

STARBUCKS ADD-ON NUTRITION GUIDE



@cheatdaydesign

WHIPPED CREAM (HOT DRINKS)



SHORT
50 CALS
5g FAT
1g CARBS
1g SUGAR
0g PROTEIN



TALL
60 CALS
6g FAT
2g CARBS
1g SUGAR
0g PROTEIN



GRANDE/VENTI
70 CALS
7g FAT
2g CARBS
2g SUGAR
0g PROTEIN

WHIPPED CREAM (COLD DRINKS)



TALL
80 CALS
8g FAT
2g CARBS
2g SUGAR
0g PROTEIN



VENTI
105 CALS
10g FAT
3g CARBS
2g SUGAR
0g PROTEIN



GRANDE
115 CALS
11g FAT
3g CARBS
2g SUGAR
0g PROTEIN

FLAVORED SYRUP*

PER PUMP
20 CALS
0g FAT
5g CARBS
5g SUGAR
0g PROTEIN



MOCHA SYRUP

PER PUMP
25 CALS
0.5g FAT
6g CARBS
5g SUGAR
1g PROTEIN



PROTEIN POWDER

PER SCOOP
30 CALS
0g FAT
1g CARBS
0g SUGAR
6g PROTEIN



MATCHA POWDER

PER SCOOP
25 CALS
0g FAT
6g CARBS
5g SUGAR
0g PROTEIN



MOCHA DRIZZLE

5 CALS
0g FAT
1g CARBS
1g SUGAR
0g PROTEIN



CARAMEL DRIZZLE

15 CALS
0.5g FAT
2g CARBS
2g SUGAR
0g PROTEIN



*SUGAR-FREE SYRUPS CONTAIN 0 CALORIES AND 0g OF ALL MACROS

Starbuck Calorie Guide

Editors of Runner's World Maga



Starbuck Calorie Guide:

Starbuck Calorie Guide Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the ability of words has be much more evident than ever. They have the ability to inspire, provoke, and ignite change. Such is the essence of the book **Starbuck Calorie Guide**, a literary masterpiece that delves deep to the significance of words and their affect 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 shall explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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