

FOR THE KIDS

Includes kids sub or flatbread, side and kids drink

HAM & CHEESE
CAL 420 - 840

TURKEY & CHEESE
CAL 430 - 850

TRIPLE CHEESE
CAL 450 - 880

SUBS GET LONELY TOO.

MAKE IT A COMBO:

Add Chips & A Regular Fountain Drink



ADDS 120-490 CAL

2,000 calories a day is used for general nutrition advice, but calorie needs vary

CATERING

To order catering, go to: QUIZNOS.COM/CATERING or CALL YOUR LOCAL QUIZNOS®

SUB & FLATBREAD TRAYS

Sub Trays serve 8-12* (heavy 2" sub pieces)

Flatbread Trays serve 7-10* (fourteen flatbreads, not in half)

CLASSIC QUIZNOS Mix of Classic Italian, Turkey Ranch & Swiss, Honey Mustard Chicken, Mesquite Chicken
CAL SUBS 4320 / FLATBREADS 5840

MEATY Mix of Classic Italian, Traditional, Baja Chicken
CAL SUBS 4340 / FLATBREADS 5940

BOLD BUNCH Mix of Classic Italian, Ultimate Turkey Club, Traditional, Baja Chicken, Mesquite Chicken
CAL SUBS 4700 / FLATBREADS 5870

FRESH FIX Mix of Turkey Ranch & Swiss, Honey Mustard Chicken, Wagyu Gnocchetti
CAL SUBS 5890 / FLATBREADS 5520

CIABATTA TOASTIE TRAYS

Serves 7-10 (one ciabatta, not in half)

Mix of Little Italy, Southwest Club, Ham & Swiss
CAL 4460

BOX LUNCHES

REGULAR SANDWICH BOX LUNCH Includes choice of an 8" sub or 2 flatbreads, chips and a chocolate chunk cookie
CAL 940 - 1400

SMALL SANDWICH BOX LUNCH Includes choice of a 4" sub, 1 flatbread or Ciabatta Toastie, chips and a chocolate chunk cookie
CAL 440 - 1050

SALAD BOX LUNCH Includes choice of full salad and a chocolate chunk cookie
CAL 440 - 750

SALAD BOWLS

Includes your choice of any salad & served with herb meat (serves 5)

BBQ CHICKEN RANCH CAL 2350

CHEF SALAD CAL 2470

HONEY MUSTARD CHICKEN CAL 2550

APPLE HARVEST CHICKEN CAL 3270

FRESH GARDEN CAL 1470

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Quiznos Sub Nutrition Guide

Arthur Agatston

A red circular graphic with a gradient, appearing as a partial circle or a thick arc, located to the right of the author's name.

Quiznos Sub Nutrition Guide:

Digest Diet Dining Out Guide Liz Vaccariello, 2012-12-27 More information to be announced soon on this forthcoming title from Penguin USA

The South Beach Diet Dining Guide Arthur Agatston, 2005-12-27 Americans spend 440 billion eating out at restaurants each year and as the American culture is increasingly on the go we let diets fall by the wayside as we fuel up on fast food and convenience foods Now with *The South Beach Diet Dining Guide* Dr Arthur Agatston will give dieters a trusted resource to keep them on track wherever they go The first part of the book features listings of over 75 of the most popular chain and family restaurants in America including mall and airport listings For each entry the book provides an editorial overview and specific menu recommendations and nutritional information *The South Beach Diet Dining Guide* focuses on what you can eat not what you should avoid The second part of the book covers suggestions on what to eat from different ethnic food categories such as French Italian Mexican Spanish Indian and Japanese A bonus section for travelers includes an editorial overview and menu suggestions from South Beach friendly restaurants in 15 of the most well traveled cities New York Los Angeles San Francisco Boston Chicago Atlanta Dallas Cleveland New Orleans Kansas City Minneapolis Miami Washington DC St Louis and Las Vegas

