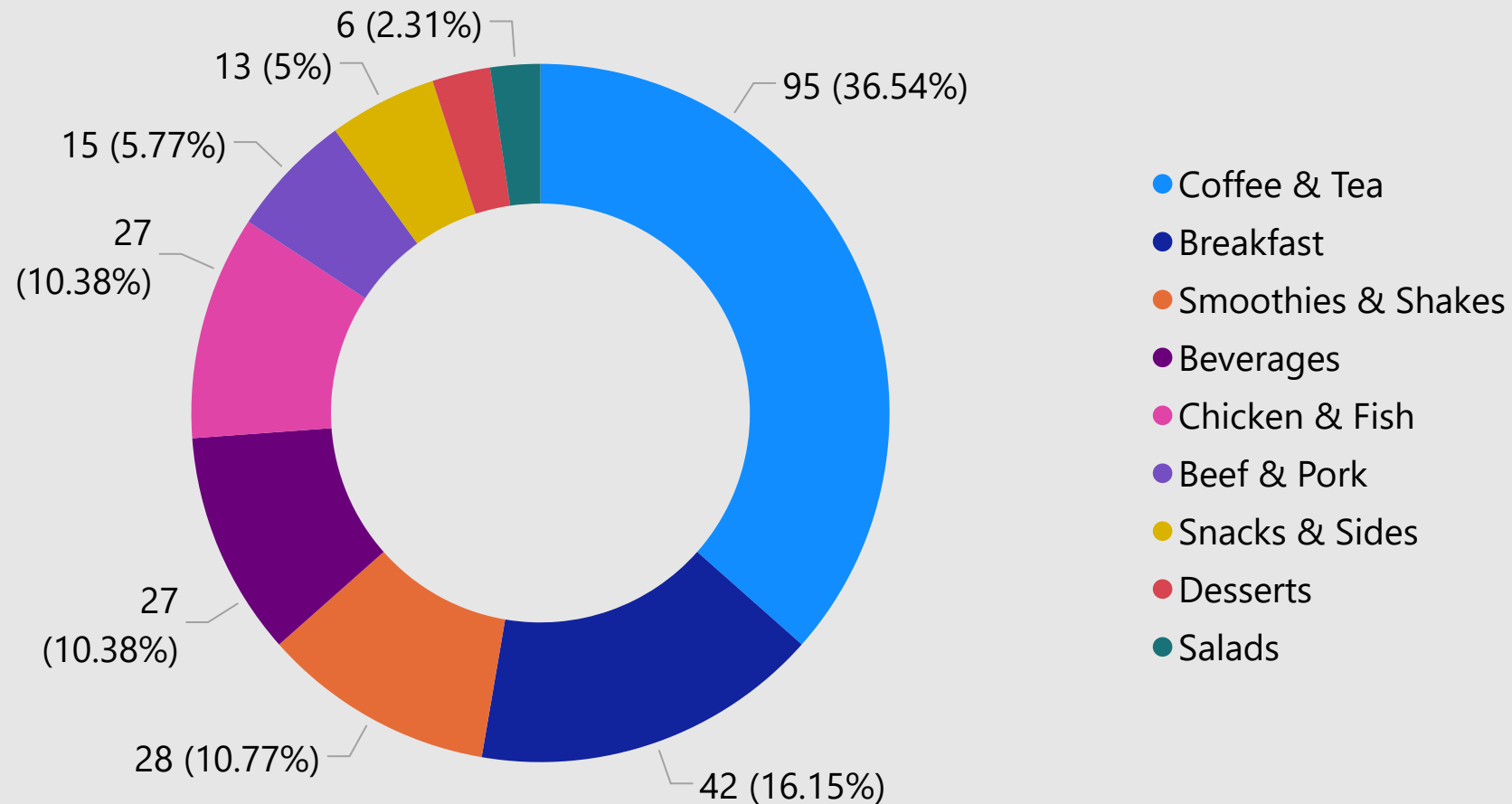


McDonald's Menu Overview

(Calories = 368, Protein = 13.3g, Fat = 14.2g)

