

Fast Food Burger Meals

YIKES!

	Calories
<u>BURGER KING</u>	
BK Whopper w/ Cheese	800
King Size Fries	600
Large Chocolate Shake	850
Nestle's Choc. Chip Cookies (2)	440
Total	2690

<u>MC DONALD'S</u>	
Big Mac	600
Large Size Fries	520
Large Size Coke 32 Oz.	310
M&M Mcflurry 12.3 Oz.	630
Total	2060

<u>WENDY'S</u>	
Big Bacon Classic w/Ch	580
Great Biggie Fries	530
Medium Lemon Lime 20 Oz.	130
Medium Frosty 16 Oz.	430
Total	1670

DAMAGE CONTROL

	Calories	
Whopper Jr w/ Cheese, No Mayo		350
Small Fries		230
Small Choc. Or Strawberry Shake		284
Hersey Sundae Pie		300
Total	1164	

Double Cheeseburger		490
Small Fries		220
Diet Coke or Water		0
Baked Apple Pie		260
Total	970	

Jr. Hamburger		270
Small Fries (Kids Meal)		250
Coffee, Tea or Diet Coke		0
Small Frosty 12 oz.		330
Total	850	

MOTIVATED

	Calories	
Whopper Jr., No cheese or mayo		310
Side Salad w/ FF Ranch Dressg.		55
8 Oz. 1% Milk		110
Skip Dessert		0
Total	475	

Hamburger		280
Go Fry-less		0
Diet Coke or Water		0
Reduced Fat Vanilla Cone		150
Total	430	

Small Chili		227
Crackers & Cheese		23
Coffee, Tea or Diet Coke		0
Jr. Frosty 6 oz.		160
Total	410	