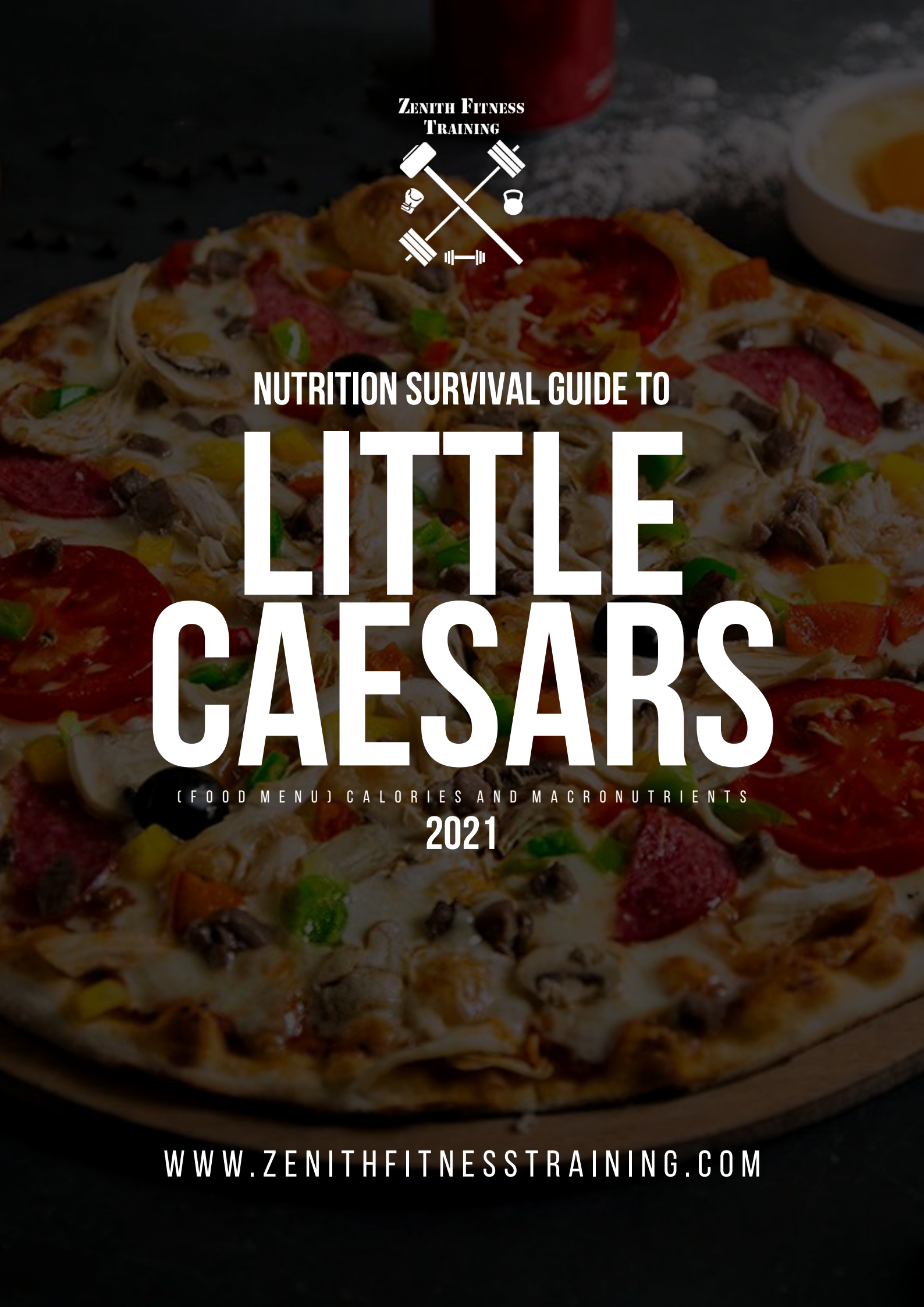

ZENITH FITNESS TRAINING

NUTRITION SURVIVAL GUIDE TO

LITTLE CAESARS

(FOOD MENU) CALORIES AND MACRONUTRIENTS

2021

WWW.ZENITHFITNESSTRAINING.COM

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)
LARGE EXTRAMOSTBESTEST® PIZZAS							
Pepperoni	**2470**	117.0	251.0	13.0	14.0	112.0	5.6
Cheese	**2270**	121.0	253.0	13.0	12.0	87.0	4.5
Italian Sausage	**2660**	129.0	252.0	13.0	12.0	128.0	5.6
Seasoned Beef	**2550**	126.0	250.0	13.0	12.0	117.0	5.6
Stuffed Crust Pepperoni	**3030**	146.0	259.0	13.0	15.0	158.0	7.2
LARGE SPECIALTY PIZZAS							
5 Meat Feast™	**2740**	136.0	252.0	13.0	15.0	134.0	6.7
Ultimate Supreme	**2420**	114.0	258.0	15.0	18.0	104.0	5.4
3 Meat Treat®	**2770**	131.0	252.0	13.0	15.0	139.0	6.2
Hula Hawaiian®	**2180**	121.0	272.0	13.0	30.0	70.0	5.5
Veggie	**2250**	101.0	266.0	20.0	19.0	84.0	5.3
Pepperoni Cheeser!Cheeser!™	**2400**	109.0	244.0	11.0	13.0	111.0	4.6
Slices-N-Stix	**2950**	161.0	264.0	15.0	14.0	141.0	6.7
LARGE CLASSIC PIZZAS							
Pepperoni	**2210**	105.0	249.0	13.0	13.0	90.0	4.7
Cheese	1950	95.0	248.0	12.0	12.0	65.0	3.7
Italian Sausage	**2270**	111.0	255.0	13.0	12.0	91.0	4.5
Seasoned Beef	**2190**	108.0	254.0	13.0	11.0	84.0	4.4
DEEP!DEEP!™ DISH PIZZAS							
Pepperoni	**2770**	129.0	319.0	16.0	16.0	111.0	5.2
