Wendy's MENU NUTRITION



cheatdaydesign.com



Jr. Vanilla Frosty 190 Calories 5g Fat 32g Carbs 5g Protein



Small Vanilla Frosty 340 Calories 9g Fat 56g Carbs 9g Protein



Med. Vanilla Frosty 450 Calories 12g Fat 75g Carbs 12g Protein



Large Vanilla Frosty 570 Calories 15g Fat 94g Carbs 15g Protein



Jr. Chocolate Frosty 200 Calories 5g Fat 33g Carbs 6g Protein



Small Chocolate Frosty 350 Calories 9g Fat 58g Carbs 10g Protein



Medium Chocolate Frosty 470 Calories 12g Fat 79g Carbs 13g Protein



Chocolate Frosty 590 Calories 15g Fat



Chocolate Chunk Cookie 330 Calories 16g Fat 43g Carbs 3g Protein



Sugar Cookie 330 Calories 16g Fat 43g Carbs 3g Protein



Oatmeal Bar 270 Calories 10g Fat 44g Carbs 3g Protein

99g Carbs

17q Protein



Apple Bites 35 Calories Og Fat 8g Carbs Og Protein



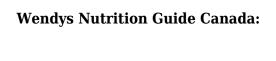
Small Frosty-ccino 210 Calories 5g Fat 35g Carbs 6g Protein



Large Frosty-ccino 310 Calories 8g Fat 51g Carbs 8g Protein

Wendys Nutrition Guide Canada

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Wendys Nutrition Guide Canada Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the energy of words has are more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such may be the essence of the book **Wendys Nutrition Guide Canada**, a literary masterpiece that delves deep to the significance of words and their impact on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall affect readers.

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