Category Distribution



260

Count of Item

368.27

Average of Calories

13.34

Average of Protein

14.17

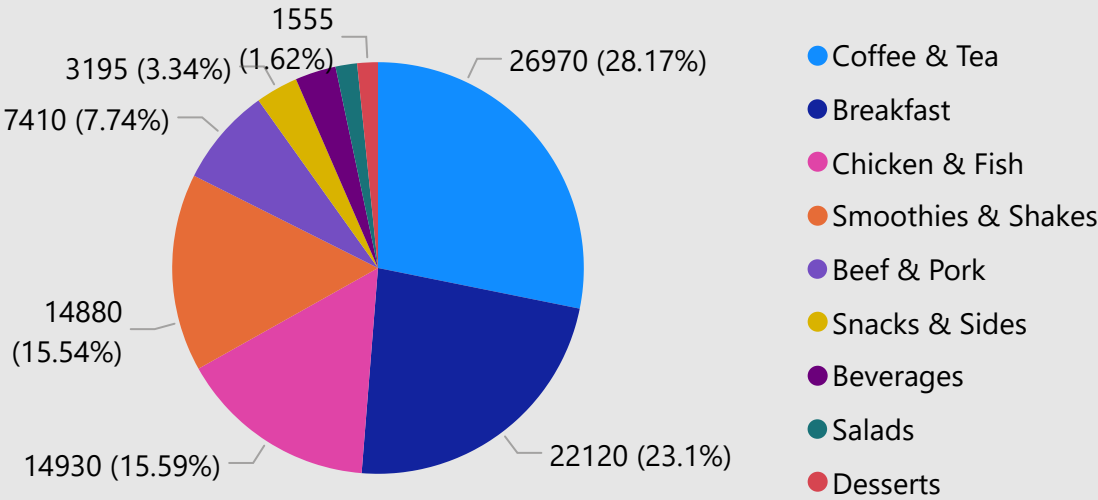
Average of Total Fat

Caloric Distribution Across Menu Categories

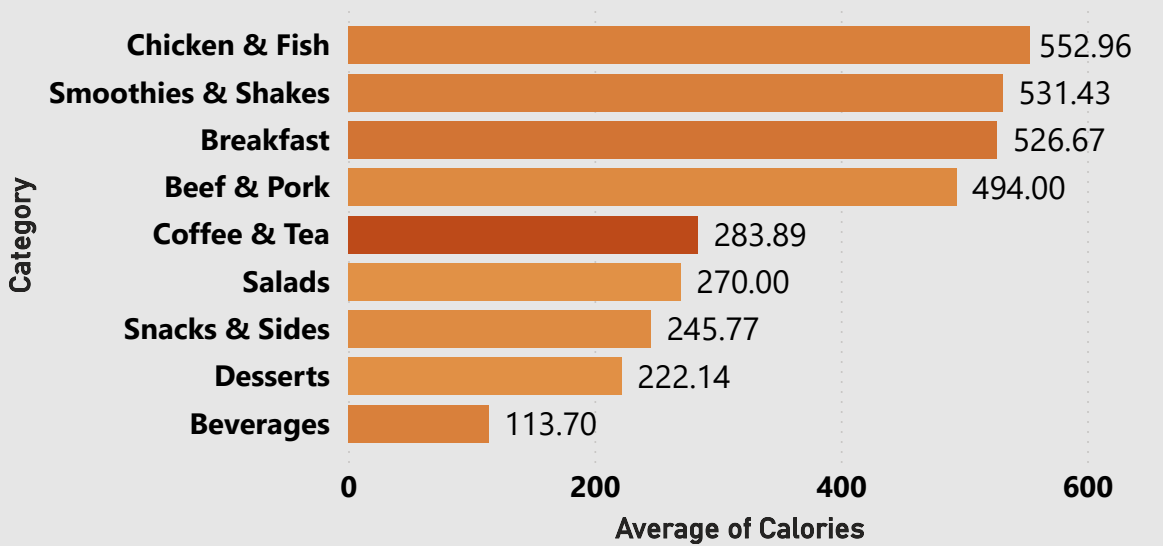
95,750 Calories

Category	1% Low Fat Milk Jug	Apple Slices	Bacon Buffalo Ranch McChicken	Bacon Cheddar McChicken	Bacon Clubhouse Burger	Bacon Clubhouse Crispy Chick
Beef & Pork					720	
Beverages	100					
Breakfast						
Chicken & Fish			430	480		
Coffee & Tea						
Desserts						
Salads						
Smoothies & Shakes						
Snacks & Sides		15				

Sum of Calories by Category



Average Calories by Category

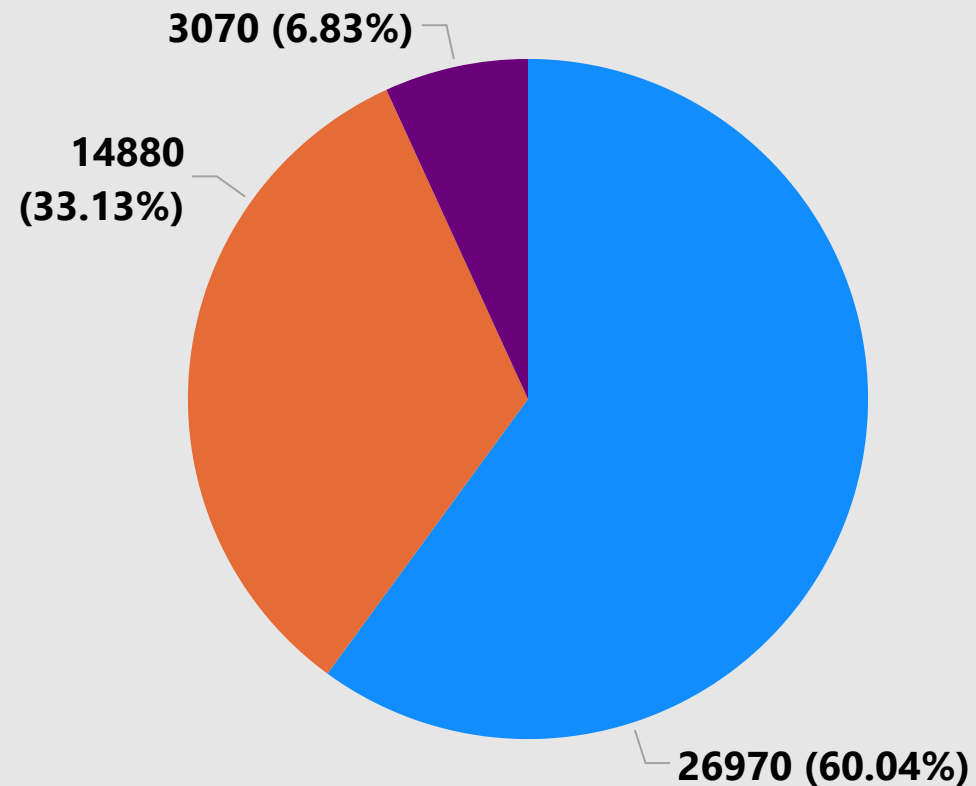


How Beverages Impact Calorie Intake

(Calories = 95,750)

