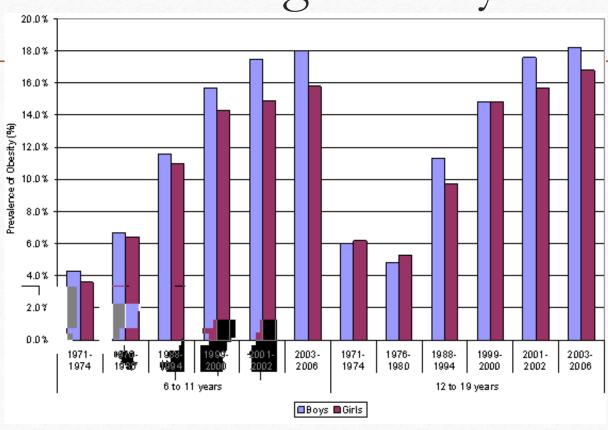


Tackling Obesity



Secret recipe:

Mc'Ardo

- Grilled chicken
- Avocado
- Garlic
- Vegetable oil
- Brown rice tortilla
- Peppers
- Lettuce
- Tomatoes

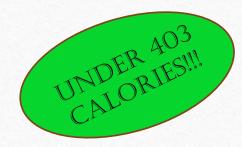
Chicken is grilled to reduce fat



Lettuce



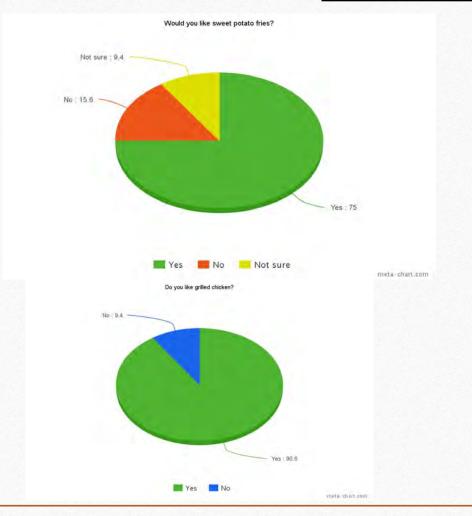
Brown rice tortilla

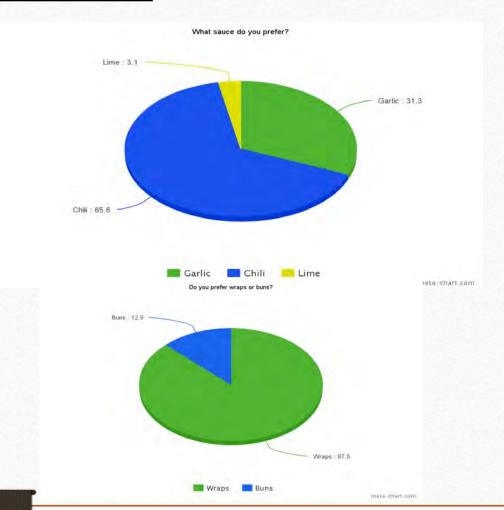


Nutritional values

Energy	kcal 403/20%
Fat	17g/24%
Saturated fat	2.3g/11.5%
Carbohydrates	31g/12%
Of which sugars	1.6g/2%
Salt	0.53g/9%

Market Research







We have made a QR code so it can be scanned easily using your mobile phone and it will take you to Quizlet, which has all the Calorific intake for each ingredient.



