



Clean Plates Manhattan 2011: A Guide to the Healthiest, Tastiest, and Most Sustainable Restaurants for Vegetarians and Carnivores

Jared Koch, Alex Van Buren

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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 restaurants in Manhattan. From fine dining to fast food, *Clean Plates Manhattan* 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.

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