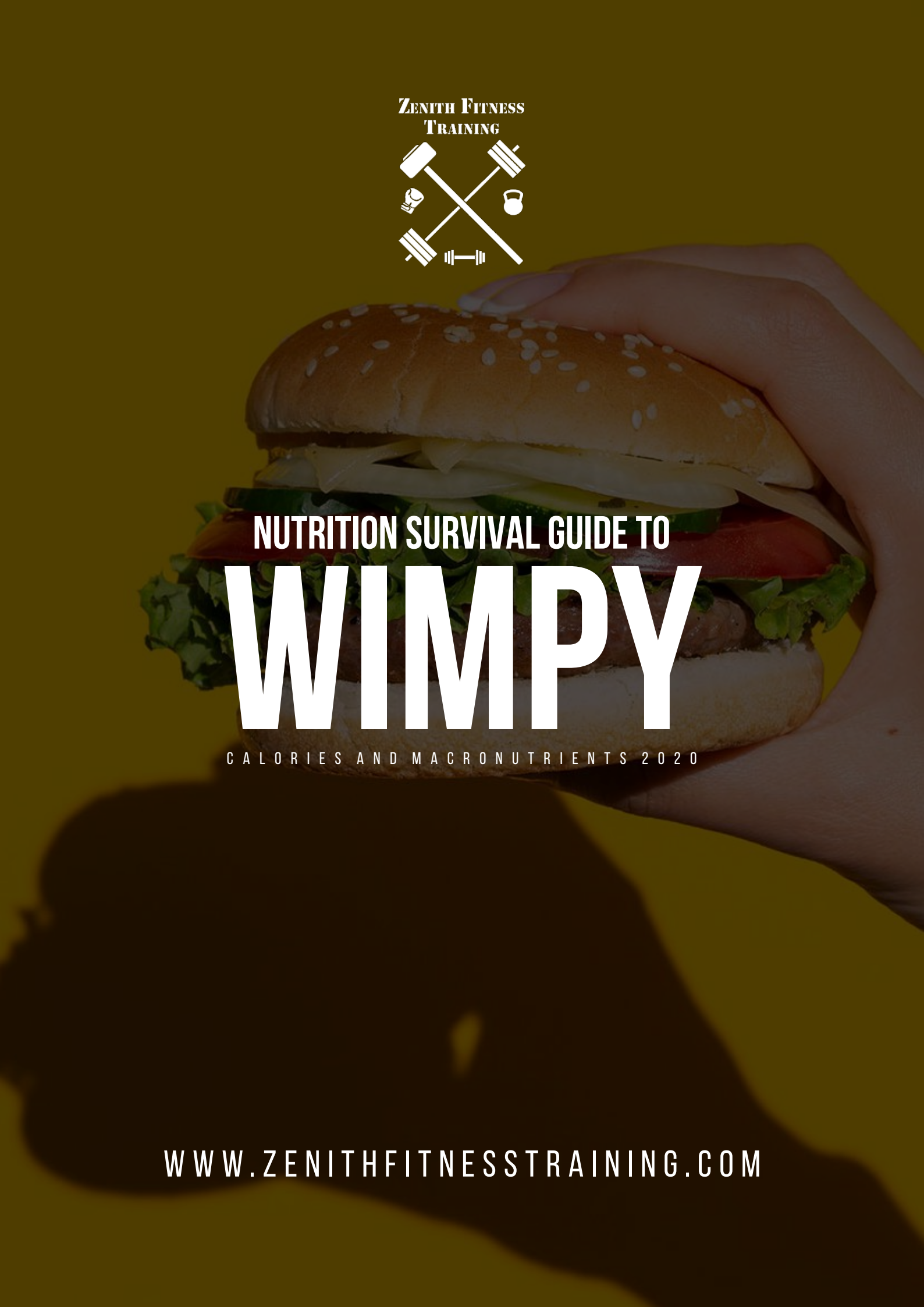
ZENITH FITNESS TRAINING



NUTRITION SURVIVAL GUIDE TO WIMPY

CALORIES AND MACRONUTRIENTS 2020

WWW.ZENITHFITNESSTRAINING.COM

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

SINGLE BURGERS

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Wimpy Cheese Burger	433	23.7	41.1	2.1	8.6	18.9	2
Spicy Southern Fried Quorn	506	18	55.1	6.4	8.9	22.5	2.6
Quarterpounder Mushroom	646	32.8	39.4	2.8	6.8	39.3	2.1
The Original Quarterpounder Cheese	613	33.4	43.8	3.9	8.2	32.9	2.4
Smoky BBQ Burger	693	38.7	51.4	3.2	11.9	36.3	3.3
Wimpy Spicy Bean Burger	557	15.6	67.7	9.3	12.3	22.9	2
Wimpy Hamburger	392	21.8	39.9	2.1	8.3	15.8	1.5
Gourmet Chicken Burger	510	46.8	40.7	3.1	8.8	17.4	2.1
Quarterpounder Bacon & Cheese	597	37.3	43.4	2.2	10.5	30.1	3.4
Fish Finger Burger	577	23.5	67.3	2.9	6.9	23.2	2.4
Bender In a Bun with Cheese	527	22.8	43.2	2	8.5	28.9	3.6
Breaded Chicken Fillet	527	26.5	55.1	3.3	7.1	22.9	2.1

BIG FILLERS

Spicy Bean & Slaw	673	17.2	86.2	10.8	19.4	26.6	2.6
Wimpy Kingsize	823	55.2	43	2.2	9.3	47.5	3.6
The Original Halfpounder	876	55.7	43.8	3.9	8.2	52.2	3.2
Double Wimpy Cheese Burger	647	40.4	42.4	2.1	8.9	34.8	3.1
Mega Burger	789	45.1	42.9	1.9	8.2	48.2	4.4
Halfpounder Bacon & cheese	861	59.7	43.4	2.2	10.5	49.4	4.2
Quarterpounder Club	736	53.4	45.5	4.5	9.9	36.9	3

FAMOUS GRILLS

International Grill	102	58.8	35.6	4	1.5	71.8	5.3
Wimpy Grill	803	39.4	35.2	4	1.1	56.1	3
