

# 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

**Tobias Bleicker**



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

Embark on a breathtaking journey through nature and adventure with is mesmerizing ebook, **How To Count Calories Guide** . This immersive experience, available for download in a PDF format ( \*), transports you to the heart of natural marvels and thrilling escapades. Download now and let the adventure begin!

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