

# 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**

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**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  
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**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

**Clemens Wendtner**



## **How To Count Calories Guide:**

This book delves into How To Count Calories Guide. How To Count Calories Guide is a crucial topic that needs to be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into How To Count Calories Guide, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
  - Chapter 1: Introduction to How To Count Calories Guide
  - Chapter 2: Essential Elements of How To Count Calories Guide
  - Chapter 3: How To Count Calories Guide in Everyday Life
  - Chapter 4: How To Count Calories Guide in Specific Contexts
  - Chapter 5: Conclusion
2. In chapter 1, this book will provide an overview of How To Count Calories Guide. This chapter will explore what How To Count Calories Guide is, why How To Count Calories Guide is vital, and how to effectively learn about How To Count Calories Guide.
3. In chapter 2, the author will delve into the foundational concepts of How To Count Calories Guide. The second chapter will elucidate the essential principles that must be understood to grasp How To Count Calories Guide in its entirety.
4. In chapter 3, the author will examine the practical applications of How To Count Calories Guide in daily life. The third chapter will showcase real-world examples of how How To Count Calories Guide can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of How To Count Calories Guide in specific contexts. This chapter will explore how How To Count Calories Guide is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about How To Count Calories Guide. The final chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of How To Count Calories Guide.

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