

# Attack of the 1000 -Calorie Meals

*Posted Mon, Mar 09, 2009, 3:59 pm PDT*

[POST A COMMENT »](#)

Look out for these scary restaurant entrees with 1,000+ calories each. They're lurking in some of your favorite chain restaurants. Don't say [Hungry Girl](#) didn't warn you...

## **Olive Garden - Fettuccine Alfredo**

1,220 calories, 75g fat, 1,350mg sodium, 99g carbs

Mind you, this is the PLAIN Fettuccine Alfredo -- no chicken or shrimp on top. All carbs and fat, with no real nutritional value to speak of. That's a noodle-tastrophe if we've ever seen one!

**Instead...** If you need pasta, stick to their Linguine alla Marinara (430 calories and 6g fat). Or stay home and make our [Fettuccine Hungry Girlfredo](#). You'll be satisfied and SOOOO much better off.



## **Red Lobster - Admiral's Feast**

1,506 calories, 93.4g fat, 4,662mg sodium, 101g carbs

People, meet ginormous plate of deep-fried seafood. Ginormous plate of deep-fried seafood, meet people. Okay, now that you've been introduced, we hope you never see each other again.

**Instead...** Get something off the LightHouse or Wood-Fire Grill menu, or get some fresh fish grilled or broiled. Much lighter. A full portion of grilled sole with broccoli has 245 calories and 3.5g fat, and the Garlic Grilled Jumbo Shrimp has 365 calories and 6g fat.

### **Macaroni Grill - Parmesan-Crusted Sole**

2,190 calories, 141g fat, 145g carbs, 2,980mg sodium, 9g fiber, 82g protein

At first glance, this looks like it would be a smart choice but, AAAAAAAAAHHHHHHHHHHHH, it's actually ridiculously over-caloried and scary. 141 grams of fat?! 2,190 calories?? 2,980mg sodium?!?! This may be the most offensive fish dish in the history of the world. Not kidding.

**Instead...** Go somewhere else. Seriously. Or make some of [Hungry Girl's De-Lish Fish 'n Chips](#) in the safety of your own home. Mmmmmm!



### **Applebee's - Crispy Orange Chicken Bowl**

1,910 calories

How sad is it that this bowl of poultry has more calories than the Applebee's Brewtus Steak Burger (with bacon and cheese) and a side of fries? Um, VERY. Any veggies are lost under deep-fried chicken in a sugary glaze, crispy noodles, and rice. Eeeks.

**Instead...** Get a half-size order (it's STILL big!) of the Oriental Grilled Chicken Salad for 350 calories. And if you want the Oriental Vinaigrette dressing, get it on the side, then DIP (don't pour), and use it sparingly -- a half-size portion of that dressing still has 290 calories. On second thought, you may want to bring your own dressing.