Calories by Beverage type

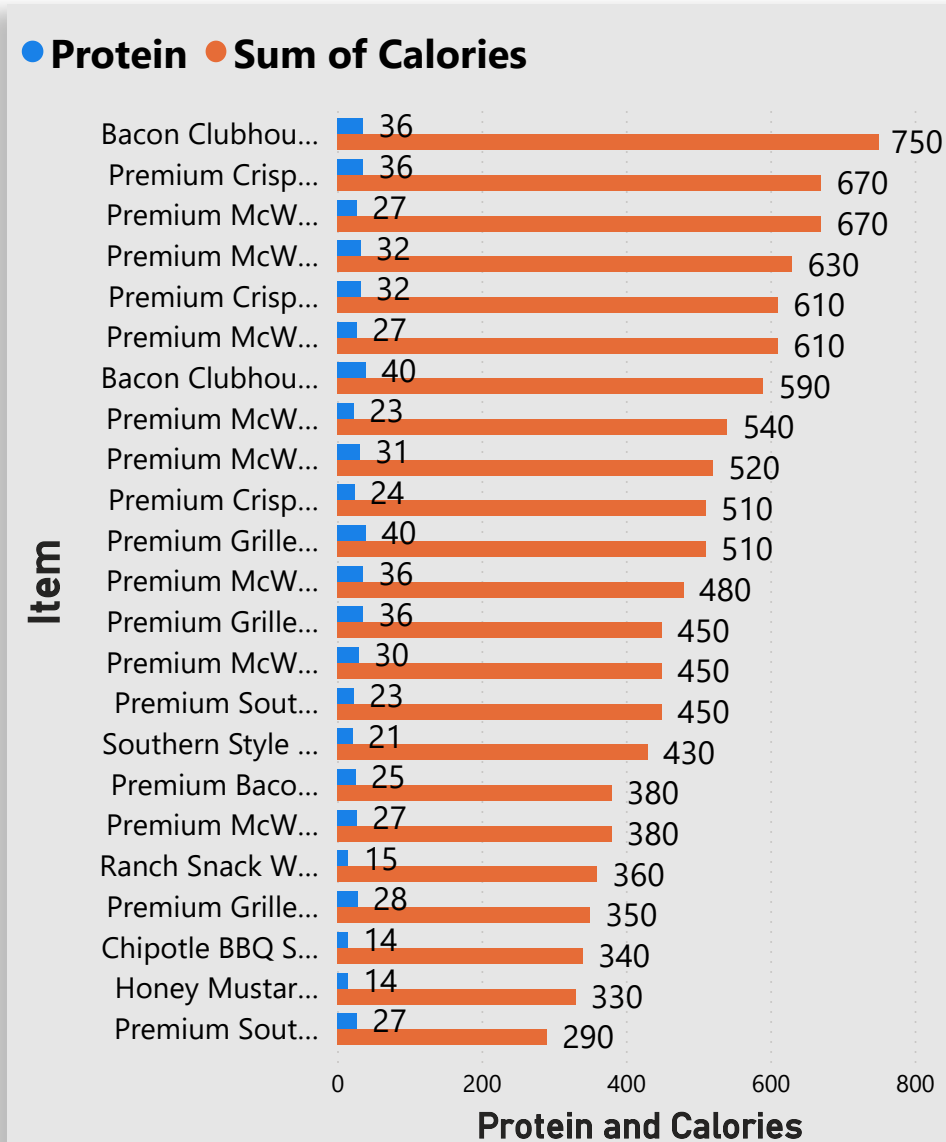
