

Food Item	Calories Per Serving	Grams of Fat	Calories From Fat	Cholesterol mg/Serving
Taco	224	12.93	116	68
Chicken Taco	164	6.93	62	45
Soft Shell Taco	255	13.92	125	68
Chicken Soft Taco	196	6.60	59	45
Tostada	253	13.43	121	32
Meaty Tostada	447	22.54	203	89
Bean Burrito	397	12.39	112	21
Meat Burrito	528	25.33	228	135
Combo Burrito	463	18.80	169	78
Deluxe Burrito	531	24.84	224	90
Bean Enchilada	332	14.06	127	32
Meat Enchilada	437	26.35	237	146
Combo Enchilada	385	20.20	182	89
Frijoles	280	10.73	97	21
Regular Salad	43	0.98	9	0
Deluxe Salad	361	23.09	208	99
Super Salad	734	47.62	429	101
Chicken Super Salad	565	34.66	312	81
Seafood Salad	543	32.67	294	110
Rice	155	0.98	na	0
Roger Special	380	5.63	na	0

How To Count Calories Guide

L Cohen



How To Count Calories Guide:

Enjoying the Tune of Appearance: An Mental Symphony within **How To Count Calories Guide**

In a global consumed by screens and the ceaseless chatter of immediate conversation, the melodic splendor and psychological symphony produced by the written word usually fade into the background, eclipsed by the relentless noise and distractions that permeate our lives. But, set within the pages of **How To Count Calories Guide** a charming literary value filled with raw emotions, lies an immersive symphony waiting to be embraced. Crafted by an outstanding composer of language, that fascinating masterpiece conducts readers on an emotional journey, skillfully unraveling the concealed tunes and profound influence resonating within each cautiously constructed phrase. Within the depths of the touching evaluation, we will examine the book is key harmonies, analyze its enthralling writing type, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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