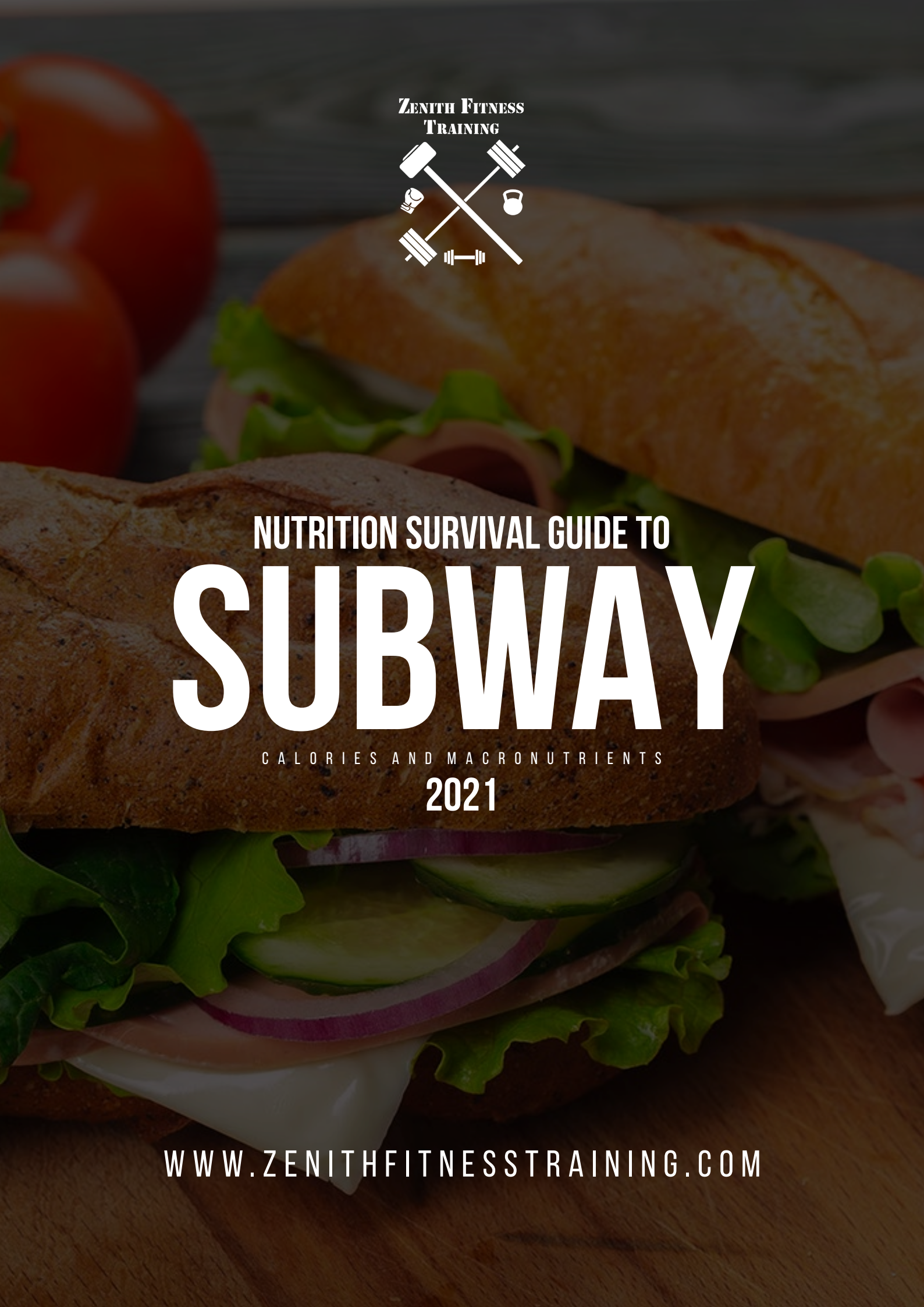

ZENITH FITNESS TRAINING

# NUTRITION SURVIVAL GUIDE TO SUBWAY

CALORIES AND MACRONUTRIENTS

2021

WWW.ZENITHFITNESSTRAINING.COM

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

## ALL SANDWICHES

| | Calories (k/cal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|---|---|---|---|---|---|---|---|
| Chicken Breast | 302 | 25 | 40 | 4.8 | 7 | 3.6 | 1.4 |
| Chicken Teriyaki | 319 | 25 | 43 | 4.9 | 9 | 3.7 | 2.2 |
| Chicken Tikka | 296 | 25 | 41 | 2.4 | 6.4 | 3.3 | 1.3 |
| Rotisserie-Style Chicken | 216 | 8.6 | 39 | 4.9 | 5.6 | 2.2 | 0.57 |
| Chicken & Bacon Melt | 374 | 30 | 42 | 2.5 | 7.4 | 9.3 | 2.1 |
| Chicken Pizziola | 455 | 32 | 46 | 3.4 | 9.4 | 16 | 2.8 |
| Subway Melt™ | 358 | 25 | 41 | 2.8 | 6.9 | 9.6 | 2.3 |
| Turkey Breast | 273 | 20 | 39 | 4.8 | 5.9 | 3.1 | 1.4 |
| Turkey Breast and Ham | 288 | 22 | 40 | 5.1 | 6.2 | 3.8 | 1.6 |
| Ham | 453 | 26 | 40 | 7 | 6.8 | 19 | 2.1 |
| B.L.T. | 282 | 14 | 38 | 4.5 | 5.5 | 7.4 | 1.3 |
| Italian B.M.T.® | 387 | 20 | 41 | 2.7 | 6 | 15 | 2.6 |
| Spicy Italian | 450 | 19 | 41 | 2.4 | 5.6 | 23 | 3.1 |
| Meatball Marinara | 496 | 24 | 58 | 4.8 | 11 | 19 | 2 |
| Steak & Cheese | 362 | 24 | 51 | 2.4 | 8.3 | 6.7 | 1.7 |
| Tuna | 445 | 24 | 41 | 6.8 | 6.9 | 19 | 1.6 |
| Veggie Delite® | 437 | 16 | 44 | 7.3 | 9.3 | 21 | 1.9 |
| Meatless Meatball Marinara | 469 | 26 | 52 | 13 | 10 | 15 | 2.1 |
| Vegan Patty Sub | 425 | 19 | 48 | 6.5 | 8.2 | 16 | 1.8 |

## SALADS

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| Chicken Breast | 142 | 18 | 9.3 | 3.2 | 7.2 | 2.6 | 1 |
| Chicken Tikka | 128 | 20 | 7.8 | 2.6 | 5.9 | 1.8 | 0.67 |
| Ham | 153 | 16 | 7.9 | 3.3 | 5.9 | 5.9 | 1.5 |
| Italian B.M.T.® | 277 | 18 | 9.1 | 3.9 | 6.5 | 18 | 3.3 |
| Thai Chicken Salad | 197 | 19 | 17 | 3.4 | 13 | 5.2 | 2.3 |
