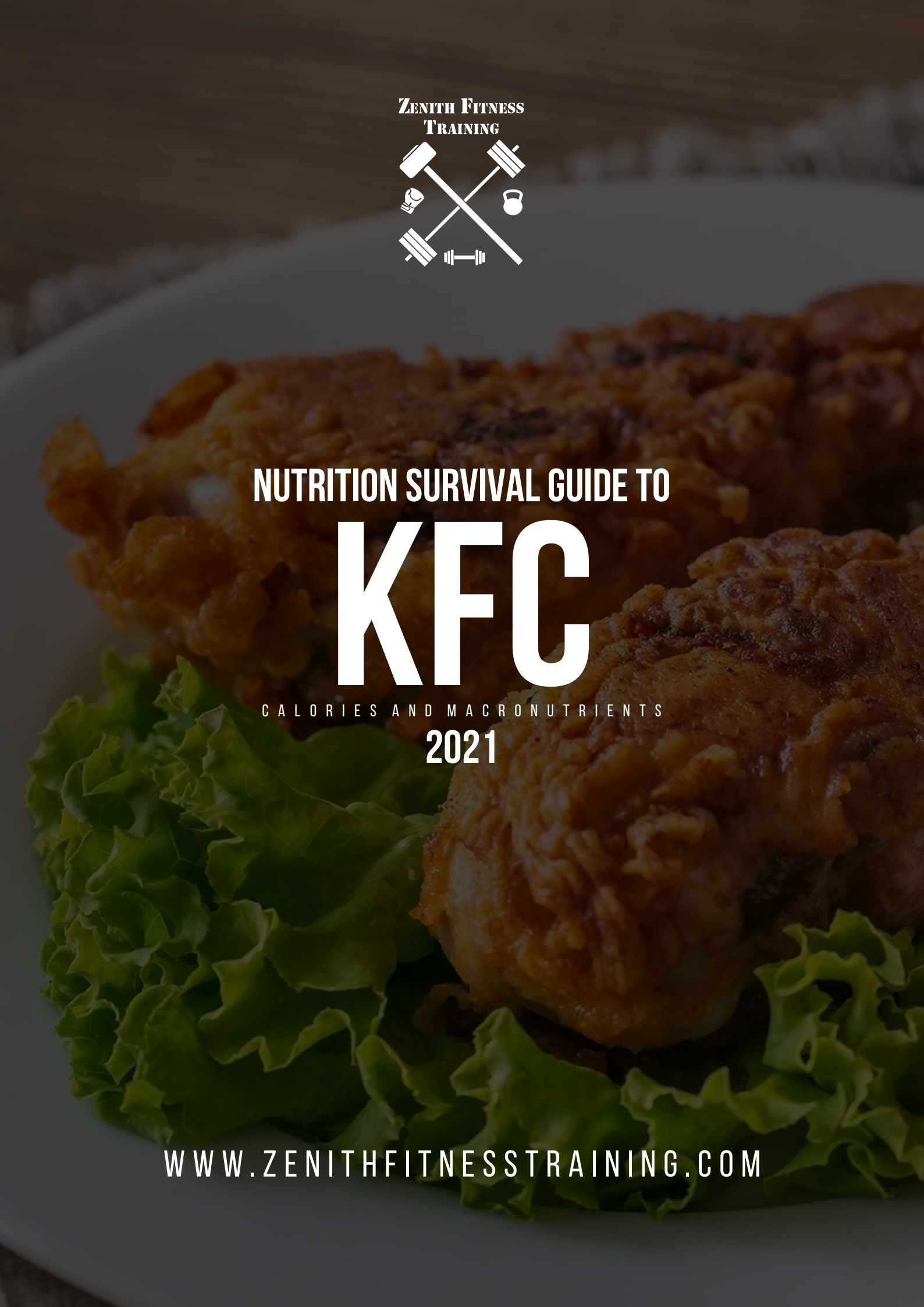

ZENITH FITNESS TRAINING

NUTRITION SURVIVAL GUIDE TO

KFC

CALORIES AND MACRONUTRIENTS

2021

WWW.ZENITHFITNESSTRAINING.COM

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

ORIGINAL RECIPE CHICKEN

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Keel	265	29.1	7.3	-	0.5	13.3	0.94
Drumstick	170	13.4	6.9	-	0.3	10.2	0.79
Thigh	285	19.2	8.1	-	0.3	19.4	0.98
Rib	325	30.5	9.5	-	0.5	18.9	1.32
Wing	175	16.1	4.9	-	0.3	10.3	0.61

CHICKEN BURGERS

Fillet Burger	475	29.7	45.1	-	5.5	19.3	2.02
Zinger Burger	450	26.4	43.8	-	5.4	18.8	1.97
Fillet Tower Bruger	620	33.5	58.4	-	10.2	28	3.39
Zinger Tower Burger	595	30.2	56.7	-	8.9	27.6	3.22
BBQ Bacon Tower Burger	690	38.6	57.5	-	7.6	34.5	4
Mini Fillet Burger	290	18	29.1	-	3.2	10.7	1.35
Kids Burger	265	18	30.7	-	5.1	7.3	1.42
Big Daddy Burger	685	38.7	57.9	-	9.4	33.4	4.07
Bacon & Cheese Fillet Burger	585	37.7	49.6	-	9.6	26.4	3.51
Zinger Stacker	780	51.7	58.8	-	12	37.7	4.29

VEGAN BURGER

Vegan Burger (ve)	450	18.74	52.94	-	5.7	18.7	2.91

WRAPS

Original Kentucky Mayo Twister Wrap	500	28.4	45.1	-	6	22.8	2.09
