

SUBWAY D.I.Y.

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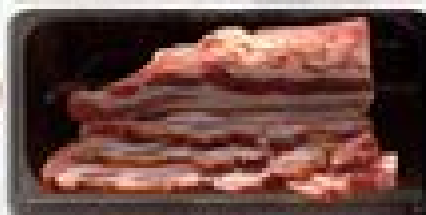
How to Create Your Own

Original Menu

Create Your Own Sub

Enter Contest

Pick-Up Store Locator



Calories / Fat Calculator

Just Added Ingredients
Tomato (14 Cal)

Total Calories: 104 Cal

Just Added Ingredients
Tomato (14g)

Total Fat: 1g

Name Your Sub

PeterandBrieke (2010)

Price Calculator

Just Added Ingredients
Tomato (\$1.00)

Total Price: \$6.00



Subway Sandwich Making Guide

Robert Tabern, Kandace Tabern



Subway Sandwich Making Guide:

How to Survive the School Year: An essential guide for stressed-out grown-ups Lee Parkinson, Adam Parkinson, 2024-08-29 Let the Sunday Times bestselling authors and hosts of Two Mr Ps in a Pod cast lead you through the school year

The Unofficial Guide to Opening a Franchise Jason R. Rich, 2007-03-22 The inside scoop for when you want more than the official line So you dream of escaping the 9 to 5 rat race starting your own business and becoming your own boss but you don't have a clue where to start Opening a franchise based business can lower your start up costs and reduce the time hassle and risk associated with getting a new business operational A franchise offers training support a proven business model and the closest thing possible to a turnkey solution for achieving success There are more than 3 000 different franchise opportunities in more than seventy five industries including packaging and shipping tax preparation maid service fitness car care and more Featuring exclusive in depth interviews with a wide range of franchising experts this book gives you a first hand perspective plus valuable tips and strategies for success It provides the guidance you need to choose the right franchise select a prime location market your business and get it up and running efficiently You'll learn all about financing essential business skills hiring and managing employees working with suppliers and even preparing for your grand opening This guide includes Vital Information on things to look for when evaluating franchise opportunities and where to look Insider Secrets from successful franchisors franchisees and franchise consultants Money Saving Techniques such as using a franchise attorney to help you review the UFOC Uniform Franchise Offering Circular and finalize your Franchise Agreement The Scoop on the latest trends plus profiles of the top twenty five franchises in America Handy Worksheets to help you examine your goals and opportunities evaluate financing options develop a realistic business plan and more

A Guide to Profitable Self Employment - And How to Achieve the Self Confidence to Create Abundance & Prosperity Regardless Of Your Present Circumstances! Martin Woodward, 2011-01-14 Are you Sick of being made redundant or having this threat constantly hanging over you Unemployed without qualifications Sick of bowing and scraping to overpaid hierarchy who are full of their own self importance Underpaid and overworked Fed up with the profits from your hard work lining someone else's pockets Disillusioned with airy fairy business plans that simply don't work Sick of writing CV's and then having to suffer the humiliation of interviews and rejections If so self employment could be for you My guide explains everything you need to know about being self employed including Choosing your business Why 2 3rds fail in the first year The perfect product Working from home Working abroad I've done that too Gross profits net profits mark ups etc Examples of failures successes and why Advertising Income Tax Vat Capital gains tax Pensions plus much much more Plus FREE Bonus Items 6 x 30 minute powerful mp3 recordings

Bankable Business Plans: A successful entrepreneur's guide to starting and growing any business Edward G. Rogoff, 2024-09-10 The secrets behind creating compelling and successful business plans that are sure to attract financial backers and help business owners stay on track are revealed step by step in this invaluable

