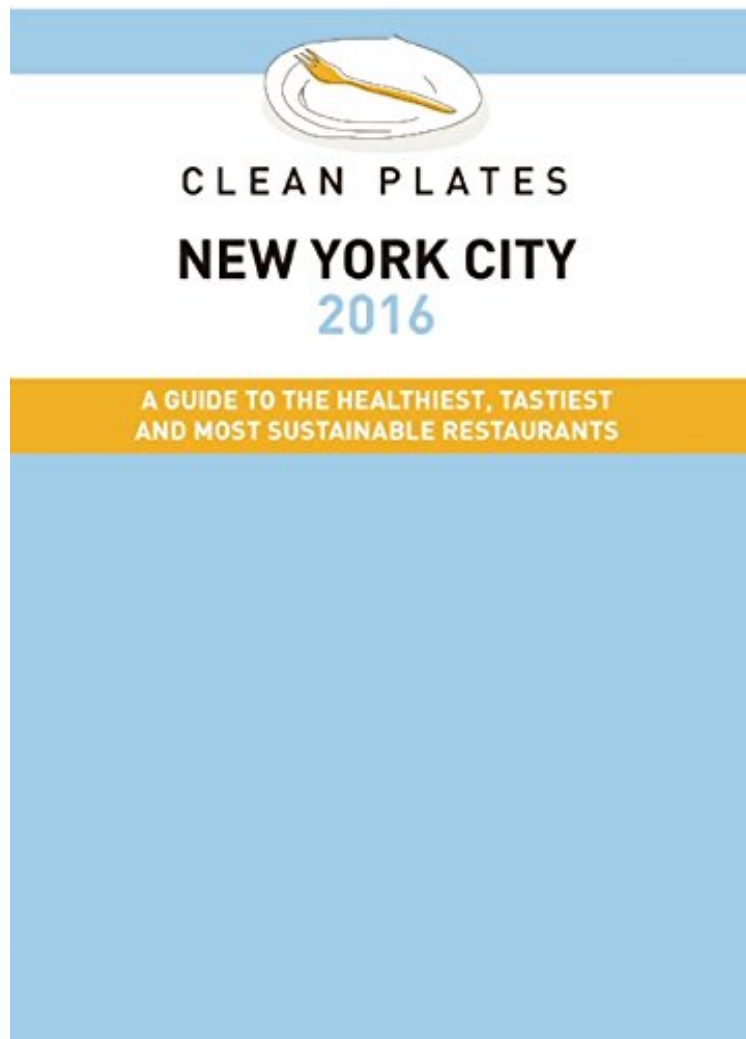


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## Clean Plates New York City 2016: A Guide to the Healthiest, Tastiest and Most Sustainable Restaurants

*Jared Koch*

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**Jared Koch : Clean Plates New York City 2016: A Guide to the Healthiest, Tastiest and Most Sustainable Restaurants** before purchasing it in order to gage whether or not it would be worth my time, and all praised Clean Plates New York City 2016: A Guide to the Healthiest, Tastiest and Most Sustainable Restaurants:

1 of 1 people found the following review helpful. It great to have a handy guide to healthy restaurants in ...By Dale RobertsI own two prior editions of Clean Plates. This one has the same strengths and weaknesses. It great to have a handy guide to healthy restaurants in New York. But perusing the contents, there are other choices that should have

been included, but weren't. The nutrition guide at the beginning is good, but I think that most people who want to eat at healthy restaurants already know this information. I would prefer to see this section deleted and more space given to restaurant reviews. Including 100 is an artificial limit, and, as I said, there are other places that meet the criteria and are not included.

Too often, healthy eating is linked with images of sacrifice- a pile of sprouts, or a boring salad. It can be difficult to find a restaurant serving mouthwatering, delicious food that is also good for you. Not anymore. Clean Plates scoured the city to select the 100 best of the best healthiest, tastiest and most sustainable restaurants in New York City. From fine dining to fast food, Clean Plates 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? Gluten-Free? Vegan? Clean Plates is for you.

About the Author Jared Koch graduated premed 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. He lives in Fort Lee, NJ.