Sweet Chilli Twister Wrap	485	28.7	51.8	-	12	17.6	2
Smokey BBQ Twister Wrap	475	28.8	50	-	10.4	17.4	2.06
Nashville Hot Twister Wrap	490	28.7	50.3	-	10	18.7	2.17
Flamin' Wrap	335	18.9	30.9	-	2	14.9	1.59
BBQ Wrap	300	18.7	33	-	3.9	9.8	1.48

SALADS & RICEBOXES

Fillet Salad	370	26.6	26.7	-	11.8	16.8	2.34
Zinger Salad	350	23.2	25.4	-	11.7	16.3	2.29
Veggie Salad	235	6.8	32.5	-	13.2	8.2	1.08
Zinger Ricebox	480	25.6	63.5	-	10.9	14.7	2.71
Fillet Ricebox	490	27.8	64.3	-	11.1	14.7	2.7
Veggie Ricebox (v)	365	9.2	70.6	-	12.5	6.8	1.51

1-200 CAL
201-300 CAL
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CHICKEN PIECES

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Small Popcorn Chicken	135	8.4	8.4	-	0.1	7.7	0.73
Regular Popcorn Chicken	285	17.6	17.6	-	0.2	16.2	1.54
Large Popcorn Chicken	465	28.6	28.6	-	0.3	26.3	2.49
Hot Wing (Per Piece, Average)	85	4.5	3.4	-	0.1	5.6	0.43
Mini Fillet (Per Piece Average)	130	13.8	6.3	-	0.3	5.6	0.86
Original Recipe Fillet (Per Piece, Average)	220	22.8	8.7	-	0.3	10.3	1.25
Zinger Fillet (Per Piece, Average)	200	19.5	7.5	-	0.2	9.8	1.2