guide Containing clear detailed explanations of the guidelines that banks venture capital firms and the Small Business Administration SBA use to grant loans and other financial support to businesses this crucial resource equips potential business owners with a wealth of knowledge on lending procedures This guide includes hundreds of useful ideas for developing operating marketing and building a profitable business Also included are copious examples and resources for further study By demonstrating how to make each business plan uniquely suited to a particular endeavor such as home based businesses sole proprietorships and franchise operations this comprehensive handbook ensures that anyone can embark on a new business venture with confidence and clarity The newly updated Third Edition includes Increased focus on Social Entrepreneurship or Social Ventures Updated examples including ventures that apply the latest technology An expanded section that presents eight fundamental thinking tools that underlie entrepreneurial success and creativity These include how to nurture your creativity and develop and test ideas without spending a penny A new and expanded section on establishing feasibility before creating a full business plan Expanded tools for researching business ideas interviewing potential customers and developing a competitive analysis to judge your ideas against potential competitors A simple and direct Venture Assessment Tool to specify the issues that are essential for success and enables you to evaluate the potential of your venture

Outside the Rails: A Rail Route Guide from Chicago to La Plata, MO Robert Tabern, Kandace Tabern, 2013

The Virgin Guide to British Universities 2012 Piers Dudgeon, 2012-06-30 The Virgin 2012 Guide to British Universities is the only university guide to offer a uniquely students eye view of what it s like to study at a particular university As well as hard facts and practical information on every UK university such as official ratings for teaching statistics on where graduates end up and employment prospects by subject the guide is also packed with useful information such as what the social scene is like how much living costs are likely to be and what the student profile at a particular university is really like With a comprehensive entry on every UK university The Virgin Guide to British Universities contains all the information and advice potential undergraduates will need to choose the best university for them

The Impatient Woman's Guide to Getting Pregnant Jean M. Twenge, 2012-04-17 Comforting and intimate this girlfriend guide to getting pregnant gets to the heart of all the emotional issues around having children biological pressure in law pressures greater social pressures to support women who are considering getting pregnant Trying to get pregnant is enough to make any woman impatient The Impatient Woman s Guide to Getting Pregnant is a complete guide to the medical psychological social and sexual aspects of getting pregnant told in a funny compassionate way like talking to a good friend who s been through it all And in fact Dr Jean Twenge has been through it all the mother of three young children she started researching fertility when trying to conceive for the first time A renowned sociologist and professor at San Diego State University Dr Twenge brought her research background to the huge amount of information sometimes contradictory frequently alarmist and often discouraging that she encountered online from family and friends and in books and decided to go into the latest studies to find out the real story

The good news is There is a lot less to worry about than you ve been led to believe Dr Twenge gets to the heart of the emotional issues around getting pregnant including how to prepare mentally and physically when thinking about conceiving how to talk about it with family friends and your partner and how to handle the great sadness of a miscarriage Also covered is how to know when you re ovulating when to have sex timing your pregnancy maximizing your chances of getting pregnant how to tilt the odds toward having a boy or a girl and the best prenatal diet Trying to conceive often involves an enormous amount of emotion from anxiety and disappointment to hope and joy With comfort humor and straightforward advice The Impatient Woman s Guide to Getting Pregnant is the bedside companion to help you through it **The Ultimate Guide to Responsible Franchising** Joe Mathews,2024-10-08 A no nonsense start to finish roadmap for aspiring franchisees In The Ultimate Guide to Franchising straight shooting author Joe Mathews delivers a practical and hands on how to guide for aspiring franchisees seeking to start their own businesses In the book you ll explore real life stories from the franchising trenches that illustrate how to effectively look past the obvious and dig deep into the bones of a franchise to establish fit predict success and mitigate risk You ll discover the personality types most likely to experience success and failure at franchising and identify the entrepreneurial traits that can expose you to additional risk You ll also find All the info you need to know about franchising before you start looking for the right fit Strategies for properly and fully investigating a franchise opportunity in your area Techniques for conducting proper diligence to determine a franchisor s skills and viability Perfect for budding entrepreneurs founders and other business minded professionals as well as employees leaders and suppliers to franchise brands who want a better understanding and appreciation for how franchising works The Ultimate Guide to Franchising will earn a place on the bookshelves of anyone serious about opening their own franchise as well as those who have already begun their franchising journeys Bond's Franchise Guide Robert Bond,Robert E Bond, MBA,2002-07-26