The Get With The Program! Guide to Fast Food and Family Restaurants Bob Greene, 2004-01-01 It's not where you eat it's what you eat From Bob Greene the bestselling author of *Get With the Program* comes a handy portable guide to dining out With healthy choices from more than 75 fast food and family restaurants including Applebee's The Olive Garden Kentucky Fried Chicken McDonald's Burger King Domino's Pizza Subway Dairy Queen and Taco Bell now you can feel confident about staying on the Program when dining out with friends or family There are no confusing nutritional charts or graphs just simple honest advice for those of us who enjoy dining out Each restaurant listing offers Bob's Top Picks for healthy and delicious options as well as a list of menu items that are not on the Program With tips on portion control beverage choices and balancing fat carbohydrates and protein this is an indispensable book for anyone who dines out once a year or once a week Whether you're on the Program or just getting started you will turn to *The Get With the Program Guide to Fast Food and Family Restaurants* to make smart choices when dining out

The 400 Calorie Fix Dining Guide Liz Vaccariello, Editors Of Prevention Magazine, 2015-01-30 The latest scientific research shows that the most straightforward way to lose weight controlling calories is consistently the most successful *The 400 Calorie Fix Dining Guide* makes it easy Take control wherever you go with this dining companion Chock full of easy and insightful tips this guide keeps you on track while you browse your options at a restaurant buffet bar or other fun locale In *The 400 Calorie Fix Dining Guide* you'll find Best 400 Calorie Meals at the diner movies ballpark and more At a glance portion guides using the 400 Calorie Lens Mix and match foods to build your own 400 calorie meals No matter where you go there's a 400 Calorie Fix to slim and satisfy you

The Diet Fix Yoni Freedhoff M.D., 2014-03-04 With *The Diet Fix* weight loss expert Dr Yoni Freedhoff offers a groundbreaking useable guide to begin living happily while losing weight permanently It is time to break

the cycle of traumatic dieting Despite the success stories publicized by Atkins South Beach Weight Watchers and others 90% of all diets end in failure How can we fix the way we lose weight so that we make results last Whether used on its own or in conjunction with any other diet Dr Freedhoff's program shows how to replace a toxic dieting mindset with positive beliefs and behaviors Dr Freedhoff has uncovered the flawed thinking that sabotages even the most earnest weight loss efforts The majority of dieting or weight loss programs call for regular sacrifice Give up an entire food group fight hunger day and night undertake exhausting and grueling exercise regiments These approaches are unrealistic unhealthy and make it nearly impossible to maintain results Now at last there is hope In The Diet Fix Dr Freedhoff offers a tested program for breaking down the negative thought patterns that prevent people from losing weight and keeping it off Through the course of years of research and patient treatment he has developed a 10 Day Reset that supports losing weight while maintaining a healthy enjoyable lifestyle This reset is designed to eliminate the habits that so often lead to weight gain use it to shut down cravings prevent indulgences from turning into binges and break up with the scale once and for all The 10 Day Reset can make any diet more effective whether it's low carb low fat meal replacement calorie tracking or anything in between

The New American Diet Stephen Perrine, Heather Hurlock, 2009-12-22 Unbelievable impossible but true Based on the latest nutritional and environmental science The New American Diet will turn modern weight loss thinking on its head and change the way you eat look and live for good In this groundbreaking new 6 week weight loss plan based on the latest research and test driven by 400 people men and women who lost an average of 15 pounds in just 6 weeks authors Stephen Perrine and Heather Hurlock expose the truth about scores of recently discovered obesity causing chemicals lurking in the American diet chemicals so hazardous to our weight that researchers have coined a new phrase for them Obesogens The New American Diet unveils the first diet plan to reverse the obesogen effect and strip off 10 20 30 pounds or more Discover why your weight isn't your fault and why calories eaten and calories burned are only the beginning of the story Learn how to lose weight while eating all your favorite foods steak pasta ice cream and even chocolate by breaking free of the Old American Diet myths that are keeping us fat

Encyclopedia of Junk Food and Fast Food Andrew F. Smith, 2006-08-30 Eating junk food and fast food is a great all American passion American kids and grownups love their candy bars Big Macs and supersized fries Doritos Twinkies and Good Humor ice cream bars The disastrous health effects from the enormous appetite for these processed fat and sugar loaded foods are well publicized now This was particularly dramatically evidenced by Super Size Me 2004 filmmaker Morgan Spurlock's 30 day all McDonald's diet in which his liver suffered the same poisoning as if he had been on an extended alcohol binge Through increased globalization American popular food culture is being increasingly emulated elsewhere in the world such as China with the potential for similar disastrous consequences This A to Z reference is the first to focus on the junk food and fast food phenomena from a multitude of angles in addition to health and diet concerns More than 250 essay entries objectively explore the scope of the topics to illuminate the American way through products

