

HOW TO ESTIMATE CALORIES IN RESTAURANT FOOD

@cheatdaydesign

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

by @cheatdaydesign

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.

Fastfood Restaurant Calorie Guide

RC Schank



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