Bond s Franchise Guide offers the prospective franchisee detailed profiles of over 1 000 franchises as well as listings of franchise attorneys consultants and service providers The companies are divided into 45 distinct business categories for easy comparison The data represents the most up to date comprehensive and reliable information about this dynamic industry The profiles are the result of an exhaustive 40 point questionnaire that details Background number of operating units geographic distribution and detailed description of the business Capital requirements initial cash investment and total investment on going royalty and advertising fees staffing levels space needs etc Initial training and start up assistance provided as well as on going services Franchisee evaluation criteria Specific areas of geographic expansion U S Canada and International And much more Book jacket Guide to UK Restaurant Brands ,2001 *Edexcel A-level Business Student Guide: Theme 3: Business decisions and strategy* Mark Hage,2017-05-30 Exam Board Edexcel Level AS A level Subject Business Written by experienced author Mark Hage this Student Guide for Business focuses on the key topics of business objectives and strategy growth and managing change The first section Content Guidance summarises content needed for the exams with knowledge

check questions throughout The second section Questions and Answers provides samples of different questions and student answers with examples of how many marks are available for each question Students can Identify key content for the exams with our concise summary of topics Find out what examiners are looking for with our Questions and Answers section Test their knowledge with rapid fire questions and answers Avoid common pitfalls with clear definitions and exam tips throughout Reinforce their learning with bullet list summaries at the end of each section

The Complete WWF Video Guide

Volume V James Dixon,Arnold Furious,Lee Maughan,Bob Dahlstrom,Rick Ashley,2014-04-03 An invaluable resource for any wrestling fan of the era The fifth in the series from [www historyofwrestling info](http://www.historyofwrestling.info) This is the complete guide to every WWF VHS release from October 1999 to May 2002 with full reviews of every tape alternative wrestler bios exclusive artwork by Bob Dahlstrom awards match ratings and much much more Read about the failed WCW invasion angle the return of Hulk Hogan Ric Flair Kevin Nash Scott Hall and many others relive some of the greatest matches of any era cringe at some of the worst enjoy the rise of Triple H to genuine main event player witness the Rock take off as an icon on a whole new level Plus Tough Enough who ran over Steve Austin TLC matches Diva tapes and much much more By far the biggest book the team have ever done featuring more in depth analysis and comment than ever before

A Young Person'S Guide to Healthy Eating & Longevity

Dr. Vincent N. Cefalu,2016-03-02 This book renders advice to overweight youngsters who would like to hopefully increase their longevity and have as much enjoyment and fulfillment out of life as possible Young people arent aware of the serious mental and physical impact of obesity as it is not just an adult problem I present an honest and commonsense approach on how to eat healthy while keeping some satisfaction in life I provide many recommendations that deal with real life situations and truths instead of phony imaginations present conclusions based on my having personally performed over 1 500 autopsies and relate my own disgusting consequences of having developed atherosclerotic disease from being over four hundred pounds for over thirty years In this book I detail a very strict but ideal diet program that even a child can follow that resulted in my losing 272 pounds over a ten month period and whereby my continued adherence has allowed me to be able to maintain this weight I offer advice on how to prevent some of the problems that I encountered by following such a rigorous diet I also provide some very inexpensive and easy to prepare low calorie recipes that I concocted that are good appetizers and filler uppers While writing in my usual witty satire manner I discuss some potentially dangerous situations that exist explain why certain drugs should be avoided at all costs and mention several foods that should be eliminated from a young persons diet I provide some of my own little homemade poems along the way so that I can keep the youngsters mind occupied and interested in what I have to say Through my experiences as having served as coroner I disclose many hazards that exist all around us and mention some simple things that young people tend to forget that too often result in unnecessary deaths Also by making overweight and diabetic adolescents aware of certain chemical reactions that are continuously occurring inside our bodies hopefully they would be in a better position to understand and interpret my

suggestions So in brief I have something to offer all my young readers from the most extrememy diet planto the most realistic and conservative In a nutshell I lived through what I now warn others about since I found out too late what obesity could do to our body Also I explain why obesity is not just an adult problem and discuss both the teenage drug problem and the scare involving sexual diseases among our youths

