



NUTRITION SURVIVAL GUIDE TO

# MCDONALD'S

CALORIES AND MACRONUTRIENTS

2020/21

[WWW.INFERNOFITNESS.CO.UK](http://WWW.INFERNOFITNESS.CO.UK)

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

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201-300 CAL

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