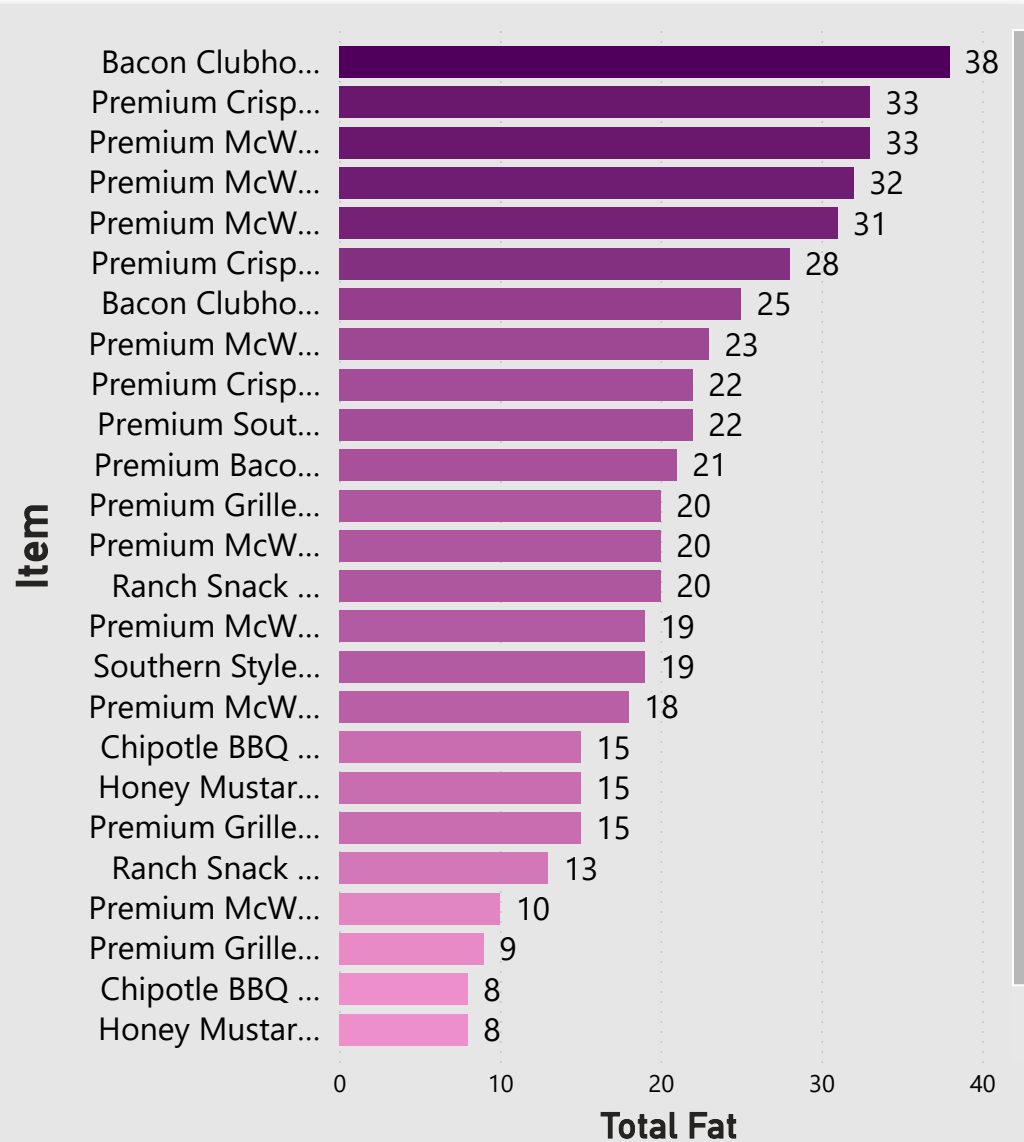
● Coffee & Tea ● Smoothies & Shakes ● Beverages




