

Energy Kitchen

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Deco Features: Energy Kitchen

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Energy Kitchen in Pinecrest wants to fill your stomach without filling out your waistline.

JUSTO POZO: "The idea behind Energy Kitchen was to make a fast food restaurant that was healthy, that was completely healthy, no if ands or buts."

Everything at this fast casual restaurant is less than 500 calories. It'll leave you full but won't make you fat.

JUSTO POZO: "We have bison meat. We have turkey. We have chicken-these are very lean meats -low in fat high in protein."

Nothing is fried. It's all baked, steamed or grilled and the calorie count is listed on the menu from the fajita wrap to the cheesesteak made with buffalo meat to meatloaf with marinara, and the BBQ turkey everything tastes great and it's filling.

JUSTO POZO: "The cheese we have is a low fat American cheese."

JUSTO POZO: "As far as the bacon it's not regular, bacon its turkey bacon."

If you're really looking for an energy kick go for the energy burger...

JUSTO POZO: "A bison patty with three egg white American cheese, lettuce and tomato and a whole wheat bun-that's my personal favorite burger."

And wait until you check out the sides corn and edamame salad, sweet potato mash to black bean and mango salad or baked fries, it's made fresh and is good for you.

JUSTO POZO: "Asparagus salad is asp. grape tom. balsamic ving. onion.its a side that you go to a high end restaurant and you will see."

JUSTO POZO: "You have to try the creamed spinach which is amazing."

If you need some energy at the beginning of the day, the energy breakfast sandwich has five, yup five egg whites with cheese and bacon.

EMILO EXPOSITO: "I think it's delicious. It's extremely healthy. It's affordable, it's a great location. I absolute love it."

From the smoothies, salads, sirloin burgers or fish, leave the healthy cooking to the chefs from Energy Kitchen.

JUSTO POZO: "We're taking fast food to a whole new level."