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A Tale of Two Dinners

Monday, June 24, 2013

I learned a lesson last night as I tried to eat healthy while on the road. There are more options available than there used to be, but you will pay more comparatively than will your less cautious traveling companions.

Last night we were finally on the way home, but with 4 hours of the 7 hour drive still ahead of us, we decided to pack it, find a room and start fresh in the morning.

So we had plenty of time for dinner and there were many options available.

We chose Bob Evans Restaurant. I remember them from the old days as a nice family place and now they advertised meals available under 500 calories.

Great!

I ordered grilled chicken, baked potato and steamed broccoli (418 calories) \$8.99

It was OK, no complaints.

DH ordered a "3 course meal"

2 large, warm, good looking rolls with butter

A green salad with 1/2 cup of dressing

BBQ chicken with extra sauce on the side (it was in a BOWL)

Fries

An ice cream sundae

No calories posted for all this, but the COST? \$9.99!!

He got a whole table full of food for \$1 more than I paid.

I have no problem with the amount they charged or the quality of the food. I'm just wondering about the rationale for the tiny difference in cost vs the quantity provided.

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CHANGINGHORSES

Not sure why either, but good for you for "Paying the Price!" for your health.
2910 days ago





BELLACUDDLES

I totally agree.....where is the sense in that.....I would probably order the one your hubby ordered, but ask for 1/2 to go home for another meal. They both sound really good though!!!
2910 days ago



JOYNEW

That is crazy!
2911 days ago



DESERTJULZ

Does not make sense; however, rolls, salad, and fries are all very inexpensive foods... so perhaps the ingredient costs were similar?
2911 days ago



BOOKAPHILE

Sigh... Eating a healthy amount and type of food at a restaurant is not cheap.
2911 days ago



MISCHAKEO

That is crazy that he got so much more food for a dollar more..but your food was healthy..maybe the broccoli cost more than the lettuce and rolls? Anyway good for yu staying healthy and making a good choice.



2912 days ago



COCK-ROBIN

Not sure, but you did good!
2912 days ago



SUZYMOBILE

Interesting. I wonder if it has anything to do with DH's meal being all pre-prepared and requiring less "special handling." Just pop them rolls in a basket, throw salad in bowl, haul chicken out of vat of sauce, fries out of fryolator. The most work involved is the sundae. Your items would have been kept separate and handled uniquely.



Of course that's all if one is trying to make economic sense of it!
2912 days ago



CELIAMINER

Sure doesn't seem fair to me. The last time I went to Popeye's I tried their "naked" strips...their attempt to help people save a few calories. They were puny, and they cost at least twice as much as the regular strips. Reminded me why I pack my lunch for work.
2912 days ago



SLIMMERJESSE

Yes, I've noticed this to be true in every restaurant in which I've eaten.
2912 days ago



MYKIDSRWEET

I think healthy food is more expensive. Fries just cost them a few cents to make and rolls are very cheap. That is why I got so out of shape, trying to eat cheap.
2912 days ago



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