Item	Category	Sum of Calories
McFlurry with M&M's Candies (Medium)	Smoothies & Shakes	930
Chocolate Shake (Large)	Smoothies & Shakes	850
Strawberry Shake (Large)	Smoothies & Shakes	850
Shamrock Shake (Large)	Smoothies & Shakes	820
Vanilla Shake (Large)	Smoothies & Shakes	820
McFlurry with Reese's Peanut Butter Cups (Medium)	Smoothies & Shakes	810
Frappé Chocolate Chip (Large)	Coffee & Tea	760
Chocolate Shake (Medium)	Smoothies & Shakes	700
McFlurry with Oreo Cookies (Medium)	Smoothies & Shakes	690
Strawberry Shake (Medium)	Smoothies & Shakes	690
Frappé Caramel (Large)	Coffee & Tea	670
Frappé Mocha (Large)	Coffee & Tea	670
Shamrock Shake (Medium)	Smoothies & Shakes	660
Vanilla Shake (Medium)	Smoothies & Shakes	660
McFlurry with M&M's Candies (Small)	Smoothies & Shakes	650
Frappé Chocolate Chip (Medium)	Coffee & Tea	630
Chocolate Shake (Small)	Smoothies & Shakes	560
Frappé Caramel (Medium)	Coffee & Tea	550
Frappé Mocha (Medium)	Coffee & Tea	550
Strawberry Shake (Small)	Smoothies & Shakes	550
Hot Chocolate (Large)	Coffee & Tea	540
Frappé Chocolate Chip (Small)	Coffee & Tea	530
Vanilla Shake (Small)	Smoothies & Shakes	530
McFlurry with Oreo Cookies (Small)	Smoothies & Shakes	510
Mocha (Large)	Coffee & Tea	500
Caramel Mocha (Large)	Coffee & Tea	480
Total		44920