Sausage, Egg & Chips	615	24.5	42	5.5	2	39.1	2.3
All-Day Breakfast	832	41.4	46.2	8	4	52.7	4.9

FISH PLATES

Express COD & Chips	-	-	-	-	-	-	-

CHICKEN PLATES

Gourmet Chicken Platter	645	44.8	40.7	6.1	8.4	32.8	2.2

EXTRAS

4 Cheeso Rings	481	20.9	48.1	3.1	2	23	7.2
6 X Mozzarella Melts	390	16.8	24	2.4	2.4	25.2	1.7
Sweet Potato Chips	269	0	41.3	5.7	11.4	11.4	0.5
8 X Onion Rings	317	4.4	32.5	4.2	4.9	17.7	0.8
5 cCicken Strips	-	-	-		-	-	-
Chips	267	3.6	32.1	3.8	0.2	13.7	0.1

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	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Quarterpounder Patty	264	22.4	0	0	0	19.3	0.8
Pork Bender	271	14.1	2.7	0.1	0.6	22.7	2.1
Sausage Patty	97.6	8.3	0.6	0.1	0.6	6.9	0.6
Cheese Slice	40.9	1.9	1.3	0	0.3	3.2	0.5
Bacon Slice	64.8	5.8	0.1	0	0.1	4.6	1
Breakfast Sausage	130	7.1	5	0.9	0.9	9.3	1
Dipping Sauces	0	0	0	0	0	0	0
Free Range Fried Egg	89.5	6.8	0	0	0	7	0.2

COLD DRINKS

Lipton Ice Tea	0	0	0	0	0	0	0
Ballygowan Mineral water	0	0	0	0	0	0	0
J2O	0	0	0	0	0	0	0
Mango Iced Smoothie	181	0.8	54.4	2	54.4	0.2	0
Orange Or Apple Juice	163	0.3	38.8	0	38.8	0.3	0
Summer Fruits Iced Smoothie	274	1	63	3.6	61.8	0.3	0
Fruit Shoot Hydro	0	0	0	0	0	0	0
Fruit Shoot	0	0	0	0	0	0	0
Squash	4.4	0	0.6	0	0.6	0	0.1

THICK SHAKES

Vanilla	196	6.1	32.2	0.4	27.4	4.8	0.3
Strawberry	243	6.1	43.9	0.4	38.8	4.8	0.3
Chocolate	246	6.1	44.6	0.5	39	4.8	0.3
Banana	244	6.1	44.1	0.4	39.1	4.8	0.3

