

Fast-Food & Exercise	Calories	Miles you would need to walk to burn off these calories	How long you have to walk
Appetizer/Starters			
Chili's Awesome Blossom	2,710	27 miles	9 hours
Denny's Mini burgers w/onion rings	2,044	20 miles	7 hours
Entrées			
McDonald's hamburger	260	3 miles	1 hour
McDonald's Big Mac	560	5 miles	2 hours
Romano's Macaroni Grill Spaghetti & Meatballs dinner	2,270	22 miles	7 hours
Nathan's Famous Seafood Sampler	3,379	33 miles	11 hours
Shoney's Deluxe Pancake Plate	1,609	16 miles	5 hours
Lone Star Steakhouse Lone Star Wings	1,759	17 miles	6 hours
O'Charley's chicken tenders dinner	1,359	13 miles	4 hours
Dessert			
Romano's Macaroni Grill New York cheesecake with caramel fudge sauce	1,760	17 miles	6 hours