Grilled vs Crispy

(Calories-95,750, Protein-3468.0g, Fat-3683.0g)



- Item** 

 - ☐ Bacon Clubhouse Cris...
 - ☐ Bacon Clubhouse Grill...
 - ☐ Chipotle BBQ Snack ...
 - ☐ Chipotle BBQ Snack ...
 - ☐ Honey Mustard Snack...
 - ☐ Honey Mustard Snack...
 - ☐ Premium Bacon Ranc...
 - ☐ Premium Bacon Ranc...
 - ☐ Premium Crispy Chick...
 - ☐ Premium Crispy Chick...
 - ☐ Premium Crispy Chick...
 - ☐ Premium Grilled Chick...
 - ☐ Premium Grilled Chick...
 - ☐ Premium Grilled Chick...
 - ☐ Premium McWrap Chi...
 - ☐ Premium McWrap Chi...
 - ☐ Premium McWrap Chi...
 - ☐ Premium McWrap Chi...
 - ☐ Premium McWrap Chi...

Build Your Optimal McDonald's Meal

Calories-95,750, Protein-3468.0g, Fat-3683.0g

Yes

Fat Goal Met

Yes

Calories Goal Met

Yes

Protein GoalMet

Target Calories

02000

Target Fat

10100

Target Proteins

1050

Category

All

Fat

0.00118.00

Protein

087

Calories

01880

Item	Category	Calories	Protein	Total
Chicken McNuggets (40 piece)	Chicken & Fish	1880	87	1
Big Breakfast with Hotcakes (Large Biscuit)	Breakfast	1150	36	
Big Breakfast with Hotcakes (Regular Biscuit)	Breakfast	1090	36	
Big Breakfast with Hotcakes and Egg Whites (Large Biscuit)	Breakfast	1050	35	
Big Breakfast with Hotcakes and Egg Whites (Regular Biscuit)	Breakfast	990	35	
Chicken McNuggets (20 piece)	Chicken & Fish	940	44	
McFlurry with M&M's Candies (Medium)	Smoothies & Shakes	930	20	
Chocolate Shake (Large)	Smoothies & Shakes	850	19	
Strawberry Shake (Large)	Smoothies & Shakes	850	18	
Shamrock Shake (Large)	Smoothies & Shakes	820	18	
Vanilla Shake (Large)	Smoothies & Shakes	820	18	
McFlurry with Reese's Peanut Butter Cups (Medium)	Smoothies & Shakes	810	21	
Big Breakfast (Large Biscuit)	Breakfast	800	28	
Frappé Chocolate Chip (Large)	Coffee & Tea	760	12	
Bacon Clubhouse Crispy Chicken Sandwich	Chicken & Fish	750	36	
Total		95750	3468	3,6

3683

TotalFat

95750

TotalCalories

3468

TotalProtein

Strategic Insights and Recommendations

#Grilled & Crispy

✓ Customers can **reduce calorie** and fat intake by choosing **Grilled** items over **Crispy** alternatives.

Example: Grilled Chicken Sandwich vs. Crispy Chicken Sandwich.

#Shakes and Smoothies

⚠ Smoothies and Shakes are among the most calorie-dense items, especially in the Beverages category.

Recommendation: Highlight water or low-calorie options on menus and in promotions.

#Egg White Options

✓ McDonald's can promote Egg White options (e.g., ***Egg White Grill***) as healthier breakfast choices.

These items are ***high in protein*** while keeping fat and calories low.