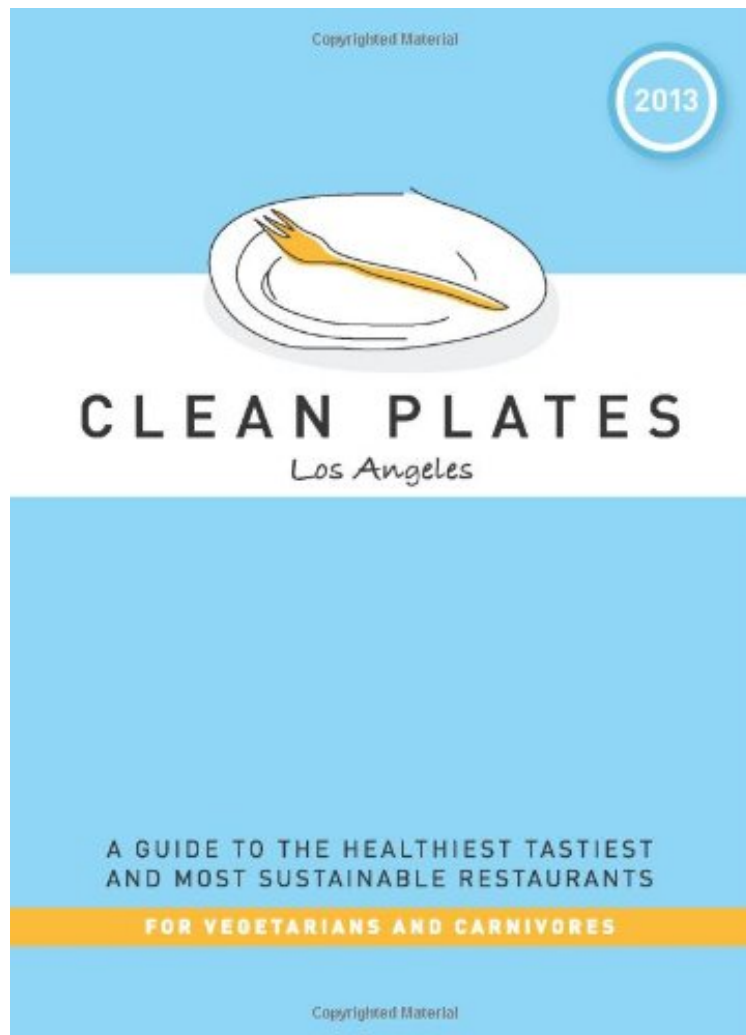


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Clean Plates Los Angeles 2013: A Guide to the Healthiest, Tastiest, and Most Sustainable Restaurants for Vegetarians and Carnivores

Jared Koch

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Jared Koch : Clean Plates Los Angeles 2013: 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 2013: A Guide to the Healthiest, Tastiest, and Most Sustainable Restaurants for Vegetarians and Carnivores:

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 2013 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.

"Jared's nutritional advice in Clean Plates has the power to transform your individual health and our collective well-being." Deepak Chopra "Knowledge is power, and awareness is the first step in healing. Clean Plates is a highly valuable source of information that can empower you to make informed and intelligent choices about where to eat in Los Angeles." Dean Ornish, M.D., Founder and President, Preventive Medicine Research Institute; Clinical Professor of Medicine, University of California, San Francisco; author, The Spectrum "There should be a 'clean plates' for every city in the country! An invaluable resource to help you navigate to real food in a toxic nutritional wasteland." Mark Hyman, M.D., NY Times best selling Author UltraMetabolism, UltraPrevention, UltraMind Solution "Hurray for Clean Plates a quick, thorough, and easy way to eat well." Christiane Northrup, MD, author of The Secret Pleasures of Menopause (Hay House, 2008), The Wisdom of Menopause (Bantam, revised 2006), Women's Bodies, Women's Wisdom (Bantam, revised 2006), and Mother-Daughter Wisdom (Bantam, 2005) "The most comprehensive pocket guide I have ever read. Not only will you learn where to dine, but how to make healthy choices for yourself and the planet. Please create one for every city." Kris Carr Best selling Author and filmmaker of Crazy Sexy Cancer "Jared Koch brings deep thought and insight to something we do every day, and often without much thought-teating! As my nutritional consultant, Jared helped me look after the precious vehicle of my own body with greater integrity and awareness than ever before. And since I eat out a lot and care about my health, I am very grateful to him for creating Clean Plates. He's done all the heavy lifting...now each of us gets to enjoy the fruits of his hard work!" Linus Roache, Star of NBC's Law and Order "I have the pleasure of being nutritionally coached by Jared Koch. I found his advice rational, systematic and thorough and without being on a diet, just following good nutritional advice, I lost 5 pounds in about 3 weeks!" Lynn Montgomery, MD, PhD