ZENITH FITNESS TRAINING

NUTRITION SURVIVAL GUIDE TO

FATBURGER

CALORIES AND MACRONUTRIENTS

2021

WWW.ZENITHFITNESSTRAINING.COM

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

MENU

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Small "Baby Fat" Fatburger	400	17	37	2	7	21	1.08
Medium "Original" Fatburger	590	33	46	2	8	31	1.12
Large "Kingburger" Fatburger	850	50	69	4	12	41	1.49
Thousand Island Burger	771	37	46	1.6	12	47	1.34
Western BBQ Burger	780	46	66	2	20	38	1.70
Egg Sandwich	270	16	37	1	4	15	0.94
Bacon and Egg Sandwich	350	18	37	1	4	16	0.97
Sausage and Egg Sandwich	780	27	47	1	4	53	1.81
Grilled Chicken Sandwich	430	33	42	2	5	14	0.86
Crispy Chicken Sandwich	560	26	53	2	5	27	1.54
Spicy Chicken Sandwich	520	26	58	2	11	21	2.16
Skinnyburger	697	60	10	4	4	47	1.27
Turkeyburger	480	26	50	3	10	21	1.27
Veggieburger	510	33	60	11	10	20	1.56
Impossible Burger	526	23.5	54	4	8	12.7	1.45
Hot Dog	320	13	32	1	5	15	0.78
Chili Cheese Hot Dog	480	24	35	2	6	27	1.15
Fatburger (no bun)	410	28	10	2	4	29	0.89
Fat Salad (No Dressing)	60	5	5	2	3	3.5	0.14
Fat Salad with chicken (No Dressing)	210	33	8	2	3	6	0.61
Vanilla Shake	890	13	113	0	86	44	0.35
Chocolate Shake	910	14	115	2	86	45	0.39
Strawberry Shake	880	14	111	1	85	44	0.37
Maui-Banana Shake	940	13	126	1	99	44	0.35
Cookies & Ice Cream shake	1180	18	163	2	105	59	0.81
Root Beer Float	390	3	73	0	64	12	0.14
Skinny Fries	390	4	58	4	0	15	0.73
Fat Fries	380	6	47	5	0	18	0.04
Sweet Potato Fries	480	3	66	6	15	24	1.32
Chili cheese Skinny Fries	600	19	64	5	1	30	1.28
Chili cheese Fat Fries	590	21	53	6	1	33	0.59
Chili Skinny Fries	490	12	63	5	1	21	1.10
Chili Fat Fries	480	14	52	6	1	24	0.41
Onion Rings	540	7	64	4	10	29	0.49
Chili Cup	200	16	10	2	2	11	0.74
Chili Cup With Cheese and Onions	320	23	12	2	3	20	0.93
Egg Add-On	90	6	0	0	0	7	0.07
Bacon Add-On	80	7	0	0	0	7	0.25
Chili Add-On	50	4	2	1	1	3	0.19
Cheddar Cheese Add-On	110	7	1	0	0	9	0.18
Swiss Cheese Add-On	62	4.6	4	0	0	4.7	0.26
American Cheese Add-On	70	5	1	0	0	5	0.22

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	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Onion Rings Add-On	108	1.4	12.8	8	2	5.8	0.10
American Cheese (Kingburger)	150	9	1	0	0	11	0.44
Wing Sauce	50	0	6	0	6	3.5	0.71
Mayonnaise	90	0	1	0	0	10	0.08
Lettuce	5	0	1	0	1	0	0.00
Tomoto (kingburger)	10	0	2	0	1	0	0.00
Tomato	5	0	1	0	1	0	0.00
Pickles	8	0	1	0	0	0	0.18
Pickles (Kingburger)	5	0	1	0	0	0	0.25
Onions	5	0	1	0	1	0	0.00
Grilled Onions	120	0	1	0	0	14	0.00
Relish	20	0	5	0	2	0	0.12
Mustard	5	0	0	0	0	0	0.08
Cheddar Cheese (Kingburger)	210	14	2	0	0	18	0.36
Swiss Cheese (Kingburger)	124.6	9.2	8	0	4	9.4	0.51
Vegan Cheese	60	1	5	0	0	4.5	0.12
Vanilla Vegan Milkshake	355	4	69	2.5	40	11.8	0.38
Strawberry Vegan Milkshake	352	4.2	68	3.2	39	11.8	0.43
1 Bone in Wing	60	13	2	1	0	3.5	0.08
1 Boneless Wing	50	6	2	0	0	2.5	0.07
1 Chicken Tender	110	13	2	1	0	5	0.08
6 Boneless Wings	700	38.9	24.5	3.3	2.7	53.3	2.24
10 Boneless Wings	909	62.3	34.5	3.6	0.9	63.1	3.13
16 Boneless Wings	1608	100.6	59	6.2	1.8	116.2	4.69
24 Boneless Wings	2407	150.9	87.5	8.8	2.7	174.3	6.38
48 Boneless Wings	4420	299.5	163.5	15.5	4.5	310.5	12.27
100 Boneless Wings	9040	623	335	31	9	631	24.83
6 Bone In Wings	764	44.3	13.5	3.1	0.9	59.1	2.23
10 Bone In Wings	1009	72.3	14.5	3.6	0.9	73.1	3.18
16 Bone In Wings	1768	116.6	27	6.2	1.8	132.2	4.77
24 Bone In Wings	2647	174.9	39.5	8.8	2.7	198.3	6.50
48 Bone In Wings	4900	347.5	67.5	15.5	4.5	358.3	12.51
100 Bone In Wings	10040	723	135	31	9	731	25.33
4 Chicken Tenders	670	54.9	30.5	8.3	16.7	34.3	0.86
12 Chicken Tenders	2010	164.7	91.5	24.9	50	102.9	2.58
Garden Salad	200	15.8	7.8	1.8	3.6	12	0.41
Buffalo's Chicken Salad	640	67.8	15.8	5.8	3.6	32	0.71
Cajun Chicken Salad	200	15.8	7.8	1.8	3.6	12	0.41
Carrot Stick (1 ea.)	9	6	2	0.5	0	0	0.02
Celery Stick (1 ea.)	7	0.3	1.5	0.6	0.9	0.1	0.03
Blue Cheese Dressing (1 oz.)	180	1	2	0	0	19	0.20
Ranch Dressing (1 oz.)	110	1	2	0	1	11	0.23
Honey Mustard Dressing (1 oz.)	100	1	8	1	7	7	0.22
Hot Sauce (1 oz.)	5	0	1	0.5	0	0	0.65
Ice Cream (4 oz.)	130	3	15	0	14	7	0.04
Cheddar jack Cheese (1 oz.)	55	6	0	0	0	4	0.09
Bacon (1 oz.)	60	2	0	0	0	4	0.21
Lettuce (6 oz.)	5	0	1	0	0	0	0.01
Tomato (2 oz.)	5	0	1	0	1	0	0.00