Cheese	**2500**	118.0	317.0	16.0	14.0	85.0	4.2
Italian Sausage	**2820**	133.0	319.0	16.0	15.0	114.0	5.1
Seasoned Beef	**2750**	130.0	318.0	16.0	14.0	107.0	5.0
DEEP!DEEP!™ DISH SPECIALTY PIZZAS							
Ultimate Supreme	**3050**	141.0	332.0	20.0	22.0	130.0	6.2
3 Meat Treat®	**3480**	159.0	321.0	16.0	17.0	175.0	7.2
Hula Hawaiian®	**2690**	137.0	341.0	17.0	32.0	88.0	5.6
Veggie	**2730**	123.0	333.0	22.0	21.0	99.0	5.6
5 Meat Feast™	**3500**	171.0	322.0	16.0	18.0	172.0	8.1
SIDES							
Crazy Combo®	840	26.0	135.0	6.0	7.0	22.0	1.82
Crazy Bread® (8 bread sticks)	800	25.0	128.0	5.0	6.0	22.0	1.29
Crazy Sauce® (1 sauce cup)	30	1.0	7.0	2.0	0.0	0.0	0.5

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	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Italian Cheese Bread (10 bread sticks)	1340	59.0	155.0	7.0	7.0	54.0	2.2
Pepperoni Cheese Bread (10 bread sticks)	1520	66.0	155.0	7.0	7.0	71.0	2.84
Zesty Cheese Bread (10 bread sticks)	1490	55.0	158.0	7.0	9.0	71.0	2.49
Stuffed Crazy Bread™ (3 bread sticks & Crazy Sauce)	980	36.0	126.0	6.0	7.0	38.0	1.96

CAESAR WINGS®

Oven Roasted	510	47.0	3.0	0.0	0.0	35.0	1.7
Buffalo	510	47.0	3.0	0.0	0.0	35.0	3.6
BBQ	620	48.0	32.0	0.0	24.0	35.0	2.3
Garlic Parmesan	670	49.0	5.0	0.0	0.0	51.0	2.5

CAESAR DIPS® (SERVING SIZE: 1 CONTAINER)

