

Caroline's Hot Food Macro Sheet

	Calories	Fat	Total	Fiber	Protien	Net Carbs
Sandwiches						
Copy Cat Chic Fila	323	28	5	2	24	3
Roasted Chicken Salad	234	17	3	1	19	2
French Dip	429	34	3	1	26	2
BLT	289	24	3	1	17	2
Hot Panini	399	31	4	1	27	3
Muffuletta	250	21	3	1	18	2
Burgers						
Angus Cheddar Burger	650	53	4	2	38	2
Ground Turkey Burger	590	47	4	2	36	2
Beyond Beef Burger	479	37	7	3	36	2
Pizzas						
Cheese	625	44	6	1	27	5
Pepperoni	641	49	6	1	42	5
Sausage	657	45	6	1	41	5
Caprese	480	22	6	1	29	5
Taco	539	38	6	1	32	5
Buffalo Chicken	542	31	6	1	30	5
Chicken Tikka	507	32	6	1	30	5
Meat Lovers	704	57	6	1	60	5
Tostadas						
Beef Tostadas	538	33	12	3	46	9
Vegan Tostadas	598	40	17	6	43	11
Sides						
Quest Chips	140	5	5	1	19	4
Pasta Salad	210	10	18	15	25	3
Side Salad	90	3	1	0	0	1
Cup of Soup	303	30	6	2	5	4
Cheesy Pasta	251	17	22	18	31	4
Hamburger Buns	129	10	2	1	7	1
Pizza Crust Alone	305	25	4	1	17	3