



THE
CLUB
GYM

NUTRITION SURVIVAL GUIDE TO
SUBWAY

CALORIES AND MACRONUTRIENTS

THECLUBGYM.CO.UK

1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

Calories (kcal)	Protein (g)	Total Carbohydrates (g)	Dietary Fibre (g)	Sugars (g)	Total Fat (g)	Salt (g)
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1-200 CAL

201-300 CAL

301-400 CAL

401-500 CAL

501+ CAL

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