ZENITH FITNESS TRAINING

NUTRITION SURVIVAL GUIDE TO BURGER KING

CALORIES AND MACRONUTRIENTS

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1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

BURGERS

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Bacon King	1040	69	58	-	14	59	5
Big King XL	1010	59	58	-	13	60	4.8
Bacon Double XL	930	61	55	-	13	51	3.9
Double WHOPPER Sandwich	870	50	55	-	12	50	2.3
Steakhouse	670	37	53	-	14	34	2.8
Long Big King	620	31	46	-	10	34	3.6
Angus Classic	600	40	44	-	10	29	2.1
WHOPPER Sandwich	540	28	57	-	12	22	2.5
Long Texas BBQ	540	27	53	-	9	24	2.1
Long Pepperoni	490	30	43	-	9	22	1.8
Long Chilli Cheese	480	28	28	-	5	28	2.1
Double Cheeseburger	431	26	33	-	7	22	2.4
Bacon Double Cheeseburger	376	21	34	-	7	18	2.6
WHOPPER® Junior Sandwich	335	14	34	-	7	16	1.4
Cheeseburger	303	16	33	-	7	12	1.8
Hamburger	263	14	32	-	6	9	1.2

CHICKEN

Chicken Bacon King	690	44	56	-	8	32	5.1
Bacon Cheese Chicken Royale	560	30	53	-	8	24	4.7
Chicken TENDERCRISP	520	29	58	-	7	18	3.5
BLT Chicken Wrap	450	24	43	-	5	20	2.5
Chicken Royale	440	23	52	-	7	16	3.2
Chicken Burger	390	12	39	-	5	21	1.8
Chicken Strips (4 piece)	380	26	26	-	0	20	3.2
Chicken Nuggets (6 piece)	290	17	16	-	0	18	1.4
Crispy Chicken Salad	210	16	15	-	6	10	1.7
Chicken Strips (2 piece)	190	13	13	-	0	10	1.6

SIDES

Onion Rings (12 piece)	535	9	62	-	7	27	0.5
Super Fries	470	6	62	-	0	21	2.4
Large Fries	400	5	52	-	0	18	2.1
Large Hash Browns	380	3	30	-	0	26	1.3
Mozzarella Sticks (5 piece)	340	16	21	-	1	22	1.7
Emmental Bites (5 piece)	280	14	16	-	0	17	1
Medium Fries	280	4	36	-	0	12	1.4
Regular Hash Browns	280	2	22	-	0	19	0.9
Bacon Cheese Bites (5 piece)	260	12	16	-	0	17	2
Chilli Cheese Bites (4 piece)	240	7	25	-	1	13	1.5
Onion Rings (5 piece)	232	4	28	-	3	11	0.3
Small Fries	220	3	29	-	0	10	1.2
Apple Fries	30	0	7	-	7	0	0

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VEGGIE, FISH AND SALAD

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Veggie Bean Burger	547	15	61	-	9	26	3.5
King Fish	430	18	44	-	7	20	2.1
Crispy Chicken Salad	210	16	15	-	6	10	1.7
Garden Salad	14	1	2	-	2	0	0

BREAKFAST

Sausage Croissan'wich	600	25	44	-	7	36	2.5
Quaker Porridge	187	8	31	-	11	3	0.1
Bacon Croissan'wich	400	18	32	-	6	23	2
Double Croissan'wich	540	27	33	-	6	34	2
Bacon King Muffin	320	19	28	-	3	15	2
Sausage King Muffin	430	26	28	-	2	23	1.6
Bacon Butty	210	9	31	-	4	6	1.2

SWEET TREATS

Oreo Shake	570	11	90	-	76	18	1.2
Doughnuts	540	7	52	-	21	34	1.2
Warm Belgian Waffle	500	6	66	-	45	24	0.8
Chocolate Muffin	480	4	47	-	32	31	0.7
Choc Brownie Hottie	450	6	45	-	36	28	0.2
Chocolate Milkshake	430	12	73	-	61	10	0.7
Strawberry Milkshake	430	12	75	-	68	9	0.7
Blueberry Muffin	430	5	48	-	41	24	0.7
Vanilla Milkshake	370	12	59	-	52	9	0.7
Mini-pancakes & Syrup (6 piece)	270	3	41	-	22	10	0.4
BK Fusions	260	5	39	-	35	10	0.3
Chocolate Sundae	240	4	42	-	38	7	0.3
Caramel Sundae	230	4	41	-	39	7	0.4
Strawberry Sundae	220	11	39	-	36	7	0.3
Ice Cream Cone	120	3	19	-	17	4	0.2