

Common Restaurant Portions: The Bad and The Good

Applebees (The Bad)

	Cal	Prot (gms)	Fat (gms)
Appetizers:			
Chicken Quesadilla	1440	71	87
Pork Wonton Tacos	940	55	47
Buffalo Wings	1170	70	69
Sizzling Entrees:			
Asian Shrimp	710	30	15
Chicken Fajitas	1320	76	53
Crispy Orange Chicken	2030	84	80
Chicken Tenders Basket	1000	36	59
Chicken Parmesan	1330	81	61
Salads:			
Grilled Chicken Caesar	820	54	57
Grilled Steak	900	54	66
Grilled Shrimp and Spinach	1050	50	72
California Shrimp	730	32	61
Pasta:			
Florentine Ravioli	1410	86	90
Shrimp Fettuccine	1440	63	85
Seafood:			
Orange Glazed Salmon	790	47	24
New England Fish and Chips	1910	50	137

Applebees (The Good)

	Cal	Prot (gms)	Fat (gms)
Half Grilled Chicken Caesar Salad (no dressing)	190	26	5
Half Grilled Steak Caesar Salad (no dressing)	230	26	9
Weight Watchers Cajun Lime Tilapia	310	36	6
Italian Chicken Portabello Mushroom Sandwich	320	29	5
Weight Watchers Paradise Chicken Salad	340	45	5
Half Oriental Grilled Chicken Salad (no dressing)	360	28	13
Weight Watchers Garlic Herb Chicken	370	49	6
Under 550 Calorie Menu:			
Grilled Shrimp and Island Rice	380	29	5
Asiago Peppercorn Steak	390	43	14
Asian Crunch Salad	490	51	9
Spicy Shrimp Diavalo	500	32	10
Sides:			
Seasonal Veges	50	0	0
Guacamole	50	0	5
Fruit Salad	70	0	0
Small Caesar Salad	90	2	4
Red Potatoes	150	0	5
Chicken Tortilla Soup	180	4	8

Baja Fresh (The Bad)

	Cal	Prot (gms)	Fat (gms)
Baja Burritos			
Chicken	790	52	38
Steak	850	49	46
Carnitas	830	45	45
Shrimp	760	47	37
Breaded Fish	850	40	44
Mahi Mahi	780	51	38

Burrito Mexicana

Chicken	790	50	13
Steak	860	47	21
Carnitas	830	42	20
Shrimp	770	44	13
Breaded Fish	850	37	19
Mahi Mahi	790	49	13

Baja Fresh (The Good)

	Cal	Prot (gms)	Fat (gms)
Shrimp Baja Ensalada	230	28	6
Baja Style Chicken Taco	280	14	8
Baja Style Shrimp Taco	280	12	8
Baja Style Pork Taco	290	11	11
Baja Style Steak Taco	310	15	11
Chicken Baja Ensalada	310	46	7
Mahi Mahi Ensalada	310	34	12
Bare Chicken Burrito	640	45	7
Sides:			
Chips (1 oz)	150	0	7
Guacamole (small 3 oz)	110	0	9
Vege Mix	110	0	0
Salsa (8 oz)	50	0	0
Steak	330	48	14
Chicken	230	48	4
Grilled Fish	210	44	3
Shrimp	150	31	2

