SUBURY cheatdaydesign.com MENU NUTRITION

SUBWAY SERIES SANDWICHES

NUTRITION FOR FOOTLONG (CUT ALL VALUES IN HALF FOR 6")





The Outlaw 980 Calories 44g Fat 80g Carbs 60g Protein



The Monster 1,160 Calories 60g Fat 84g Carbs 72g Protein





Bella Mozza 950 Calories 44g Fat 89g Carbs 60g Protein



The Boss 1,300 Calories 68g Fat 108g Carbs 64g Protein





The Great Garlic 1,140 Calories 58g Fat 86g Carbs 68g Protein



The Champ 980 Calories 46g Fat 75g Carbs 66g Protein





Subway Club 1,000 Calories 48g Fat 86g Carbs 64g Protein



Turkey Cali Club 1,200 Calories 68g Fat 86g Carbs 66g Protein





Chicken Teriyaki 860 Calories 22g Fat 110g Carbs 60g Protein



Garlic Roast Beef 960 Calories 42g Fat 86g Carbs 60g Protein



The Ultimate B.M.I.
1,120 Calories
60g Fat
86g Carbs
54g Protein

Pickleball Club 1,000 Calories 44g Fat 94g Carbs 54g Protein



Chicken Bacon Ranch 1,140 Calories 58g Fat 86g Carbs 68g Protein





The Beast 1,460 Calories 88g Fat 90g Carbs 80g Protein



Grand Slam Ham 1,000 Calories 48g Fat 86g Carbs 56g Protein

Subway Sandwhich Calorie Guide

Suzanne Beilenson

Subway Sandwhich Calorie Guide:

The 400 Calorie Fix Dining Guide Liz Vaccariello, Editors Of Prevention Magazine, 2015-01-30 The latest scientific research shows that the most straightforward way to lose weight controlling calories is consistently the most successful The 400 Calorie Fix Dining Guide makes it easy Take control wherever you go with this dining companion Chock full of easy and insightful tips this guide keeps you on track while you browse your options at a restaurant buffet bar or other fun locale In The 400 Calorie Fix Dining Guide you ll find Best 400 Calorie Meals at the diner movies ballpark and more At a glance portion guides using the 400 Calorie Lens Mix and match foods to build your own 400 calorie meals No matter where you go The U.S. Navy Seal Guide to Fitness and Nutrition Patricia A. there's a 400 Calorie Fix to slim and satisfy you Deuster, Pierre A. Pelletier, Anita Singh, 2007-05-17 Developed for Navy SEAL trainees to help them meet the rigorous demands of the Naval Special Warfare NSW community this comprehensive guide covers all the basics of physical well being as well as advice for the specific challenges encountered in extreme conditions and mission related activities Topics covered include calculating energy expenditure definitions functions and daily allowances of carbohydrates fats and protein nutritional considerations for endurance and strength training activities active recovery from injury cardio respiratory conditioning appropriate gear for running and swimming for fitness exercising in extreme and adverse weather and more Compiled by physicians and physiologists chosen for their knowledge of the NSW and SEAL community this manual is a unique resource for anyone wanting to improve his or her health strength and endurance Carbohydrate, Fat & Calorie **Guide** Stephenson Jane, 2004 The NutriBase Guide to Fast-Food Nutrition 2nd ed. NutriBase, 2001-11-12 This handy pocket reference fits nicely into a briefcase or purse and will help anyone make smart choices while eating on the run Includes more than sixty five chains in alphabetical order The NutriBase Guide to Carbohydrates, Calories, and Fat NutriBase, 2001-11-12 Dieters everywhere are reducing carbohydrate consumption and this book is the perfect tool to accompany any low carb plan Also useful for diabetics List Maker's Get-Healthy Guide Editors Of Prevention Magazine, 2010-08-17 A healthy lifestyle is as easy as 1 2 3 with this ultra practical collection of lists from the editors of America's premier health magazine The beauty of a list is that it makes even daunting tasks seem downright doable Every item checked off is an accomplishment in itself as well as another step closer to success So what better format is there for delivering need to know information and advice to people who want to change their health for the better List Maker's Get Healthy Guide deftly distills the most relevant medical science and cogent expert opinion into a series of easy to understand easy to use lists covering all kinds of health topics including the best and worst organic foods the germiest public places the most effective belly flattening moves the must haves for any medicine chest There's something for everyone in List Maker's no matter if their goal is to lose weight get in shape reduce stress or otherwise create a healthier lifestyle There s even room for you to write and refine your own lists as you wish And because it s from Prevention the brand synonymous with healthy

