

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

Annette B. Natow, Jo-Ann Heslin



Starbuck Calorie Guide:

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Table of Contents Starbuck Calorie Guide

1. Understanding the eBook Starbuck Calorie Guide
 - The Rise of Digital Reading Starbuck Calorie Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Starbuck Calorie Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Starbuck Calorie Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Starbuck Calorie Guide
 - Personalized Recommendations
 - Starbuck Calorie Guide User Reviews and Ratings
 - Starbuck Calorie Guide and Bestseller Lists
5. Accessing Starbuck Calorie Guide Free and Paid eBooks
 - Starbuck Calorie Guide Public Domain eBooks
 - Starbuck Calorie Guide eBook Subscription Services
 - Starbuck Calorie Guide Budget-Friendly Options

6. Navigating Starbuck Calorie Guide eBook Formats
 - ePub, PDF, MOBI, and More
 - Starbuck Calorie Guide Compatibility with Devices
 - Starbuck Calorie Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Starbuck Calorie Guide
 - Highlighting and Note-Taking Starbuck Calorie Guide
 - Interactive Elements Starbuck Calorie Guide
8. Staying Engaged with Starbuck Calorie Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Starbuck Calorie Guide
9. Balancing eBooks and Physical Books Starbuck Calorie Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Starbuck Calorie Guide
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Starbuck Calorie Guide
 - Setting Reading Goals Starbuck Calorie Guide
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Starbuck Calorie Guide
 - Fact-Checking eBook Content of Starbuck Calorie Guide
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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