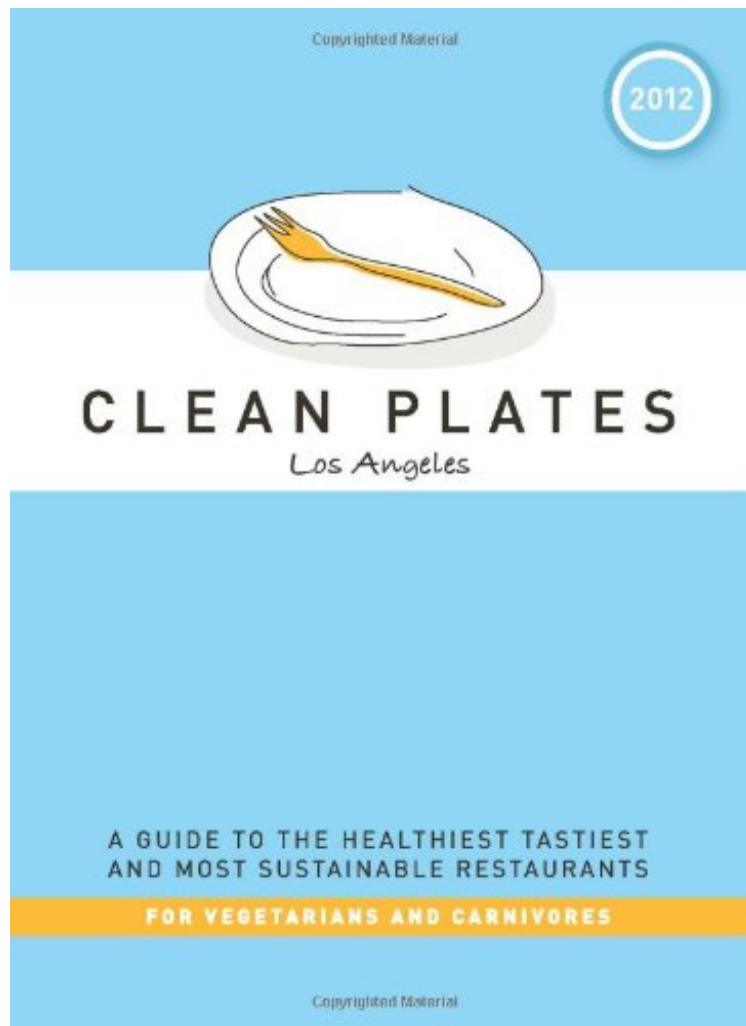


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Clean Plates Los Angeles 2012: A Guide to the Healthiest, Tastiest, and Most Sustainable Restaurants for Vegetarians and Carnivores

Jared Koch

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Jared Koch : Clean Plates Los Angeles 2012: A Guide to the Healthiest, Tastiest, and Most Sustainable Restaurants for Vegetarians and Carnivores before purchasing it in order to gage whether or not it would be worth my time, and all praised Clean Plates Los Angeles 2012: A Guide to the Healthiest, Tastiest, and Most Sustainable Restaurants for Vegetarians and Carnivores:

0 of 0 people found the following review helpful. Great ResourceBy CS DesignsThis book is a great resource for local healthy eateries in the Los Angeles area. The book is small enough to fit in your glove compartment or purse and has a durable cover. The book has icon symbols for the different eating lifestyles ex. Vegan, Vegetarian etc.. represented for

each restaurant which are self explanatory.0 of 0 people found the following review helpful. Finally!By It's About TimeI love the NYC guide and am glad to have this as an L.A. resource. I want to eat healthy, tasty food when in L.A., which isn't always as easy because quality and flavor vary even among the organic joints. Now I have more choices than I did before and appreciate looking forward to new discoveries. It's great too as a gift for vegetarians, vegans and carnivorous - anyone who can appreciate good food in L.A. Thank you for expanding my choices for healthy eats in L.A.!

Too often, healthy eating is linked with images of sacrifice-a pile of sprouts, or a single pea resting on a plate. It can be difficult to find a restaurant serving mouthwatering, delicious food that is also good for you. Not anymore. A nutritionist along with a few food critics-scoured the town together to select over 100 of the healthiest, tastiest and most sustainable restaurants in Los Angeles. From fine dining to fast food, Clean Plates Los Angeles offers selections for any budget, diet and lifestyle so you won't have to sacrifice taste for nutrition. Just toss this guide in your bag and flip through it whenever you're craving an Italian trattoria, grass-fed steak, gourmet vegetarian dinner, organic burrito or juicy burger free of hormones and antibiotics. Carnivore? Locavore? Vegan? Clean Plates is for you.

About the AuthorCreator and author Jared Koch graduated pre-med from the University of Michigan, Ann Arbor, and is a nutritional consultant and health coach certified by the Teachers College of Columbia University, the Global Institute for Alternative Medicine and the Institute for Integrative Nutrition.