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nutritional interventions Covers micronutrients vitamins carbohydrate fat vitamin fiber fluid replacement water healthy snacking restaurants fast foods nutritional considerations for endurance activities strength training mission performance mission recovery ergogenic agents Extensive appendices The Pocket Calorie Counter, 2016 Edition Suzanne Beilenson, 2016-07-12 2016 edition The new digital version of the Pocket Calorie Counter is fully searchable and text in all nutritional information charts is scalable and easy to read A speedy discreet way to stay informed about the content of your meals and snacks wherever you are Count on it More than 8 000 entries Provides calorie counts for most foods and beverages as well as protein carbs fiber sodium fats and other essentials Includes menu items from popular restaurants too With the digital edition look up information in seconds Tables are fully visible at most font sizes no need to squint Biggest Loser Complete Calorie Counter Cheryl Forberg, Biggest Loser Experts and Cast, 2006-10-03 Based on the New York Times bestseller with calorie counts for more than 5 000 foods Millions of inspired viewers have seen overweight contestants shape up and slim down on The Biggest Loser NBC s hit unscripted show Amazingly their striking health makeovers were based on a simple calories in calories out weight loss strategy This user friendly guide is the perfect resource for anyone whether you re looking to follow The Biggest Loser Weight Loss Plan or trying to stay informed about the foods you eat each day With full nutritional analysis of thousands of foods and dining out information ranging from fast food favorites to sushi and other ethnic cuisines The Biggest Loser Complete Calorie Counter has all you need to know to become the next Biggest Insiders' Guide® to Indianapolis Jackie Sheckler Finch, 2010-03-23 A first edition Insiders Guide to Indianapolis is the essential source for in depth travel and relocation information to Indiana's capital city Written by a local and true insider this guide offers a personal and practical perspective of Indianapolis and its surrounding environs The Men's Health Big Book of Food & Nutrition Editors of Men's Health Magazi, Joel Weber, 2010-12-21 In the aisles of the grocery store the menus of chain restaurants even in one s own refrigerator confusion about how to eat right reigns Is low carb good or is carbo loading the better way to go Fat free or sugar free And when did those dreaded eggs become a health food Americans are hungrier than ever for clear cut answers to their most perplexing food questions but a private nutritionist or a membership in a diet club are expensive luxuries What you really need is an authoritative encyclopedic source at your fingertips The Men s Health Big Book of Nutrition is the ultimate guide to shopping dining and cooking for bigger flavor and a leaner body It answers the ongoing demand for definitive information about the food we eat and taps into a readership hungry for final word answers Filled with easy to swallow eating strategies and backed by groundbreaking studies and interviews with the world's most authoritative nutrition researchers. The Men's Health Big Book of Food Nutrition will help you discover just how easy it is to unlock the power of food and stay healthy for life Dietitian's Pocket Guide to Nutrition Nancie Harvey Herbold, Sari Edelstein, 2010 Portable and concise the Dietitian's Pocket Guide to Nutrition serves as an easy reference for dieticians and other health care professionals who quickly need to access the recommended nutrition care for

various medical conditions and problems Serving as a key healthcare the dietitian will be able to answer patients questions concerning their specific nutritional needs and make informed decisions about foods a patient may or may not consume The Dietitian s Pocket Guide to Nutrition allows easy access to essential nutrition information that is critical to patient care

