



June 25, 2010

## Red Lobster, Headaches & Weddings.

by JENNIFER on JUNE 25, 2010

Happy Friday, friends! No worries, I can totally tell you how Red Lobster, Headaches & Weddings all tie together-read on! One more day of good news: I got 20 minutes of the elliptical in + 20 minutes of weights yesterday. That means, I've worked out 4 times this week. I'm going to take today as a rest day and then get a run in tomorrow.

Yesterday for lunch, I had a mega salad w/ strawberries & half a can of chicken. I also stopped by the cafeteria and grabbed this:



*Shades of orange & yellow.*

Do you see those veggies all up on the left side? Anyone know what they are? I ate them, they were good—but I don't know what I ate. Guesses?

Last night, I was invited to dinner at [Red Lobster](#). I haven't been to [Red Lobster](#) in years. Eh, I take it back, I think I went last year when my brother-in-law, Dan, was craving the all you can eat shrimp. [Missy](#), [The Marketing Mama](#) invited me and so we drove together to maximize our talking time. I had a slight headache but was hoping eating would help.

The idea behind last night was to introduce a couple (and by a couple, I mean 4 of us) to some of the changes they've made in the past couple of years. I'm talking overhaul of the menu AND the physical dining room decor + the outside of the building. Here's the food they shared with us.



*Lobster Pizza – 90 calories/slice*



*Mango-Jalapeno Shrimp Skewers -- 560 calories/dish*



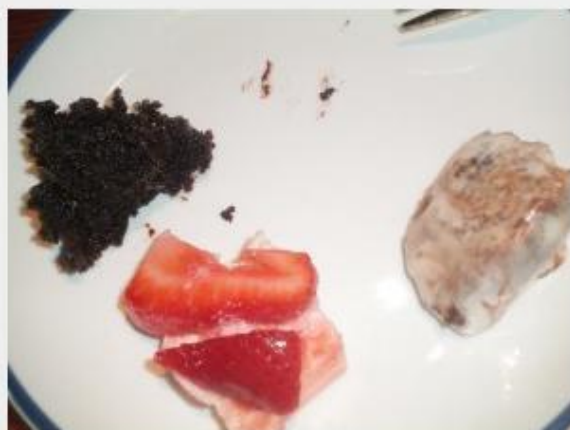
*Maui Lupa Shrimp & Salmon – 760 calories/dish*



*Maple Glazed Chicken – 570 calories/dish*



*Tilapia in a Spicy Soy Broth -- on the specials menu, no calories.*



*Dessert: Chocolate Wave Cake, Strawberry Cheesecake & Warm Chocolate Chip Lava Cookie w/ Ice Cream.*

I didn't take pictures of my individual plate each time but I had 1-2 bites of each dish + a bite of each of the desserts. In all, I was impressed that [Red Lobster](#) was really concentrating on NON-FRIED options. Here are some additional findings:

- Nutritional content plays a role in creating the recipe.
- Nutritional recipes are available upon request.
- Only 18-20% of menu is fried fish, the rest remain grilled, broiled or steamed.
- Note on the bottom of their nutritional menu

“We believe in offering our guests a broad range of dining experience that appeal to a variety of taste and dietary preference, and we welcome the opportunity to work with guest to customize their experience or make substitutions where possible.”

While dining & hearing about dinner, we had the opportunity to sit with [Sr. Executive Chef, Michael LaDuke](#) (yep, this is the guy who's photo is on the back of the menu.) It was an interesting night however mid-way through dinner, my headache got worse. To the point that I couldn't even concentrate anymore.

I tried as much as possible to listen because...for petes sake, I was sitting next to the tippy top chef at Red Lobster! By the time we finished dinner & talking, I could barely open my eyes and felt so sick. We all wanted to take pictures at the end, so I smiled and did my best to just be in the present:



*Bloggers, their guests + Chef Michael LaDuke*



*Just the bloggers!*

While I love the taste, I don't eat much seafood because I struggle with ideas on how to cook it-dinner tonight made me realize how yummy seafood is and gave me a ton of great ideas-seafood is so light & refreshing, I forget often how much! Besides myself, the other bloggers were:

- [Missy @ The Marketing Mama](#)
- [Jennifer @ A Self Confessed Foodie](#)
- [Natasha @ Healthy & Gourmet](#)

By the time we got in the car, I thought my eyeballs were going to pop out. I dropped Missy off and came home to go right to bed.



*I decided to crash on the couch for a couple hours to get some snuggle time in with Iggy.*

I woke up this morning feeling way better although still moving a little slowly. As I mentioned, I'm going to take today as a rest day from workouts because I have an off-site work event at Feed My Starving Children this afternoon.

Weekend plans include a wedding at 6:30pm tonight, a volunteer event from 9am-12pm tomorrow and another wedding tomorrow night. I'm hoping to stay healthy through all of this craziness this weekend. My goal is to workout both days.

I may update this weekend depending on time because I know some of you have wanted to know more about how to get your own bracelet that I showed you earlier this week.



*One bite at a time, One decision at a time.*

Stay tuned!