Cheezy Jalapeño	210	1.0	3.0	0.0	2.0	21.0	0.46
Ranch	230	2.0	4.0	0.0	3.0	23.0	0.48
Buffalo Ranch	230	1.0	4.0	0.0	3.0	23.0	0.6
Butter Garlic Flavor	370	0.0	0.0	0.0	0.0	42.0	0.33

EXTRAMOSTBESTEST® THIN CRUST PIZZAS

Pepperoni	2180	96.0	149.0	9.0	5.0	133.0	4.46
Cheese	1980	99.0	150.0	10.0	3.0	109.0	3.39

MAKE IT STUFFED CRUST

Add Stuffed Crust to any round pizza	560	29.0	8.0	0.0	0.0	46.0	1.61
Add Stuffed Crust to any DEEP!DEEP!™ Dish	530	33.0	9.0	0.0	0.0	40.0	1.71

EXTRAS

Zap Pack®	0	1.0	1.0	0.0	0.0	0.0	0.24
Parmesan Cheese Packet	15	0.0	0.0	0.0	1.0	1.0	0.055

TOPPINGS*

Custom Round Pizzas (1-2 Toppings) Add Calories to Base Pizza							
Base Pizza	1950	95.0	248.0	12.0	12.0	65.0	3.7
Pepperoni	260	10.0	1.0	0.0	1.0	24.0	1.0
Bacon	380	16.0	0.0	0.0	0.0	35.0	1.1
Seasoned Beef	330	16.0	1.0	0.0	0.0	28.0	1.1
Italian Sausage	430	19.0	2.0	0.0	2.0	38.0	1.2
Smoky Ham	140	26.0	3.0	0.0	3.0	4.5	1.8
Green Peppers	20	1.0	4.0	2.0	2.0	0.0	0.0
Onions	35	1.0	8.0	2.0	4.0	0.0	0.0
Mushrooms, canned	40	2.0	7.0	3.0	3.0	0.0	0.6
Mushrooms, fresh	35	5.0	5.0	2.0	3.0	0.5	0.0
Black Olives	280	1.0	4.0	4.0	0.0	24.0	1.1
Jalapeño Peppers	80	0.0	4.0	4.0	0.0	6.0	2.0
Mild Banana Peppers	50	0.0	7.0	0.0	5.0	0.0	2.8
Pineapple	90	0.0	22.0	0.0	16.0	0.0	0.0

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	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Extra Cheese	270	21.0	4.0	0.0	0.0	19.0	0.7
Custom DEEP!DEEP!™ Dish (1-3 Toppings) Add calories to Base Pizza							
Base Pizza	**2500**	118.0	317.0	16.0	114.0	85.0	4.2
Pepperoni	280	11.0	2.0	0.0	2.0	26.0	1.1
Bacon	380	16.0	0.0	0.0	0.0	35.0	1.1
Seasoned Beef	250	12.0	1.0	0.0	0.0	22.0	0.8
Italian Sausage	330	15.0	2.0	0.0	1.0	29.0	0.9
Smoky Ham	110	11.0	2.0	0.0	2.0	3.0	1.4
Green Peppers	15	1.0	3.0	1.0	2.0	0.0	0.0
Onions	25	1.0	6.0	1.0	3.0	0.0	0.0
Mushrooms, canned	40	2.0	7.0	3.0	3.0	0.0	0.6
Mushrooms, fresh	35	5.0	5.0	2.0	3.0	0.5	0.0
Black Olives	210	1.0	3.0	3.0	0.0	17.0	0.8
Jalapeño Peppers	60	0.0	3.0	3.0	0.0	4.5	1.5
Mild Banana Peppers	35	0.0	5.0	0.0	4.0	0.0	2.1
Pineapple	90	0.0	22.0	0.0	16.0	0.0	0.0
Extra Cheese	270	21.0	4.0	0.0	0.0	19.0	0.7

MEALS & LUNCH COMBO

Make it a Meal							
Crazy Combo & a 2-liter PEPSI® (8 piece order)	1690	-	-	-	-	-	-
Caesar Wings & a 2-liter PEPSI® (8 piece order)	1520	-	-	-	-	-	-
Italian Cheese Bread & a 2-liter PEPSI® (10 piece order)	**2190**	-	-	-	-	-	-