NUTRITION SURVIVAL GUIDE TO

FIVE GUYS

CALORIES AND MACRONUTRIENTS 2020

WWW.ZENITHFITNESSTRAINING.COM

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

MEAT

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Bacon (2 pieces)	80	4	0	0	0	7	0.26
Hamburger Patty	302	16	0	0	0	17	0.05
Hot Dog	280	11	1	0	0	26	0.8

BUN

Bun	240	7	39	2	8	9	0.33

FRIES - COOKED IN 100% PEANUT OIL

Little	526	8	72	8	2	23	0.531
- With A.1.® Original Steak Sauce	541	8	75	8	4	23	0.811
- With BBQ Sauce	575	8	87	8	12	23	0.931
- With Cheese (1 slice)[1] [2] Topping	596	12	72	8	2	29	0.841
- With Green Peppers Topping	529	8	73	8	2	23	0.532
- With Grilled Mushrooms Topping	545	8	73	8	2	23	0.586
- With Hot Sauce	526	8	72	8	2	23	0.731
- With Jalapeño Peppers Topping	529	8	72	8	2	23	0.531
- With Ketchup Topping	556	8	77	8	2	23	0.691
- With Lettuce Topping	529	8	73	8	2	23	0.534
- With Mayonnaise Topping	637	8	72	8	2	34	0.601
- With Mustard Topping	526	8	72	8	2	23	0.586
- With Onions / Grilled Onions Topping	537	8	74	8	3	23	0.532
- With Pickles Topping	530	8	73	8	2	23	0.791
- With Relish Topping	542	8	76	8	5	23	0.616
- With Tomatoes Topping	534	8	74	8	3	23	0.534
Regular	953	15	131	15	4	41	0.962
- With A.1.® Original Steak Sauce	968	15	134	15	6	41	1.242
- With BBQ Sauce	1002	15	146	15	14	41	1.362
- With Cheese (1 slice)[1] [2] Topping	1023	19	131	15	4	47	1.272
- With Green Peppers Topping	956	15	131	15	4	41	0.963
- With Grilled Mushrooms Topping	972	15	131	15	5	41	1.017
- With Hot Sauce	953	15	131	15	4	41	1.162
- With Jalapeño Peppers Topping	956	15	131	15	4	41	0.962
- With Ketchup Topping	983	15	136	15	8	41	1.122
- With Lettuce Topping	956	15	132	15	4	41	0.965
- With Mayonnaise Topping	1064	15	131	15	4	52	1.032
- With Mustard Topping	953	15	131	15	4	41	1.017
- With Onions / Grilled Onions Topping	964	15	133	15	5	41	0.963
- With Pickles Topping	957	15	132	15	4	41	1.222
- With Relish Topping	969	15	135	15	7	41	1.047
- With Tomatoes Topping	961	15	133	15	5	41	0.965
Large	1314	20	181	21	6	57	1.327

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)
- With A.1.® Original Steak Sauce	1329	20	184	21	8	57	1.607
- With BBQ Sauce	1363	20	196	21	16	57	1.727
- With Cheese (1 slice)[1] [2] Topping	1384	24	181	21	6	63	1.637
- With Green Peppers Topping	1317	20	182	21	6	57	1.328
- With Grilled Mushrooms Topping	1333	20	182	21	7	57	1.382
- With Hot Sauce	1314	20	181	21	6	57	1.527
- With Jalapeño Peppers Topping	1317	20	181	21	6	57	1.327
- With Ketchup Topping	1344	20	186	21	10	57	1.487
- With Lettuce Topping	1317	20	182	21	6	57	1.33
- With Mayonnaise Topping	1425	20	181	21	6	68	1.397
- With Mustard Topping	1314	20	181	21	6	57	1.382
- With Onions / Grilled Onions Topping	1325	20	183	21	7	57	1.328
- With Pickles Topping	1318	20	182	21	6	57	1.587
- With Relish Topping	1330	20	185	21	9	57	1.412
- With Tomatoes Topping	1322	20	183	21	7	57	1.33

MILKSHAKES

Five Guys Shake Base	670	13	84	0	82	32	0.36
- With Bacon	750	17	84	0	82	39	0.62
- With Banana	790	13	112	0	106	32	0.37
- With Chocolate	830	15	116	2	107	36	0.399
- With Cherry	827	13	123	0	108	32	0.365
- With Coffee	680	13	84	0	82	32	0.36
- With Dark Vanilla Syrup	752	13	103	0	101	32	0.371
- With Malted Milk	911	18	124	0	109	37	0.628
- With Oreo® Crème	1030	13	111	0	108	60	0.415
- With Oreo® Cookie Pieces	930	2	40	1	22	42	0.57
- With Peanut Butter	1012	26	97	1	104	29	0.285
- With Salted Caramel	843	14	125	0	112	33	0.458
- With Strawberry	750	13	84	0	100	32	0.38
Whipped Cream	20	0	1	0	1	1.5	0
-With Bacon	100	4	1	0	1	8.5	0.26
- With Banana	140	0	27	0	25	1.5	0.01
- With Chocolate	180	2	33	2	26	5.5	0.039
- With Cherry	177	0	40	0	27	1.5	0.005
- With Coffee	30	0	1	0	1	1.5	0
- With Dark Vanilla Syrup	102	0	20	0	20	1.5	0.011
- With Malted Milk	261	5	41	0	28	6.5	0.268
- With Oreo® Crème	380	0	28	0	27	29.5	0.055
- With Oreo® Cookie Pieces	280	2	41	1	23	11.5	0.21
- With Peanut Butter	362	13	14	1	7	30.5	0.285
- With Salted Caramel	193	1	42	0	31	2.5	0.098
- With Strawberry	100	0	1	0	19	1.5	0.02