corporations and entrepreneurs social history popular culture organizations issues politics commercialism and consumerism and much more Interest in these topics is high This informative and fascinating work with entries on current controversies such as mad cow disease and factory farming the food pyramid movie tie ins and marketing to children will be highly useful for reports research and browsing It takes readers behind the scenes examining the significance of such things as uniforms training packaging and franchising Readers of every age will also enjoy the nostalgia factor learning about the background of iconic drive ins the story behind the mascots facts about their favorite candy bar and collectables Each entry ends with suggested reading Besides an introduction a timeline glossary bibliography resource guide and photos enhance the text Sample entries A Advertising Automobiles Ben Burger King Carhops Center for Science in the Public Interest Christmas Cola Wars Employment Fair Food Fast Food Nation Hershey Milton Hollywood Injury Krispy Kreme Lobbying Nabisco Obesity PepsiCo Salt Soda Fountain Teen Hangouts Vegetarianism White Castle Yum Brands Inc *Boomer's Guide to Getting the Weight Off... for Good!* Roberta Schwartz Wennik,2003 A nutrition consultant and bestselling health and fitness author shares time tested advice with baby boomers on how to shed pounds and achieve a healthy weight for mid life and beyond

Low-Sodium Meal Prep Cookbook Ayla Shaw,2025-06-17 6 weeks of make ahead meals to jump start your low sodium diet Discover how easy it can be to start and stick to a low sodium diet with the power of meal prep With these convenient and flavorful recipes you ll be able to turn a few hours of prepping into a full week s worth of meals ready to reheat and serve What sets this book apart from other low sodium cookbooks Low sodium made simple Find out why a low sodium diet is good for you what you should be eating and how to make sure meals still taste great 6 weeks of meals Avoid the question of What am I going to eat with 6 full menus each covering 7 days worth of breakfasts lunches and dinners For any home cook Enjoy a full range of meals featuring familiar ingredients and straightforward directions perfect for both new and experienced meal preppers Reduce your sodium intake with ease using this prep focused heart healthy cookbook *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 **Obesity, Business and Public Policy** Zoltán J. Ács,2010-01-01 The effects of obesity have become practically ubiquitous in the US This book aims to provide an alternative framework through which to explore the important and controversial obesity debate that has spilled over from the medical community This book is not about obesity as a medical condition nor does it offer a wide ranging discussion on the health effects of obesity or the role of the right diet *Eat This, Not That (AARP ED)* Editors of Eat This, Not That!,2016-04-05 Don t diet don t sacrifice and don t waste money or time on expensive weight loss foods In fact you can start dropping pounds today while eating all your favorite foods from pizza and pasta to burgers and even dessert From the editors of the bestselling series Eat This Not That comes a unique diet program that strips away added sugars and melts fat from your belly first The trick a series of simple swaps that

will ensure you're eating the very best options from your favorite restaurants and grocery store brands. Discover how easy it is to indulge your way to a flat belly while protecting your brain and striking a blow against heart disease, diabetes, and more.

