


These small changes save you 1,254 calories! Doing this just one time per week would equate to a weight loss of **18.6 pounds in a year!**

Culver's: Small Changes

Single ButterBurger = 346 calories
 Small Fries = 275 calories
 Large Sierra Mist Free = 0 calories


Total Calories After = 621



Culver's: Original Choice

Double Cheese ButterBurger = 580 calories
 Cheese Curds = 670 calories
 Coleslaw = 350 calories
 Large Sierra Mist = 275 calories

Total Calories Before = 1,875




Small Changes. Big Difference!

Small Changes. Big Difference!

Culver's: Original Choice

Double Cheese ButterBurger = 580 calories
 Cheese Curds = 670 calories
 Coleslaw = 350 calories
 Large Sierra Mist = 275 calories

Total Calories Before = 1,875



Culver's: Small Changes

Single ButterBurger = 346 calories
 Small Fries = 275 calories
 Large Sierra Mist Free = 0 calories

Total Calories After = 621




These small changes save you 770 calories! Doing this just one time per week would equate to a weight loss of **11.4 pounds in a year!**



Taco John's: Small Changes

2 Soft Shell Chicken Tacos = 380 calories
 Small Potato Oles = 440 calories
 Large Diet Coke = 0 calories


Total Calories After = 820



Taco John's: Original Choice

Grilled Chicken Burrito = 590 calories
 Medium Potato Oles = 620 calories
 Large Coke = 380 calories

Total Calories Before = 1,590



Small Changes. Big Difference! Small Changes. Big Difference!



Taco John's: Original Choice

Grilled Chicken Burrito = 590 calories
 Medium Potato Oles = 620 calories
 Large Coke = 380 calories

Total Calories Before = 1,590



Taco John's: Small Changes

2 Soft Shell Chicken Tacos = 380 calories
 Small Potato Oles = 440 calories
 Large Diet Coke = 0 calories

Total Calories After = 820



These small changes save you 770 calories! Doing this just one time per week would equate to a weight loss of **11.4 pounds in a year!**

Small Changes. Big Difference!

Small Changes. Big Difference!

These small changes save you 900 calories! Doing this just one time per week would equate to a weight loss of **13.4 pounds in a year!**

Subway: Small Changes

12 Inch Turkey Sub on Wheat = 560 calories
 Light Mayo, 1 tablespoon = 50 calories
 Lays Baked Original Chips, 1 ounce = 110 calories
 Water = 0 calories

Total Calories After = 720

Subway: Original Choice

12 Inch Meatball Sub on White = 1,120 calories
 4 Triangles American Cheese = 80 calories
 Cool Ranch Doritos, 1 ounce = 150 calories
 20 oz Mountain Dew = 270 calories

Total Calories Before = 1,620

Subway: Original Choice

12 Inch Meatball Sub on White = 1,120 calories
 4 Triangles American Cheese = 80 calories
 Cool Ranch Doritos, 1 ounce = 150 calories
 20 oz Mountain Dew = 270 calories

Total Calories Before = 1,620

Subway: Small Changes

12 Inch Turkey Sub on Wheat = 560 calories
 Light Mayo, 1 tablespoon = 50 calories
 Lays Baked Original Chips, 1 ounce = 110 calories
 Water = 0 calories

Total Calories After = 720


These small changes save you 550 calories! Doing this just one time per week would equate to a weight loss of **8.1 pounds in a year!**



McDonald's: Small Changes

- Double Cheeseburger = 440 calories
- Medium Fries = 380 calories
- Large Diet Coke = 0 calories


Total Calories After = 820



McDonald's: Original Choice

- Big Mac = 570 calories
- Large Fries = 500 calories
- Large Coke = 300 calories

Total Calories Before = 1,370



Small Changes. Big Difference! Small Changes. Big Difference!



McDonald's: Original Choice

Big Mac = 570 calories
Large Fries = 500 calories
Large Coke = 300 calories

Total Calories Before = 1,370



McDonald's: Small Changes

Double Cheeseburger = 440 calories
Medium Fries = 380 calories
Large Diet Coke = 0 calories

Total Calories After = 820



These small changes save you 550 calories! Doing this just one time per week would equate to a weight loss of **8.1 pounds in a year!**