| Tuna | 193 | 14 | 9.4 | 3 | 6.6 | 11 | 1 |
| Tuna Niçoise Salad | 308 | 22 | 13 | 3.8 | 6.7 | 18 | 1.4 |
| Turkey Breast | 106 | 14 | 8 | 3 | 6 | 1.5 | 0.82 |
| Turkey Breast & Ham | 118 | 15 | 7.4 | 3 | 5.7 | 2.6 | 1.1 |
| Vegan Patty Salad | 197 | 14 | 14 | 6.7 | 7.3 | 8.1 | 1.1 |

## SIGNATURE WRAPS

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| BBQ Chicken & Bacon | 578 | 45 | 59 | 4.7 | 14 | 17 | 3.8 |
| Chipotle Steak & Cheese | 616 | 39 | 62 | 8.1 | 12 | 23 | 3.9 |
| Vegan | 704 | 32 | 65 | 15 | 10 | 32 | 3.6 |

## The Real Deal Sides

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| Cheesy Pepperoni | 392 | 19 | 42 | 5.3 | 7.6 | 16 | 1.8 |
| Bowl of Meatballs | 288 | 18 | 17 | 3.7 | 8.7 | 17 | 1.5 |
| Meat Feast | 459 | 24 | 46 | 6.5 | 46 | 19 | 2.9 |
| Cheesy Garlic Bread | 400 | 15 | 45 | 1.6 | 4.7 | 18 | 1.2 |
| Hash Browns | 153 | 2.2 | 19 | 2.7 | 1.1 | 6.8 | 0.78 |
| Nachos | 382 | 11 | 39 | 5 | 4.1 | 20 | 1.6 |

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

## BREAKFAST

| | Calories (k/cal) | Protein (g) | Total Carbohydrates (g) | Dietary Fibre (g) | Sugars (g) | Total Fat (g) | Salt (g) |
|---|---|---|---|---|---|---|---|
| Bacon | 275 | 14 | 40 | 1.5 | 6.9 | 6.2 | 1.7 |
| Bacon, Egg & Cheese | 329 | 16 | 41 | 1.7 | 7.6 | 10 | 2 |
| Egg & Cheese | 294 | 13 | 41 | 1.7 | 7.5 | 8.2 | 1.6 |
| Sausage | 383 | 17 | 48 | 2.3 | 7.6 | 13 | 1.9 |
| Sausage, Poached Egg & Cheese | 471 | 23 | 49 | 2.6 | 8.3 | 20 | 2.6 |
| Mega Melt | 506 | 27 | 49 | 2.6 | 8.4 | 22 | 3 |

## KIDS' PAK™

| | | | | | | | |
|---|---|---|---|---|---|---|---|
| Chicken Breast | 192 | 15 | 26 | 3.2 | 4.5 | 2.2 | 0.87 |
| Ham | 173 | 11 | 25 | 3.2 | 3.5 | 2.5 | 0.84 |
| Turkey Breast | 182 | 13 | 26 | 3.2 | 3.9 | 2 | 0.91 |