



# Dr. Gourmet Recommends: Ruby Tuesday

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## **Meal Option # 1**

1/2 serving Fresh Avocado Quesadilla with a salad from the salad bar.  
Share with a friend or take the second half home for dinner the next night.  
340 calories for a half serving.

### **Salad Dressing Options**

Keep in mind that 1 of their scoops is a serving.

1. Olive oil and vinegar. A fresh and fruity flavor, this would be my first choice.

2. The Balsamic Vinaigrette. A fairly bright dressing but a little bit oversweet for a vinaigrette.

Per 1 ounce serving: 35 calories, 2 g fat

3. Light Ranch. A bit sweet but fairly good texture.

Per 1 ounce serving: 55 calories, 5 g fat

4. Fresh Avocado Ranch.

Per 1 ounce serving: 59 calories, 5 g fat

## **Menu Option #2**

White Bean Chicken Chili. A lot of flavor, filling and a ton of white beans.  
Combine this with a salad bar (watch those dressings).

223 calories, 7 g fat, 7 g fiber

## **Menu Option #3**

Asian Dumplings with sauce on the side. Eat 1/2 and share with a friend, or take half home for dinner the next night. Add a salad bar.

220 calories, 5 g fat, 1 g fiber

## **Menu Option #4**

The Asian Glazed Salmon with sauce on the side. It's served with brown rice, but tell them to hold the cheddar cheese topping. With the broccoli the whole meal is around 550 calories.

424 calories (for the fish), 27 g fat, 0 g fiber

## **Menu Option #5**

Best choice: Petite Sirloin. Hold the sauce and put only sour cream on your baked potato – or even better, ask for the brown rice pilaf without the cheese!

206 calories (meat only), 5 g fat, 0 g fiber