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# Menu Nutrition

## Breakfast

WHATABURGER

### Biscuit



290 Calories  
16g Fat  
32g Carbs  
5g Protein

### Biscuit With Bacon



355 Calories  
22g Fat  
32g Carbs  
8g Protein

### Biscuit With Sausage



520 Calories  
38g Fat  
32g Carbs  
16g Protein

### Egg & Cheese Biscuit



425 Calories  
26g Fat  
32g Carbs  
14g Protein

### Biscuits & Gravy



470 Calories  
29g Fat  
46g Carbs  
7g Protein

### Egg Sandwich



310 Calories  
12g Fat  
34g Carbs  
15g Protein

### Biscuit Sandwich with Bacon



500 Calories  
32g Fat  
32g Carbs  
18g Protein

### Biscuit Sandwich with Sausage



665 Calories  
48g Fat  
32g Carbs  
25g Protein

### Honey Butter Chicken Biscuit



560 Calories  
35g Fat  
50g Carbs  
13g Protein

### Taquito With Cheese & Potato



450 Calories  
25g Fat  
38g Carbs  
17g Protein

### Taquito With Cheese & Bacon



405 Calories  
22g Fat  
28g Carbs  
20g Protein

### Taquito With Cheese & Sausage



440 Calories  
26g Fat  
28g Carbs  
19g Protein

### Pancakes



630 Calories  
17g Fat  
108g Carbs  
9g Protein

### Breakfast Bowl with Bacon



775 Calories  
50g Fat  
53g Carbs  
27g Protein

### Breakfast Bowl with Sausage



940 Calories  
66g Fat  
53g Carbs  
34g Protein

### Breakfast on a Bun (Sausage)



525 Calories  
32g Fat  
34g Carbs  
26g Protein

### Breakfast Burger



670 Calories  
38g Fat  
51g Carbs  
28g Protein

### Hash Brown Sticks



190 Calories  
11g Fat  
21g Carbs  
2g Protein

# Protein Breakfast Prices Store Hours

**Jessica J Manson**

## Protein Breakfast Prices Store Hours:

**Vegetarian Times** ,1999-09    **Vegetarian Times** ,1999-07 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that s exclusively vegetarian but wrapped in a fresh stylish mainstream package that s inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT s goal To embrace both

**Vegetarian Times** ,1999-08    **Vegetarian Times** ,1999-10 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that s exclusively vegetarian but wrapped in a fresh stylish mainstream package that s inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT s goal To embrace both    **Vegetarian Times** ,2000-02 To do what no other magazine does Deliver simple delicious food plus expert health and lifestyle information that s exclusively vegetarian but wrapped in a fresh stylish mainstream package that s inviting to all Because while vegetarians are a great vital passionate niche their healthy way of eating and the earth friendly values it inspires appeals to an increasingly large group of Americans VT s goal To embrace both    **The Church Times** ,1900

**Orange Coast Magazine** ,2004-01 Orange Coast Magazine is the oldest continuously published lifestyle magazine in the region bringing together Orange County s most affluent coastal communities through smart fun and timely editorial content as well as compelling photographs and design Each issue features an award winning blend of celebrity and newsmaker profiles service journalism and authoritative articles on dining fashion home design and travel As Orange County s only paid subscription lifestyle magazine with circulation figures guaranteed by the Audit Bureau of Circulation Orange Coast is the definitive guidebook into the county s luxe lifestyle    **The Butchers' Advocate and Market Journal** ,1952

**Restaurant Business** ,2010    **Stores circular** Army and navy co-operative society, ltd,1891    **Convenience Store News** ,2002    **Skiing** ,1984-12    **Business Periodicals Index** ,1979    **The National Provisioner** ,1961 Vols for 1995 include an annual issue with title Sourcebook    **Changing Times** ,1958    **Caterer & Hotelkeeper** ,1987-03    **The Chronicle** ,1887    **The Macedonian Times** ,2001    **Just the Good Stuff** Rachel Mansfield,2020-02-25 Welcome to food freedom 100 recipes that prove you can make healthy choices without sacrificing the meals snacks and sweets you love with plenty of gluten free Paleo and plant based options Rachel Mansfield s vibrant debut cookbook proves that living a healthy lifestyle doesn t mean adhering to restrictive diets or giving up all the foods you crave Using better for you ingredients such as grain free flours collagen peptides and coconut sugar you can indulge while still maintaining a balanced approach to eating Rachel s recipes focus on creative flavor forward takes on favorite comfort food dishes think Almond Butter Pad Thai Sweet Potato Nachos with Cashew Cheese Homemade Pastry Tarts with Berry Chia Jam and Epic Quinoa Burrito Bowls Though Rachel personally doesn t prescribe to a single diet or label many recipes are Paleo friendly dairy free and gluten

free and none include any refined sugar This highly approachable book is organized to reflect the rhythms of real life grab and go breakfasts meat and vegetables perfect to mix and match for meal prep easy solo dinners potluck friendly spreads shareable snacks and of course sweets lots of em because as Rachel says You can have your gluten free cake and eat it too Perfect for those who are new to cooking or learning how to incorporate healthy ingredients into their everyday lives Just the Good Stuff includes an entire chapter on food prep both a money and time saver lots of confidence building tips and inspirational advice Praise for Just the Good Stuff In Just the Good Stuff Rachel creates recipes that are gluten free dairy free and deliciously vibrant Her Crunchy Tahini Chocolate Grain Free Granola and Paleo Everything Bagel Bread are just two of the many recipes you ll crave over and over again Plus having a guide to prepping food for the week this book has you covered for all aspects of eating Frank Lipman MD bestselling author of The New Health Rules and How to Be Well Rachel s recipes are modern approachable and simple enough that anyone can make them Just the Good Stuff is a new staple on my bookshelf Gina Homolka New York Times bestselling cookbook author and founder of Skinnytaste *Super Market Merchandising* ,1954

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