

KANSAS CITY

WHAT'S YOUR EXCUSE?

FITNESS

www.kcfitmag.com

A Z I N E™

TISHA DES MARTEAU

**TRIM YOUR
WAIST &
BUDGET**

RECIPES, TIPS, AND MEAL CALENDAR

BABY

FAT

BUSTED

**FIX YOUR
GOLF GAME
NOW!**

100
PEOPLE
SHAPING
KANSAS CITY

**TAKE THE TIME
TO ENJOY**
BOULEVARD BREWING

**RED
DOG**

DOG DAYS OF SUMMER

SO, YOU WANT TO BE A
**FITNESS
MODEL?**

**SET YOURSELF
UP FOR SUCCESS**
NEW HABITS TO LOSE WEIGHT TODAY

**4 LEGGED
FITNESS**



F AUGUST/SEPTEMBER \$4.99 US



www.kcfitmag.com

DINING OUT

ON THE PLAZA IN KANSAS CITY



Brio Tuscan Grill 108 / Jack Stack BBQ 109 / Eden Alley 110

Dining Out is a common social plan that even the health conscience individual can't always turn down. We went down to the Plaza and met up with 3 popular dining out hot spots. Go ahead and make those dinner plans, we spoke with the managers themselves and had them walk through their healthy eats.

If your menu has healthy dining options, we want to talk to you. Email us at info@kcfmag.com with your restaurant information.



EDEN ALLEY

707 W 47 St.
Kansas City, Missouri 64112
(816) 561-5415 • www.edenalley.com

My name is Greg Cloutz and Eden Alley was created by my wife Sandi Corder and her business partner at the time. They wanted to create a restaurant that was a little healthier, and since my wife was a vegetarian, there you go! Now 15 years later, my wife and I are the sole owners. Our tagline for the restaurant is "Divine Flavor for the Conscious Eater." We blend local, organic, synthetic free, traditional, all kinds of produce we can get, and as much locally as possible. We try to provide the best flavor, the best price, and it all has to be healthy. After all, it's bad business to kill off your

customers! We like to have parents bring their kids in with their young and teach them the basics of nutrition and healthy eating.

When we started 15 years ago, there wasn't a huge organic movement or anything. My wife knew most of the farmers, and they were using the same approach. It was important for her to use what was fresh, which was local foods. There wasn't a giant distributor that could deliver fresh organic produce like there is now, so it was really important to get it locally because that was fresh. Now it's much easier, and we used the same distributor that places like Whole Foods uses. They bring in our organic staples like our dry goods and we work with the local farmers to use everything that they have for the week. So our menu is pretty dynamic because it changes with what we can source locally. It keeps the money in the community, which is really important to us.

We focus on people who have dietary restrictions, whether self imposed or due to health reasons, so each of our specials are tailored to those specifications. If you are new to Eden Alley, order from the specials menu. The regular menu stays the same, but the specials is all of the freshest produce available from local farmers. It comes to you fast – it's not fast food, but it's fast to prepare, it's all vegetarian, it's awesome.