

WORKS BURGER

NAVIGATING YOUR WAY THROUGH THE NUTRITION MENU



Works Burger makes it easy to stay on track with your macro tracking and still enjoy a delicious burger and fries, without making it feel like a 'cheat meal.' Use these tips and guides below to help navigate your way through their drool-worthy menu to make sure you're getting the most delicious, macro-friendly meal possible!

MY FAVOURITE LISTED COMBINTATIONS

Living on the Vedge (P7 C7 F10)

- Arugula
- Goat cheese
- Grilled tomatoes
- Cucumbers
- Red onions
- Tzatziki chill dressing

Down Under (P12 C22 F15)

- Caramelized onions
- Egg
- Pineapple
- Purple beets
- Gouda

Greek Goddess (P6 C7 F10)

- Diced ripe tomatoes
- Minced garlic
- Feta cheese
- Tzatziki chill dressing



PATTY MACROS

- Beef - 4oz, lunch size (P22 C1 F11)
- Beer - 8oz, dinner size (P44 C1 F22)
- Chicken breast (P36 C3 F3)
- Crispy chicken breast (P37 C7 F11)
- Ground turkey (P40 C1 F17)
- Lean elk (P31 C1 F17)
- Mushroom cap (P4 C5 F27)

TOPPINGS BY MACRO

Protein:

- Canadian bacon (P14 C3 F2)
- Smoked beef brisket (P11 C0 F5)

Carbs:

- Potato gratin (P3 C24 F18)
- Bananas (P1 C12 F0)
- Beets (P1 C9 F0)
- Gourmet O-ring (P1 C10 F4)
- Sundried tomatoes (P3 C10 F0)
- Kraft dinner (P4 C16 F3)

Fats:

- Peanut butter (P8 C6 F15)
- Pepperoni (P11 C2 F15)
- Maple bacon (P5 C6 F29)
- Cream cheese (P2 C1 F9)
- Tzatziki chill dressing (P1 C2 F5)

MY FAVOURITE SALADS & SIDES

Weeds salad (P4 C15 F1)

- Romaine lettuce
- Grape tomatoes
- Red peppers
- Cucumbers
- Julienned carrots

Waldork salad (P12 C26 F26)

- Romaine lettuce
- Red onions
- Chopped beets
- Avocado
- Walnuts
- Crumbly blue cheese

Sides:

- Fresh cut fries (P9 C80 F31)
- Sweet potato fries (P3 C59 F22)
- Steamed broccoli (P4 C4 F1)
- Weeds side salad (P1 C5 F0)

SUBSTITUTIONS, ALLERGIES & ADDITIONS

Any topping from their listed menu combinations can be substituted or removed, or you can add in your own toppings from the options on the menu.

If you have any allergies, The Works staff is always more than happy to provide alternatives and substitutions to ensure you stay happy and healthy!

For more nutrition information and endless combinations, visit their website at worksburger.com. Search #worksburgerathlete or #myworksburger on Instagram to see what other people are combining for their burgers!

Make sure you connect with
Courtney on social media!

www.courtneyforlife.com
facebook.com/courtneyforlife

twitter.com/courtney_u
instagram.com/courtneyustrzycki