



CHIPOTLE MENU

NUTRITION GUIDE

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Large Tortilla
Burrito/Quesadilla
320 Calories
9g Fat
50g Carbs
8g Protein



Taco Shells (3)
200 Calories
9g Fat
29g Carbs
3g Protein



Taco Tortilla (3)
250 Calories
8g Fat
40g Carbs
7g Protein



White Rice
210 Calories
4g Fat
40g Carbs
4g Protein



Brown Rice
210 Calories
6g Fat
36g Carbs
4g Protein



Chicken
180 Calories
7g Fat
0g Carbs
32g Protein



Steak
150 Calories
6g Fat
1g Carbs
21g Protein



Barbacoa
170 Calories
7g Fat
2g Carbs
24g Protein



Carnitas
210 Calories
12g Fat
0g Carbs
23g Protein



Sofritas
150 Calories
10g Fat
9g Carbs
8g Protein



Black Beans
130 Calories
2g Fat
22g Carbs
8g Protein



Pinto Beans
130 Calories
2g Fat
21g Carbs
8g Protein



Fajita Veggies
20 Calories
0g Fat
5g Carbs
1g Protein



Cheese*
110 Calories
8g Fat
1g Carbs
6g Protein



Guacamole
230 Calories
22g Fat
8g Carbs
2g Protein



Sour Cream
110 Calories
9g Fat
2g Carbs
2g Protein



Fresh Salsa
25 Calories
0g Fat
4g Carbs
0g Protein



Roasted Corn Salsa
80 Calories
2g Fat
16g Carbs
3g Protein



Green Tomatillo
15 Calories
0g Fat
4g Carbs
0g Protein



Red Tomatillo
30 Calories
0g Fat
4g Carbs
0g Protein



Chipotle Honey Vinaigrette
220 Calories
16g Fat
18g Carbs
1g Protein



Queso Blanco
120 Calories
9g Fat
4g Carbs
5g Protein

All serving sizes are the same across meals. For double protein or veggies, 2X all numbers. Kids servings are 1/2 of what you see here.

*3 servings of cheese in a quesadilla



Side of Chips
540 Calories
25g Fat
73g Carbs
7g Protein



Large Side of Chips
810 Calories
38g Fat
110g Carbs
11g Protein



Side of Kid's Chips
140 Calories
6g Fat
18g Carbs
2g Protein



Side of Guac
230 Calories
22g Fat
8g Carbs
2g Protein



Large Side of Guac
460 Calories
44g Fat
16g Carbs



Side of Queso
240 Calories
18g Fat
8g Carbs
10g Protein



Large Side of Queso
480 Calories
36g Fat
16g Carbs
20g Protein

Chipotle Restaurant Nutrition Guide

Jack W. Plunkett



Chipotle Restaurant Nutrition Guide:

Making Weight Control Second Nature Susan Burke March, 2009 It is all in here A way of living that puts you in control of your weight and health You can be that person who makes deliberate choices one day at a time one meal at a time one food at a time and one walk at a time from publisher s website **Eating Healthy on the Go** Kia Potts, 2014-12-10 This is a dining nutrition guide to help you make better food decisions while on the move This book includes health coaching tips as well as low calorie less sodium and low carbohydrate restaurant meal options [The Stop & Go Fast Food Nutrition Guide](#) Steven G. Aldana, 2007 The Stop Go Fast Food Nutrition Guide shows you how to navigate the fast food maze and choose foods that are actually good for you The guide uses the colors of the stop light red yellow and green to help individuals choose foods that lead toward or away from good health The Stop Go Fast Food Nutrition Guide is the only guide that shows you how to navigate the fast food maze and identify fast foods that are actually good for you With the help of a nationally recognized panel of nutrition experts Dr Aldana has color coded almost 3 500 fast foods from 68 different restaurants Now you can sort through the fast food maze and select the healthy foods and avoid the unhealthy ones Keep the guide in your glove box for easy access [The Low Cholesterol Cookbook and Action Plan](#) Karen L Swanson, 2018-01-30 Eat smarter and boost your heart health with this low cholesterol cookbook and action plan Switching to a new heart healthy diet can seem like a daunting task That s why cardiac dietitian Jennifer Koslo and Go Low Cholesterol blogger Karen Swanson created The Low Cholesterol Cookbook and Action Plan With an easy to follow 4 week program this low cholesterol cookbook delivers comprehensive recipes and a proactive meal plan that can help you eliminate bad fats without missing out on the delectable flavors you crave From Slow Cooker Hawaiian Chicken to Veggie Chili this complete low cholesterol cookbook gives you everything you need to start cooking up a storm Get expert tips for shopping and creating food lists plus suggestions for exercising regularly and more The Low Cholesterol Cookbook and Action Plan goes beyond your basic low cholesterol cookbook with 120 Heart healthy recipes Discover dozens of low cholesterol takes on your favorite foods like Banana Oat Pancakes Honey Mustard Chicken and Flourless Chocolate Cookies A 4 week meal plan Get on the right path to lowering cholesterol in one month with this sensible action plan Fast and flavorful dishes Most meals take 30 minutes or less to prepare and use only 5 key ingredients Embrace a new health conscious way of eating with The Low Cholesterol Cookbook and Action Plan **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