Pocket Posh Dining Out Calorie Counter Pamela M. Nisevich Bede, 2011-08-30 Written by clinical dietitian and nutritionist Pamela M. Nisevich Bede, MS, RD, Pocket Posh Dining Out Calorie Counter merges the million best-selling Pocket Posh format with the nutritional information of more than 200 fan-favorite restaurant chains. Over 4,000 menu items are presented with each calorie counted, now available at your fingertips. *The Complete Guide to Beating Sugar Addiction* Jacob Teitelbaum, Chrystle Fiedler, 2015-05-15 An Expanded No-Fail Plan to Beating Sugar Addiction. The Complete Guide to Beating Sugar Addiction now with an improved education section, new research, 50 recipes, and refined treatment methods. With one-third of our calories coming from sugar and white flour added to processed foods, sugar addiction is a rapidly growing epidemic. However, unlike other addictions, going cold turkey won't fix it. In an updated version of the groundbreaking book, nationally recognized physician Dr. Jacob Teitelbaum provides new information on the four types of sugar addiction and gives you a step-by-step plan for resolving their underlying causes, breaking sugar cravings forever, and achieving dramatically improved health and energy levels while also making it easier to lose weight. In the updated and expanded edition, 50 delicious recipes will enable you to create meals that fit perfectly with their new healthy lifestyle. **The Active Calorie Diet** Leslie Bonci, Editors of Prevention Magazine, 2015-01-30 New research has revealed what we suspected all along: not all calories are created equal. The calorie counts you've seen on nutrition labels are generated by a machine's calculations, but human bodies are not machines. Unlike those practically predigested Couch Potato Calories found in fast food and many processed snack foods, Active Calories take more work for your body to digest, allowing you to reap all the nutritional benefits without storing excess calories. Learn how to slim down and get more energy out of your food with the CHEW Factor. Chewy. Do more work straight off the fork with foods that really make you chomp, like whole apples, lean steaks, or a handful of crunchy nuts. Hearty. Satisfying foods like brown rice and whole grain cereal will fill you up and prevent you from absentminded munching. Energizing. Foods like green tea, coffee, and dark chocolate fire up your metabolism and help you drop weight faster. Warming. Fan the flames to burn even more calories with hot and spicy ingredients such as garlic, chili peppers, or even vinegar. Active Calories not only help you lose weight but also help you be more active so you trim down and firm up even faster. With an optional exercise program, a how-to on the Active Calorie Kitchen, more than 100 quick meals and recipes, and advice from real people who found success on the program, The Active Calorie Diet will transform your eating habits and your waistline permanently. [The G.I. \(glycemic index\) Diet Clinic](#) Rick Gallop, 2008-01-01 Based on the Glycemic Index and developed by the author of the New York Times bestselling G.I. Diet, this 13-week weight loss plan incorporates recipes, meal plans, motivational techniques, and tips, and the inspirational real-life stories of dozens of participants. **Consumers Index to Product Evaluations and Information Sources**, 2004 **Men's Health**, 2008-05

Men's Health magazine contains daily tips and articles on fitness nutrition relationships sex career and lifestyle **Men's Health**, 2008-10 Men's Health magazine contains daily tips and articles on fitness nutrition relationships sex career and lifestyle **Lose It!** Charles Teague, Anahad O'Connor, 2010-12-21 The revolutionary weight loss plan used by more than 5 million people from the creators of the hit iPhone app For years we've been taught that in order to lose weight we have to avoid the foods we love and exercise until we drop To get lean you have to be extreme right Wrong Dieting is a zero sum game You can lose weight fast but more than a third of people regain all of the weight they've lost within a year So why waste time following someone else's diet advice when you can drop the pounds on your own terms With Lose It by Charles Teague and Anahad O'Connor the power to lose weight is in your hands No deprivation no detox no hard and fast rules just a plan that empowers you to create your own personalized strategy tailored to your individual lifestyle schedule dietary needs and goals Despite what many experts would lead you to believe weight loss boils down to simple math calories in vs calories out To shed pounds you have to end each day with a calorie deficit It sounds easy enough but studies show that 63 percent of Americans grossly underestimate their daily calorie intake In fact the average American consumes a staggering 3 790 calories a day that's enough calories to gain more than 10 pounds every month Lose It's life changing philosophy and program have already helped more than 5 million people lose weight In this the first ever book to be developed from an iPhone app readers will learn the five pillars of the Lose It strategy 1 Embrace mindful empowerment Take control of your body and the foods you put in it 2 Track your calories There are no points or complicated algorithms to follow But every snack taste and bite counts 3 Track your habits Spot behavior patterns good and bad that you can modify to help you meet your goal 4 Track your exercise Learn how to burn more calories in less time and boost your calorie burn even when you're not at the gym 5 Benefit from peer support Your social network inspires you keeps you accountable and provides insight and advice With Lose It you can forget about following someone else's idea of what you should and shouldn't eat and simply learn to love food again The best possible weight loss plan after all is the one that you design yourself

The book delves into Quiznos Sub Nutrition Guide. Quiznos Sub Nutrition Guide is an essential topic that needs to be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Quiznos Sub Nutrition Guide, encompassing both the fundamentals and more intricate discussions.

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

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

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

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Quiznos Sub Nutrition Guide.

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