The Rough Guide to Los Angeles Jeff Dickey,2003 Fully updated this irreverent guide to the City of Angels focuses on both the major tourist destinations as well as lesser known gems and curiosities A colour photograph section brings the city s highlights to life from the Hollywood Hills to Santa Monica Boulevard Each chapter gives detailed coverage of each area s attractions from accommodation and restaurants to galleries shops sports activities and child oriented diversions There are also feature articles on such subjects as Hollywood LA on film architecture and LA people

The Rough Guide to the USA Samantha Cook,Sarah Hull,2011-03-01 The Rough Guide to the USA is your authoritative state by state guidebook to this vast and fascinating country From Mardi Gras in New Orleans to New England in the fall from the Las Vegas Strip to Yellowstone National Park the introduction provides a lively overview of the things not to miss The country s history culture and people are covered in depth throughout the guide while clear and accurate maps for every region state and major city provide the information you need to plan your trip With detailed practical advice whether you re looking for great places to eat and drink or inspiring accommodation and the most exciting places to party you ll find the solution Count on plenty of expert advice on a wide range of activities from touring Louisiana s Cajun country to experiencing New York City s nightlife making The Rough Guide to the USA your ultimate travelling companion Make the most of your trip with The Rough Guide to the USA Now available in epub format

The Complete Idiot's Guide to Total Nutrition Joy Bauer,2005 As fad diets come and go one aspect of all health and diet remains and even continues to grow in emphasis the importance of good nutrition Good health is priority number one especially for parents bringing up children in a world of junk food No matter what your diet or whether you work in a cubical or are training as an athlete nutrition is your number one consideration In the fourth edition of The Complete Idiot s Guide to Total Nutrition readers will find Everything you need to know to ensure that you and your family are getting the best nutrition possible How to get the needed vitamins and minerals you need daily in your food How to shop smart for food What you need to know about fats and cholesterol

SoccerGrlProbs Presents: The Ladyballer's Guide to Life SoccerGrlProbs,Brandi Chastain,2020-08-04 Ladyballer lay DEE bawl er noun A rare breed of awesome female athlete with an incredible passion for the game a wardrobe consisting of tournament t shirts and an appetite fit for a hippopotamus Featuring hilarious and heartfelt experiences plus tips on training nutrition motivation balancing soccer with a social life and choosing the right college this book is for the girls with bruises turf burns and weird tan lines who always find themselves saying I can t I have soccer

The Rough Guide to New York City Rough Guides,2016-02-01 The Rough Guide to New York City is the ultimate insider s guide to America s most exciting city Whether you re here for world class art at the Met a blowout shop at Macy s or a ball game at Yankee

Stadium The Rough Guide to New York City is the perfect companion to a weekend city break or a longer stay Inspirational photography neighbourhood by neighbourhood accounts and detailed full colour maps help make sure you can find that backstreet Harlem jazz club or classic deli in Midtown Updated by New Yorkers Rough Guides give the lowdown on everything from the newly completed High Line and the renaissance of Brooklyn to the emerging food scene in Queens Handy top 5 boxes give you quick round ups of the best pizzerias rooftop bars and more while detailed background covers the rise and fall of Wall Street 9 11 and New York s music heritage The Rough Guide to New York Andrew Rosenberg,Martin Dunford,2011-01-01 The Rough Guide to NYC covers the all the sights and attractions and has up to date listings detailed maps and the extensive practical information you ll need to make the best of your visit to the city The introduction gives you an overview of the city and a select list of things not to miss the best museums festivals night time activities and much more The guide then goes neighbourhood by neighbourhood covering everything from the historic Financial District and the landmark architecture of Midtown to Central Park Prospect Park and the furthest reaches of the Bronx Essentials on how to get around a list of recommended New York books and films a full colour map section colour inserts on architecture and the city s ethnic neighbourhoods and much more *A Study Guide for Quiara Alegria Hudes's "Water by the Spoonful"* Gale, Cengage Learning, A Study Guide for Quiara Alegria Hudes s Water by the Spoonful excerpted from Gale s acclaimed Drama for Students This concise study guide includes plot summary character analysis author biography study questions historical context suggestions for further reading and much more For any literature project trust Drama for Students for all of your research needs

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