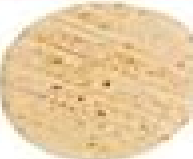
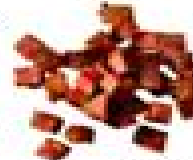




# CHIPOTLE NUTRITION GUIDE

created by @cheatdaydesign



|                                                                                                                                                                           |                                                                                                                                                                               |                                                                                                                                                                            |                                                                                                                                                                          |                                                                                                                                                                       |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <br><b>FLOUR TORTILLA (BURRITO)</b><br>320 Calories<br>9g Fat<br>50g Carbs<br>8g Protein  | <br><b>TACO SHELLS (3 TACOS)</b><br>200 Calories<br>9g Fat<br>29g Carbs<br>3g Protein        | <br><b>FLOUR TORTILLAS (3 TACOS)</b><br>250 Calories<br>8g Fat<br>40g Carbs<br>7g Protein | <br><b>WHITE/BROWN RICE</b><br>210 Calories<br>4-6g Fat<br>36-40g Carbs<br>4g Protein | <br><b>CAULIFLOWER RICE</b><br>40 Calories<br>1g Fat<br>7g Carbs<br>3g Protein     |
| <br><b>CHICKEN</b><br>180 Calories<br>7g Fat<br>0g Carbs<br>32g Protein                   | <br><b>STEAK</b><br>150 Calories<br>6g Fat<br>1g Carbs<br>21g Protein                        | <br><b>CARNITAS</b><br>210 Calories<br>12g Fat<br>0g Carbs<br>23g Protein                 | <br><b>BARBACOA</b><br>170 Calories<br>7g Fat<br>2g Carbs<br>24g Protein              | <br><b>SOFRITAS</b><br>150 Calories<br>10g Fat<br>9g Carbs<br>8g Protein           |
| <br><b>PINTO &amp; BLACK BEANS</b><br>130 Calories<br>1.5g Fat<br>22g Carbs<br>8g Protein | <br><b>FAJITA VEGETABLES</b><br>20 Calories<br>0g Fat<br>5g Carbs<br>1g Protein              | <br><b>TOMATILLO RED-CHILI SALSA</b><br>30 Calories<br>0g Fat<br>4g Carbs<br>0g Protein   | <br><b>FRESH TOMATO SALSA</b><br>25 Calories<br>0g Fat<br>4g Carbs<br>0g Protein      | <br><b>SOUR CREAM</b><br>110 Calories<br>9g Fat<br>2g Carbs<br>2g Protein          |
| <br><b>ROASTED CORN SALSA</b><br>80 Calories<br>1.5g Fat<br>16g Carbs<br>3g Protein      | <br><b>CHIPOTLE HONEY VINAIGRETTE</b><br>220 Calories<br>16g Fat<br>18g Carbs<br>1g Protein | <br><b>QUESO BLANCO</b><br>120 Calories<br>9g Fat<br>4g Carbs<br>5g Protein              | <br><b>TOMATILLO GREEN SALSA</b><br>15 Calories<br>0g Fat<br>4g Carbs<br>0g Protein  | <br><b>SUPERGREENS LETTUCE</b><br>15 Calories<br>0g Fat<br>3g Carbs<br>1g Protein |
| <br><b>MONTEREY JACK CHEESE</b><br>110 Calories<br>8g Fat<br>1g Carbs<br>6g Protein     | <br><b>SIDE OF CHIPS</b><br>540 Calories<br>25g Fat<br>73g Carbs<br>7g Protein             | <br><b>LARGE CHIPS</b><br>810 Calories<br>38g Fat<br>110g Carbs<br>11g Protein          | <br><b>GUACAMOLE</b><br>230 Calories<br>22g Fat<br>8g Carbs<br>2g Protein           | <br><b>LARGE GUACAMOLE</b><br>460 Calories<br>44g Fat<br>16g Carbs<br>4g Protein |

• Brown rice and white rice are very similar, but brown rice has 6g fat and 36g carbs vs white rice with 4g fat and 40g carbs.

• Portions sizes apply to a burrito, burrito bowl, salad, or 3 tacos.

# Chipotle Nutrition Chart

**American Heart Association**

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the American Heart Association text.

## **Chipotle Nutrition Chart:**

**Nutrition For Dummies** Carol Ann Rinzler, 2016-04-25 Get the straight facts on nutrition slim down and feel great You've been hearing it since you were a kid You are what you eat And this wise saying is true Good nutrition is the key to achieving and maintaining healthy weight and lifelong good health no matter how you slice it Nutrition For Dummies 6th Edition is a one size fits all guide to nutrition that shows you how to manage your diet so you get the most bang for your buck This book gives you the know how to put together a shopping list prepare healthy foods and easily cut calories The latest edition of The Dietary Guidelines for Americans encourages individuals to eat a healthful diet one that focuses on foods and beverages that help achieve and maintain a healthy weight promote health and prevent chronic disease This updated edition of Nutrition For Dummies reflects the latest suggested guidelines and details in plain English so you can incorporate these recommendations for living a nutritionally sound life You'll get updated RDAs on vitamins and nutritional supplements find out why you should eat more fruits vegetables nuts whole grains and other plant based foods understand the importance of cholesterol for brain health get the latest information on obesity and more Decipher the latest nutrition facts labels and guidelines Understand why sugar is the most controversial subject in diet today Grasp the truth about vitamin supplements and energy drinks Make informed decisions about your own nutrition choices An apple a day may not necessarily keep the doctor away but with the simple guidance of Nutrition For Dummies 6th Edition you can be on your way to living a happier healthier and longer life