The Powerfood Nutrition Plan Susan Kleiner, Jeff O'Connell, 2006-05-30 Geared specifically to men s nutritional needs this comprehensive guide will show you how choosing the right foods can enhance every aspect of your life With chapters on everything from food's effect on mood sex and brainpower to the role food plays in weight loss muscle gain and athletic performance you ll have all the information you ll need to see remarkable results within weeks Always on the cutting edge nutritionist Susan Kleiner uses the latest nutritional research to provide innovative recipes and meal plans to ensure maximum results The Powerfood Nutrition Plan includes Vital tips for using food to increase longevity and improve physical appearance More than 20 detailed meal plans designed to address a variety of fitness and nutrition goals Quick easy and delicious recipes to keep you going The Powerfood Nutrition Plan is the guidebook to help you break out of your routine and become more powerful in every area of your life So pick up that fork It s time to get started on the body and life you ve The Abs Diet Eat Right Every Time Guide David Zinczenko, Ted Spiker, 2004-12-09 Smart Eating always wanted Choices Made Simple TENS OF THOUSANDS OF AMERICANS HAVE CHANGED THEIR BODIES AND THEIR LIVES with the help of The Abs Diet the New York Times bestseller from David Zinczenko editor in chief of Men s Health magazine The principles of The Abs Diet are simple Eat more healthy food six delicious meals a day and crowd out the bad stuff that s making you fat The Abs Diet has been proven to strip off 10 15 even 20 pounds of flab from your belly first in six weeks or less Now Zinczenko makes eating smart and healthy easy with this eye opening portable weight loss manual THE ABS DIET EAT RIGHT EVERY TIME GUIDE This on the go guide pinpoints the foods you should choose to burn away belly fat no matter where you are at home in the supermarket even at the fast food counter And it reveals the hidden killers that are adding inches to your waistline and taking years off your life Discover these amazing weight loss secrets Should you toast a bagel or an English muffin Did you know that making the wrong choice will cost you 150 extra calories What's healthier a bean burrito or a taco salad Would you believe the healthy salad will pile 130 more calories onto your plate Which will make you fatter a Whopper or a Big Mac You ll be stunned to discover the shocking truth Learn why a hot fudge sundae is a treat you should eat why potato chips are better for you than french fries and why Swiss cheese is three times healthier than Cheddar You don't have time for complicated plans or fancy recipes In THE ABS DIET EAT RIGHT EVERY TIME GUIDE Zinczenko tells you how to strip away belly fat in every situation from the frozen food aisle to the deli from a five star restaurant to the drive thru On the go eating doesn t have to end up on your gut L.E.A.N. Guide for the Business Traveler Veronica Tomor, 2011-04-30 There is no available information at this time Too Busy to Diet Jacqueline King, Monica Joyce, MS, RDN, CDCES, 2021-05-28 Are you interested in adopting a healthier lifestyle reaching a healthy weight or seeking answers

for a physician prescribed diet Or perhaps you are interested in scientific based nutrition advice Do you find your busy lifestyle makes it difficult to eat healthy and exercise If the answer to these questions is yes then this book is for you Putting healthy meals together with busy lifestyles can be tough and for many of us the Covid pandemic has made it even more difficult Research has shown some Americans have gained an average of 20 pounds during Covid Yet finding quick easy solutions for meal planning shopping and preparation to stay healthy is a priority Too Busy to Diet includes recipes easy meal ideas and sample menus It is based on the fundamentals of good nutrition based on current research Whether you want to learn about the health benefits of a plant based diet Mediterranean diet or need some tips to help you lose or maintain weight our book can guide and support your efforts and help you feel your best Too Busy to Diet is like having your own personal dietitian nutritionist

The Complete and Up-to-Date Fat Book Karen J. Bellerson, 2001 Lists the fat content total calories and percentage of fat calories for over 30 000 food products brand names and fast food chains

Food on the Go Pocket Guide First Place 4 Health, 2008-07-01 The Food on the Go Pocket Guide is a quick and easy reference for on the go meals when members need to access health and nutrition information

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