

# DailyCandy NYC Dedicated E-mail - Diet Schmiet

From: **DailyCandy** (today@dailycandy.com)

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DEDICATED E-MAIL

**NEW YORK** | February 24, 2009

## Diet Schmiet



Don't eat carbs, only meat. Don't eat meat, only soy. Don't eat soy, only local organic vegetables that have been serenaded with late 19th-century classical music.

Here's a novel idea: Just eat healthy.

That's the concept behind [Energy Kitchen](#), New York's premiere health food resto. Its

mission is simple: to make nutritious and delicious eats. Take your pick from seven total locations – six in NYC and one in Hoboken.

The low-cal, low-fat fare spans the spectrum from wraps and salads to smoothies and burgers. Nothing on the menu [exceeds 500 calories](#), and everything is grilled, baked, or steamed (never fried) – so you can even feel good about splurging on the bacon, egg, and cheese breakfast sandwich (with egg whites, low-fat mozzarella, and turkey bacon, of course).

Tasty bonus: [Order online](#) by March 15 and get \$5 off any order of \$10 or more using promo code DC. One coupon per customer.

Now you're cooking.

To order online or find locations, go to [energykitchen.com](#).

  
**ENERGYKITCHEN**  
wraps • burgers • salads • smoothies

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**GO HEALTHY**



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