2	30	-	18	10.3	-
Rainbow Cookie	211	2	30	-	17.5	9.7	-
Chocolate Chunk Cookie	214	2	30	-	17	10.2	-
Double Choc Chip Cookie	221	2	30	-	19.7	9.5	-
Oatmeal Rasin Cookie	196	3	30	-	15.9	8.1	-
White Chip Mac Nut Cookie	218	2	28	-	17	11	-
Chocolate Donut	243	4	21	-	7.8	15.5	-
Sugared Donut	207	3	21	-	7.5	11.6	-
Blueberry Muffin	352	5	40	-	31.9	20.6	-
Chocolate Chunk Muffin	394	6	44	-	37.2	22.9	-
Double Chocolate Chunk Muffin	389	6	45	-	33	22	-
Chocolate Chip Candy	211	2	30	-	17.5	9.7	-
BeAR Pure Fruit Strawberry Yoyos	27	0.2	6.3	-	4.9	0	-

DRINKS

Coca-Cola Cup	195	0	49	-	49	0	-
Sprite Cup	127	0	30	-	30	0	-
Fanta Cup	195	0	48	-	48	0	-
Capri Sun	76	0	16	-	16	0	-