SIDES

Regular Fries	250	3.5	30.2	-	0.2	11	0.5
Large Fries	345	4.8	42	-	0.3	15.4	0.76
Regular BBQ Beans (VE)	105	5.4	17.3	-	6.7	0.7	0.77
Large BBQ Beans (VE)	250	12.6	40.3	-	15.7	1.7	1.81
Regular Coleslaw (V)	160	0.8	8.2	-	6.9	13.4	0.5
Large Coleslaw (V)	320	1.6	16.4	-	13.8	26.8	1
Corn Cobette (VE)	85	3.1	14.5	-	1.7	1.7	0
2 Corn Cobettes (Large) (VE)	165	6.2	29	-	3.4	3.4	0.02
Regular Gravy	45	2.7	6.3	-	0.1	1.3	1.6
Large Gravy	110	6.1	14.5	-	0.3	3	3.68
Mashed Potato (V)	110	2	17.5	-	0.9	2.5	0.79
Onion Rings #	400	6.9	51.1	-	6.2	19.4	1.47
Regular Curry Sauce # (VE)	75	2.1	13.2	-	8.9	1	2.74
Large Curry Sauce # (VE)	175	4.9	30.4	-	20.4	2.3	6.32
Southern Rice $ @ (VE)	210	4.3	45.7	-	4.7	2	0.89
Garden Salad	75	1.9	8.9	-	5.7	3.1	0.53

KRUSHEMS & DESSERTS

Malteser Krushems (V)	225	4.6	35.3	-	25.2	7.3	0.25
Oreo Krushems (V)	280	4.1	42.2	-	32.2	10.1	0.48
MilkyBar Krushems (V)	325	6.4	43.6	-	38.9	13.6	0.3
Salted Caramel Krushems Soft Serve (V)	375	6	57.2	-	43.7	13.5	0.8
Munch Bunch Yogurt (V)	100	3.6	13.6	-	12.8	3	0.25
Pineapple Sticks (VE)	30	0.3	6.5	-	5.5	0.3	0
Chocolate Sundae (V)	230	3.7	33.7	-	27.4	9.2	0.2
Mini Chocolate Sundae (V)	150	2.5	21.6	-	17.4	6	0.16
Cherry Sundae	220	3.9	33.1	-	24.9	8.7	0.3
Mini Cherry Sundae (V)	145	2.6	21.3	-	16.2	5.8	0.2
Milk Chocolate Cookie (V)	325	3.4	40.8	-	30.5	15.9	0.57
White Chocolate Cookie (V)	335	3.2	41.9	-	28.3	16.7	0.39
Chocolate Muffin (V)	555	7.3	59.6	-	40.3	31.3	0.63
Lemon Muffin (V)	470	6.2	65.7	-	39.6	19.4	1.18

DRINKS

Bottle Of Water (Still & Sparkling) (VE)	0	0	0	-	0	0	0
Blackcurrant & Apple Robinsons Fruit Shoot (VE)	10	0	1.6	-	1.6	0	0.06