SPARKLING DRINKS

Pepsi Max	1.7	0	0	0	0	0	0.2
Pepsi Diet	2	0	0	0	0	0	0.2
pepsi	143	0	37.4	0	37.4	0	0
7 Up Free	6.8	0	0	0	0	0	0.3
Tango Orange Free	3.4	0	0	0	0	0	0.4

HOT DRINKS

Cappuccino	81.5	5.5	8.7	0	7.8	2.4	0.2
Caffe Latte	111	7.7	11.4	0	10.1	3.4	0.2
Americano	16.3	1.2	1.7	0	1.4	0.5	0
Hot Chocolate	224	10.4	32.4	0.9	30.3	5.4	0.5
Espresso	2.6	0.2	0.3	0	0.2	0.1	0
Mocha	183	8.9	25.6	0.6	23.8	4.5	0.4
Extra Shot Of Coffee	2.6	0.2	0.3	0	0.2	0.1	0
Tea	14.3	1.1	1.4	0	1.3	0.4	0
Herbal Tea	2.3	0.1	0.5	0	0.5	0	0

1-200 CAL

201-300 CAL

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501+ CAL

EXTRAS

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Chocolate Flake	44.8	0.7	4.7	0.1	4.6	2.6	0.1
Mini Marshmallows	32.4	0.6	7.6	0	7.2	0	0
Cream	38.9	0.3	1.4	0	1.4	3.6	0
Topping Sauces	0	0	0	0	0	0	0

BREAKFAST PLATES

Country	359	24.9	16.3	5	4.1	21	2.6
The Great Wimpy	758	48.8	43.9	6.2	6.7	42.7	5.2
All-Day Breakfast	832	41.4	46.2	8	4	52.7	4.9
Eggs & Toast	458	22	45.3	0.8	3.3	21.1	1.3

MUFFINS

Sausage & Egg muffin	380	23.3	32.4	2	7	17.9	2
Hashbrown Muffin	380	16.2	43	2.9	6.7	16.5	1.8
Sausage & Hashbrown Muffin	478	24.5	43.5	3.1	7.3	23.3	2.3
Bacon & Hashbrown Muffin	445	22	43	2.9	6.8	21	2.8
Bacon & Egg Muffin	347	20.9	31.9	1.9	6.5	15.6	2.5

EXTRAS

Chips	267	3.6	32.1	3.8	0.2	13.7	0.1
2 Slices Of Toast With Jam Or Marmalade	279	8.4	45.3	0.8	3.3	7.2	0.9
Slice Of Bacon	359	24.9	16.3	0	4.1	21	2.6
Breakfast Sausage	130	7.1	5	0.9	0.9	9.3	1
Free Range Fried Egg	89.5	6.8	0	0	0	7	0.2
Pork Bender	271	14.1	2.7	0.1	0.6	22.7	2.1
Heins Baked Beans	69.3	4.8	10.1	3.9	2	0.2	0.4
Hashbrown	97.9	1.2	11.1	1	0.3	5.4	0.3

SUNDAES

Brownie Sundae	591	8.3	84.4	4.6	73.4	23.9	0.6
Ice Cream Sundae	159	4	21.3	2.1	19.9	6.4	0.3

SWEET TREATS

Brown Derby	436	6.7	62.3	3.5	35.9	17.4	0.6
Eskimo Waffle	663	9.9	74.3	2.9	40.9	35.8	0.7
Chocolate Brownie	639	7.4	75.9	3.8	68.8	33.1	0.5
Pancakes & Ice Cream	344	7.7	63.9	2.6	31.2	6.7	1.5

EXTRAS

Portion Of Cream Or Ice Cream	0	0	0	0	0	0	0

1-200 CAL

201-300 CAL

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501+ CAL

KIDS - COMBO MEALS

	Calories (k/cal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
Cheese Toastie	521	14.9	71.1	3.4	5.9	19.6	1.7
Junior Burger	560	23.8	58.3	4.3	4.7	25.3	1.3
Fish Bites	379	12.4	41.1	3.4	0.2	18.1	0.6
Chicken Strips	433	19.7	38.1	3.8	1.3	23.3	1.2
Sausages	446	16.7	32.4	4.3	2	28.1	2.1
Junior Cheese Burger	601	25.8	59.6	4.3	5	28.4	1.8