

HOW TO ESTIMATE CALORIES IN RESTAURANT FOOD

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FIND TWO COMPARABLE FOODS FROM RESTAURANTS OR STORES THAT PROVIDE NUTRITION INFO, THEN TAKE THE AVERAGE TO ESTIMATE THE CALORIES IN YOUR MEAL

Slice of New York Style Cheesecake



440-530

TARGET & SAM'S CLUB
ESTIMATED: 485

Thin Crust Cheese Pizza Slice



215-430

PAPA JOHN'S & SBARRO
ESTIMATED: 320

Steak Taco



200-230

TACO BELL & CALIFORNIA TORTILLA
ESTIMATED: 215

Restaurant Cheeseburger



650-875

BURGERFI & BAREBURGER
ESTIMATED: 760

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Belgian Waffle



460-590

PERKINS & IHOP
ESTIMATED: 525

Grilled Chicken Caesar Salad



770-920

APPLEBEE'S & RUBY TUESDAY
ESTIMATED: 845

Standard Side of Fries



290-370

TGI FRIDAY'S & SMASHBURGER
ESTIMATED: 330

Breadstick



100-140

LITTLE CAESAR'S & OLIVE GARDEN
ESTIMATED: 120

THIS METHOD WILL NEVER BE PERFECT, BUT THE POINT HERE IS ESTIMATING. NOT PERFECTION.

How To Count Calories Guide

Roberta Larson Duyff



How To Count Calories Guide:

Embracing the Song of Term: An Mental Symphony within **How To Count Calories Guide**

In a world consumed by screens and the ceaseless chatter of immediate connection, the melodic splendor and emotional symphony created by the published word often diminish into the back ground, eclipsed by the constant noise and disruptions that permeate our lives. However, set within the pages of **How To Count Calories Guide** a marvelous literary prize brimming with natural emotions, lies an immersive symphony waiting to be embraced. Constructed by a masterful musician of language, that captivating masterpiece conducts readers on a mental trip, skillfully unraveling the concealed songs and profound affect resonating within each cautiously constructed phrase. Within the depths of the emotional review, we will discover the book is key harmonies, analyze their enthralling publishing model, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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