Men's Health ,2008-10 Men s Health magazine contains daily tips and articles on fitness nutrition relationships sex career and lifestyle

The Almanac of American Employers 2007 Jack W. Plunkett,2006-10 This book will help you sort through America s giant corporate employers to determine which may be the best for corporate employers to determine which may be the best for you or to see how your current employer compares to others It has reference for growth and hiring plans salaries and benefits women and minority advancement industries locations and careers and major trends affecting job seekers

Stop & Drop Diet Liz Vaccariello,2015-12-22 Offers quick and easy meals you can find or make anywhere you go using your favorite everyday brand name foods

Men's Health ,2008-10 Men s Health magazine contains daily tips and articles on fitness nutrition relationships sex career and lifestyle

Foodservice Operators Guide ,2007

American Dietetic Association Complete Food and Nutrition Guide Roberta Larson Duyff,2006-09-18 Offers tips and guidelines for following a healthy diet from choosing the right food at the supermarket to eating well at every stage in life

What to Eat When You're Eating Out Hope S. Warshaw,2006 This book is the most comprehensive guide to restaurant nutrition information if you like to eat out want to eat healthy and want to make more informed choices Ideal for when you re trying to lose weight eat heart healthy or better manage other conditions such as diabetes

F & S Index United States Annual ,2007

Women's Health and Wellness 2005 Oxmoor House,2004-11 Like prize winning roses health doesn t just happen it has to be cultivated Fourth in an award winning series Women s Health Wellness offers new and practical solutions to health issues that affect women of all ages From the editors of Health magazine it tracks breakthroughs in both standard medicine and alternative care and provides a wealth of information to inspire healthy lifestyles Conveniently organized chapters cover food fitness relationships stress and a holistic approach to aging Women s Health Wellness is the most authoritative trustworthy resource available today for women who want to look and feel their very very best And that s the greatest gift any woman can get or give

Management Information Systems Gerald V. Post,David Lee Anderson,Gerald Post,2005-02-04 Post opens every chapter with a business problem and uses the chapter to explain the processes and technology that can solve the problem This greater emphasis on problem solving

enables the instructor to quickly show why this material matters *Lodging, Restaurant and Tourism Index* ,1999 *Guide to Healthy Restaurant Eating* Hope S. Warshaw,2002 If you have diabetes here is the information you need to make healthy food choices when you go out to eat Now you can dine at fast food chains and stay on your meal plan Inside this handy guide is complete at a glance nutrition information for more than 55 fast food chains including Burger King Wendy s McDonald s Baskin Robbins TCBY and other favorites *Healthy Dining in San Diego* Anita Jones,Esther Hill,Accents on Health, Inc., Staff, Erica Bohm,2000-03 *The Food Institute's Food Industry Review* ,2007 *Directory of Chain Restaurant Operators* ,2006

Chipotle Restaurant Nutrition Guide: Bestsellers in 2023 The year 2023 has witnessed a remarkable surge in literary brilliance, with numerous engrossing novels captivating the hearts of readers worldwide. Lets delve into the realm of bestselling books, exploring the captivating narratives that have captivated audiences this year. The Must-Read : Colleen Hoover "It Ends with Us" This touching tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can prevail. Uncover the Best : Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This spellbinding historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids absorbing storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic : Delia Owens "Where the Crawdads Sing" This evocative coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens spins a tale of resilience, survival, and the transformative power of nature, captivating readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of engaging stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a exceptional and gripping novel that will keep you wondering until the very end. The novel is a cautionary tale about the dangers of obsession and the power of evil.

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