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Orange Robinsons Fruit Shoot (VE)	10	0	1.6	-	1.6	0	0.04
Pepsi - Kids (VE)	100	0	24.8	-	24.8	0	0
Pepsi - Regular (VE)	130	0	27.1	-	31.8	0	0
Pepsi - Large (VE)	180	0	44.9	-	44.5	0	0
Pepsi Max - Kids (VE)	5	0	0	-	0	0	0
Pepsi Max - Regular (VE)	5	0	0	-	0	0	0
Pepsi Max - Large (VE)	5	0	0	-	0	0	0
Diet Pepsi - Kids (VE)	5	0	0	-	0	0	0
Diet Pepsi - Regular (VE)	5	0	0	-	0	0	0
Diet Pepsi - Large (VE)	5	0	0	-	0	0	0
Pepsi Max Cherry - Kids (VE)	5	0.2	0.2	-	0	0	0
Pepsi Max Cherry - Regular (VE)	5	0.3	0.3	-	0	0	0
Pepsi Max Cherry - Large (VE)	5	0.4	0.4	-	0	0	0
7Up Free - Kids (VE)	5	0	0	-	0	0	0
7Up Free - Regular (VE)	5	0	0	-	0	0	0
7Up Free - Large (VE)	10	0	0	-	0	0	0
Robinson Apple & Blackcurrant - Kids (VE)	5	0	0	-	0	0	0
Robinson Apple & Blackcurrant - Regular (VE)	5	0	0	-	0	0	0
Robinson Apple & Blackcurrant - Large (VE)	10	0	0	-	0	0	0
1.5L Pepsi Max Bottle (VE)	5	0	1.5	-	0	0	0
Tango Orange - Kids (VE)	45	0	0	-	0	0	0
Tango Orange - Regular (VE)	60	0	0	-	0	0	0
Tango Orange - Large (VE)	80	0	0	-	0	0	0
Lipton Ice Tea - Kids (VE)	20	0.5	4.5	-	4.5	0.5	0.03
Lipton Ice Tea - Regular (VE)	45	1.2	10.7	-	10.4	1.2	0.06
Lipton Ice Tea - Large (VE)	60	1.5	13.8	-	13.5	1.5	0.09
Club Orange - Kids # (VE)	125	0	30.2	-	30.2	0	0.1
Club Orange - Regular # (VE)	160	0	39	-	39	0	0.2
Club Orange - Large # (VE)	230	0	54.6	-	54.6	0	0.2
Club Orange Zero - Kids # (VE)	10	0	0	-	0	0	0.2
Club Orange Zero - Regular # (VE)	10	0	0	-	0	0	0.2
Club Orange Zero - Large # (VE)	15	0	0	-	0	0	0.3
Tropicana Orange Juice (VE)	120	2	25	-	25	0	0
Espresso - Single (VE)	10	0.4	1.8	-	0	0.4	0
Espresso - Double (VE)	15	0.6	2.7	-	0	0.6	0
Black Americano - Regular (VE)	15	0.6	2.7	-	0	0.6	0
White Americano - Regular (VE)	80	5.4	9	-	6.3	2.7	0.15
Cappuccino - Regular (VE)	125	8.8	13.9	-	11.2	4.2	0.3
Latte - Regular (VE)	140	10.1	15.3	-	12.6	4.8	0.3
Vanilla Latte - Regular (VE)	195	10.1	29	-	26	4.8	0.3
Caramel Latte - Regular (VE)	195	10.1	29	-	26	4.8	0.3
Cafe Mocha - Regular (VE)	180	10.4	24.3	-	21	4.9	0.5
Hot Choclate - Regular (VE)	180	6	310	-	29.3	2.6	0.7
Black Tea - Regular (VE)	0	0	0	-	0	0	0

1-200 CAL
201-300 CAL
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CONDIMENTS

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Real Tomato Sauce Dip Pot (VE)	40	0.4	8.5	-	7.3	0.2	0.44
Garlic Buttermilk Mayo Dip Pot (V)	110	0.3	4	-	2.4	10.3	0.4
Kentucky Smoky BBQ Sauce Dip Pot (VE)	50	0.4	12.2	-	10	0.2	0.26
Sticky Sweet Chilli Sauce Dip Pot (V)	75	0.2	16.4	-	14	0.7	0.36
Original Hot Sauce Dip Pot (VE)	40	0.5	8.5	-	6.4	0.1	0.52
Spicy Supercharger Dip Pot (V)	150	1	2.7	-	2.4	15	0.43
Heinz Vinegar Sachet (VE)	5	0.1	0.2	-	0.1	0	0
Heinz Tomato Ketchup Sachet (VE)	10	1	2.2	-	1.9	0	0.2
Heinz Light Mayonnaise Sachet (V)	30	0.1	0.7	-	0.4	2.5	0.2
Heinz HP BBQ Sauce Sachet (V)	15	0.1	3.2	-	2.3	0	0.1
Heinz HP Brown Sauce Sachet (V)	15	0.1	3.5	-	2.5	0	0.15
Sugar Sachet (V)	10	0	2.5	-	2.5	0	0
Salt Sachet (V)	0	0	0	-	0	0	0.8
Pepper Sachet (V)	5	0	0.1	-	0	0	0
Milk Portion (V)	10	0.3	0.5	-	0.5	0.4	0