**The Model Body Plan** Aesha Waks, 2016-02-05 THE MODEL BODY PLAN Based on an essay written during her undergraduate studies at New York University Aesha Waks THE MODEL BODY offers readers a thoughtfully researched easy to follow weight loss solution THE MODEL BODY plan strips away the fat and clearly outlines the simple steps necessary to reach and maintain your goals without ever having to give up the foods you love Nutrition

**Nutrition** Lori A. Smolin, Mary B. Grosvenor, 2019-01-14 Nutrition Science and Applications 4th Edition helps students develop the scientific understanding to support their personal and professional decisions Using a critical thinking approach Smolin brings nutrition out of the classroom and allows students to apply the logic of science to their own nutrition concerns both as consumers and as future scientists and health professionals *American Heart Association Eat Less Salt* American Heart Association, 2013-03-05 Knock down that sodium but not the flavor to decrease your blood pressure and risks for heart attack and stroke This toolkit sodium tracker and cookbook in one gives you solid health information and 60 low sodium recipes for favorite comfort foods With the book's step by step approach eating less salt has never been more achievable Everyone can benefit from a lower sodium diet Millions of Americans including 97 percent of children consume far more sodium than they need averaging about 3 400 milligrams of sodium a day or seven times what the body needs to function To help you achieve the association's recommended daily sodium intake of 1 500 milligrams Eat Less Salt gives you realistic strategies for cutting back on sodium gradually With this book you'll learn how to Monitor your current sodium intake Reduce the high sodium

products in your pantry refrigerator and freezer Read and understand food labels Know which popular foods are salt traps Keep sodium in check while eating out Plan healthy lower sodium weekly menus without sacrificing flavor **Healing the Vegan Way** Mark Reinfeld,2016-07-12 According to increasing evidence plant based diets are better for the health of both people and the planet leading to a dietary revolution But with all the conflicting nutritional theories out there how do you decide which foods are truly best for you With contributions from leading medical professionals like Dr Michael Klaper Dr Michael Greger and Dr Joel Kahn *Healing the Vegan Way* demonstrates a Clear and Simple path through the latest medical research on different approaches With practical tips for plant based living 200 simple whole food recipes health supportive cleanses menu plans and more *Healing the Vegan Way* helps you maximize benefits for both body and mind *Handbook of cheese in health: production, nutrition and medical sciences* Victor R. Preedy,Ronald Ross Watson,Vinood B. Patel,2023-08-07 Cheeses are one of the most diverse food commodities known They have a wide range of regional and geographical differences in manufacture taste texture colour and contribution to the diet Because cheese is an important source of macro and micro nutrients it can be seen as a valuable product in human nutrition However some consider that traditionally manufactured cheeses may not contribute to optimal health For this reason there is a drive to produce types with reduced or modified fat or salt contents Another aspect that affects human health is that cheese may also harbour harmful pathogens in some circumstances To gain a holistic understanding of cheese in health nutritionists and dieticians have a fundamental need to grasp the process of cheese manufacture while cheese manufacturers benefit by understanding the health related aspects of cheese This handbook bridges the intellectual and trans disciplinary divide and provides a balanced overview of cheese in relation to health Experts provide a comprehensive coverage of subjects in relation to cheese production nutrition and medical sciences such as composition and health benefits toxicology metabolic and nutritional effects and microbiology *Betty Crocker Cookbook, 11th Edition* Betty Crocker,2011-11-07 America s most trusted cookbook is better than ever Representing its most thorough revision ever the *Betty Crocker Cookbook 11th Edition* includes hundreds of new recipes three new chapters and icons that showcase how we cook today faster healthier and with many more flavors New features celebrate the book s expertise and heritage with repertoire building recipe lessons and fresh twists on American classics With nearly 1 100 gorgeous new photos and 1 500 recipes as well as invaluable cooking guidance The *Big Red Cookbook* is better and more comprehensive than ever before The book features Exclusive content at BettyCrocker.com for Big Red buyers including 80 videos 400 additional recipes and more to complement and enhance the cookbook 1 500 recipes 50 percent new to this edition Nearly 1 100 all new full color photos more than three times the number in the previous edition including 350 step by step photos Bold contemporary and colorful design Three new chapters on Breakfast and Brunch Do It Yourself including canning preserving and pickling and Entertaining including cocktails and party treats New feature Learn to Make recipes giving visual lessons on preparing essential dishes like Roast Turkey and

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The book delves into Chipotle Nutrition Chart. Chipotle Nutrition Chart is a crucial topic that needs to be grasped by everyone, ranging from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Chipotle Nutrition Chart, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:

- Chapter 1: Introduction to Chipotle Nutrition Chart
- Chapter 2: Essential Elements of Chipotle Nutrition Chart
- Chapter 3: Chipotle Nutrition Chart in Everyday Life
- Chapter 4: Chipotle Nutrition Chart in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, this book will provide an overview of Chipotle Nutrition Chart. This chapter will explore what Chipotle Nutrition Chart is, why Chipotle Nutrition Chart is vital, and how to effectively learn about Chipotle Nutrition Chart.
3. In chapter 2, this book will delve into the foundational concepts of Chipotle Nutrition Chart. This chapter will elucidate the essential principles that need to be understood to grasp Chipotle Nutrition Chart in its entirety.
4. In chapter 3, the author will examine the practical applications of Chipotle Nutrition Chart in daily life. The third chapter will showcase real-world examples of how Chipotle Nutrition Chart can be effectively utilized in everyday scenarios.
5. In chapter 4, this book will scrutinize the relevance of Chipotle Nutrition Chart in specific contexts. The fourth chapter will explore how Chipotle Nutrition Chart is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, this book will draw a conclusion about Chipotle Nutrition Chart. This chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Chipotle Nutrition Chart.

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