BUNDLES BOXMEALS

Boneless Banquet	920	57	81.7	-	10.8	39.6	4.27
Fillet Box Meal	1045	57.3	97.4	-	7.4	46.2	3.49
Zinger Box Meal	945	42.2	95.4	-	7.3	42.9	3.38
The Big Daddy Meal Box Meal	1260	66.23	110.1	-	11.36	60.19	5.54
Zinger Stacker Box Meal	1280	67.6	110.3		14	61.7	5.69
BBQ Bacon Tower Burger Box Meal (1 PC)	1245	66.2	111.2	-	12.7	58.4	5.33
BBQ Bacon Tower Burger Box Meal (2 Hot Wings)	1170	54.5	110.5	-	12.7	55.6	5.27
Trilogy Box Meal Pepsi Max	1145	57.94	122.4	-	26.61	44.6	5.4
Trilogy Box Meal Lipton	1200	59.14	136.2	-	40.11	46.1	5.3
Original Kentucky Mayo Twister Wrap Box Meal	965	49.1	96	-	8.1	41.1	3.52
Sweet Chilli Twister Wrap Box Meal	945	49.3	102.8	-	14.3	35.9	3.54
Smokey BBQ Twister Wrap Box Meal	935	49.4	100.9	-	12.5	35.8	3.47
Nashville Hot Twister Wrap Box Meal	950	49.4	101.2	-	12	37	3.59

FOR SHARING

6 Piece Bargain Bucket	610	34.5	41.5	-	0.2	32.2	1.93
10 Piece Bargain Bucket	850	55.2	49	-	0.2	46.3	2.85
14 Piece Bargain Bucket	1090	75.8	56.5	-	0.2	60.4	3.77
8 Piece Dipping Boneless Feast	780	43.7	78.5	-	14.4	32.9	3.87
12 Piece Dipping Boneless Feast	910	57.5	84.8	-	14.7	38.5	4.73
6 Piece Wicked Variety	905	57.3	54.6	-	0.5	49.1	3.64
10 Piece Wicked Variety	1145	77.9	62.1	-	0.5	63.2	4.56
14 Piece Party Bucket	1225	84.3	77.5	-	4.2	64.1	5.18
6 Piece Family Feast	690	39.6	59.6	-	5.6	33.4	2.45
10 Piece Family Feast	930	60.3	67.1	-	5.6	47.5	3.37

1-200 CAL

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CHICKEN

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Mighty Bucket For One	1155	81.7	64.6	-	0.8	61.8	4.97
6 Hot Wings Meal	740	30.6	50.7	-	0.3	44.9	3.11
Popcorn Chicken Meal	535	21.4	47.8	-	0.4	27.3	2.09
Large Popcorn Chicken Meal	710	32.3	58.8	-	0.5	37.3	3.04
4 Piece Boneless Dips Meal (1 Dip)	835	59.36	65.1	-	9.25	35.8	4.5
3 Piece Boneless Dips Meal (1Dip)	705	45.54	58.85	-	9	30.2	3.6
Colonel's Meal For One - 4 Piece	1210	86.47	60.29	-	0.23	67.4	4.3
Colonel's Meal For One - 3 Piece	970	65.8	52.8	-	0.2	53.3	3.31
Colonel's Meal For One - 2 Piece	730	45.1	45.3	-	0.2	39.2	2.39
3 Piece Variety Meal	1265	88.6	65.9	-	0.5	70.2	5.02
2 Piece Variety Meal	1025	67.9	58.3	-	0.5	56.1	4.1

BURGER MEALS

Fillet Tower Meal	870	37.3	88.6	-	10.4	39.1	3.94
Zinger Tower Meal	845	34	86.9	-	9.1	38.6	3.77
BBQ Bacon Tower Burger Meal	925	42.4	89.1	-	11	42.6	4.42
Fillet Burger Meal	720	33.5	75.3	-	5.7	30.4	2.57
Zinger Burger Meal	700	30.2	74.1	-	5.6	29.9	2.52
Zinger Stacker Meal	1030	55.5	89	-	12.3	48.7	4.83

SALAD & RICEBOXES

Fillet Salad Meal	620	30.3	56.9	-	12.1	27.8	2.87
Zinger Salad Meal	600	27	55.6	-	11.9	27.3	2.84
Veggie Salad Meal	485	10.6	62.7	-	13.5	19.2	1.63
Fillet Ricebox Meal	740	31.6	94.6	-	11.3	25.8	3.25
Zinger Ricebox Meal	725	29.4	93.7	-	11.2	25.8	3.26
Veggie Ricebox Meal	615	13	100.8	-	12.7	17.7	2.06
Zinger Ricebox With a Sugar Free Drink	480	25.9	63.5	-	10.9	14.7	2.71
Fillet Ricebox With a Sugar Free Drink	500	27.9	64.5	-	11	16.6	2.5
Veggie Ricebox With a Sugar Free Drink	365	9.5	70.6	-	12.5	6.7	1.51
Fillet Salad With a Sugar Free Drink	375	26.9	26.7	-	11.8	16.8	2.34
Zinger Salad With a Sugar Free Drink	350	23.5	25.4	-	11.7	16.3	2.29
Veggie Salad With a Sugar Free Drink	235	7.1	32.5	-	13.2	8.2	1.08

WRAPS

Original Kentucky Mayo Twister Wrap Meal	750	32.1	75.3	-	6.1	33.8	2.64
Sweet Chilli Twister Wrap Meal	735	32.4	82	-	12.2	28.6	2.55
Smokey BBQ Twister Wrap Meal	725	32.5	80.1	-	10.5	28.4	2.61
Nashville Hot Twister Wrap Meal	735	32.5	80.4	-	10.1	29.7	2.72

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SNACKING

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Megabox	930	50.9	68.9	-	0.7	47.7	5
Popcorn Snackbox	480	13.2	50.4	-	0.4	23.1	1.49
OR Snackbox	585	25.5	49.6	-	0.3	29.5	1.68
Mini Fillet Snackbox	475	18.6	48.3	-	0.6	21	1.63
How Wings Snackbox	510	13.8	48.9	-	0.3	26.6	1.62
Allstars Meal (BBQ)	685	30.5	72.4	-	4.3	28.5	2.85
Allstars Meal (Flamin')	720	30.7	69.5	-	2.3	33.6	2.86
Kids Meal - Burger	455	25.7	60.4	-	21.2	12	1.7
Kids Meal - Minifillet	345	19.5	43.6	-	23.5	9.9	1.42

ROI

ROI Lunchbox #	755	34.5	72.9	-	1	33.3	2.83
ROI 3 Legends #	1210	66.3	104.2	-	7.4	57.5	4.34
ROI Spicebox #	950	39.8	89.5	-	11.1	45.8	6.32

PROMOTION

10 Hot Wings & 10 Pieces Of COB **	805	62.9	27.4	-	0	49.3	3.41
10 Piece Of COB+	**2406**	206	75	-	0	141	9.3
10 Hot Wings	825	44.9	34.2	-	0.1	56.4	4.26
10 Hot Wings Meal	1070	48.6	64.4	-	0.3	67.4	4.81
Popcorn Bucket **	305	18.8	18.8	-	0.2	17.3	1.64
2 Fillet Burger, 2 Hot Wings & 2 Fries	805	37.7	78.8	-	5.7	36	3.05
Kids Meal - Popcorn With Pineapple Sticks #	255	11.7	30.9	-	8.9	9.7	0.74
Kids Meal - Minifillet With Pineapple Sticks #	290	17.6	37.3	-	16.3	7.8	1.32
Kids Meal - Burger With Pineapple Sticks #	385	21.3	53.3	-	13.8	9.3	1.44
Pineapple Sticks (VE) #	30	0.3	6.5	-	5.5	0.3	0