**6 Local Restaurants for Healthy Eating**

Our clients bust their asses in the gym, there’s no doubt about that. But as we should all know, you can’t out-train a bad diet. Packed schedules, bacheloresque cooking skills and a plethora of other barriers or excuses often come in the way of healthy eating. So we’ve done the foot work for you and put together a list of our favorite healthy, affordable and delicious local places to eat in Wichita. Enjoy!

1. **Tanya’s Soup Kitchen**

Tanya’s uses as many fresh and locally sourced ingredients as possible. They have daily specials to keep it interesting, as well as lots of gluten free, vegetarian/vegan options. Even on a busy day, you can walk in and have nutritious food in your face in about 10 to 20 minutes, for about $8-$12. They also have an awesome enclosed patio, a charming staff of happy, soup slinging hipsters and handmade furniture, masterfully made from repurposed wood. If that doesn’t get you in, I don’t know what will! The only down side is that they’re only open from 11:00am to 3:00pm Monday through Saturday and 5pm-8pm for dinner on Friday and Saturday. So mark your calendars and go drown your cold weather blues in some hot tomato bisque ☺

Address: 1725 E Douglas Ave. Wichita, KS 67211

1. **Lotus Leaf**

From the (humanely raised) horse’s mouth:

“All our food is proudly handmade in house using natural and organic, non GMO ingredients, hormone and antibiotic free poultry and sustainable fish. We feature healthy meals free of artificial flavors, sweeteners, colors, preservatives and hydrogenated fats.”

I’m pretty sure just walking into Lotus Leaf makes you a healthier person. You might get some funny looks if you’re not wearing Birkenstocks and driving a Subaru station wagon, but just consider that part of the experience! (heheh, just kidding of course) Joking aside though, I think you would be hard pressed to find a restaurant more committed to health than Lotus Leaf. A lot of places add healthy options as an afterthought, but to the Lotus Leaf crew it is their primary focus. It has the word “Leaf” in the name, for F’s sake. What more do you want?

**$ Range:** Yelp prices Lotus Leaf’s entrees anywhere from $11-$30.

**Hours:** Mon - Sat 11AM to 9PM

Sun 11AM to 4PM.

**Address:** 251 N Washington St. Wichita, KS 67202

1. **Song Bird Juice Co.**

A little bird (in a fedora) told me:

Songbird Juice Co. is “Wichita's Original Cold-Pressed Juicery offering fresh juices, smoothies and acai bowls and more made w/mindfully sourced, clean ingredients.”

Smoothie King is fine, but I do get tired of feeling like I’m sucking down a ground up vitamin stack mixed with 6 pounds of sugar/artificial sweetener and non-descript, factory-born goop. Not that it doesn’t have its place, but if you want something closer to real food, Song Bird Juice Co. delivers in spades. The menu is never boring, you can get your protein and your micro-nutrients directly from the fresh ingredients (as opposed to from powders), plus their charming location right next to Riverside Park is always fun to visit. Grab a PB&J Smoothie and go climb a tree or something. Oh! And they have a food truck! So even if you’re not close to Riverside there’s a good chance they’re not far off. Check out their Facebook to see when and where they might be setting up next.

**$ Range:** $3 - $8

**Hours**: Mon-Thurs: 7AM-8PM

Fri & Sat: 7AM-9PM

Sun: 8AM-8PM

**Address:** 1142 N Bitting Ave. Wichita, KS 67203

1. **Todd Brian’s**

This place does serve alcohol and several dishes that I wouldn’t recommend if you’re trying lose weight, BUT HEAR ME OUT. I wanted to include a place that’s open late, since that’s a big issue for people who get off work, hit the gym and don’t get to eat until 8 or 9pm. Then they feel like they have to choose between whatever alien-paste concoction comes in those greasy paper bags from Taco Bell and starving to death. Enter: Todd Brian’s. They’re open until 10:00pm on the week days and 11:00pm on Friday and Saturday. About half of their extensive menu is dedicated to healthier dishes with a variety of organic and gluten free options for those who need or prefer them.

**$ Range:** $9 - $25

**Address:** 315 N Mead St. Wichita, KS 67202

1. **Beautiful Day Café**

This place literally has a green-house right outside their restaurant. They’re hard core. They focus on farm-to-table cooking with as many fresh, locally sourced ingredients as possible. It’s also another great place for those looking for more gluten free, vegan or vegetarian options, low glycemic dishes and more. Not to mention that freshly picked vegetables do taste better than ones that sit in a shipping container for three weeks before arriving at the grocery store. Go figure.

**$ Range:** $7 - $12

**Hours:** Mon-Sat 7:30AM – 2:30PM

Sun 10:00AM – 2:30PM

**Address:** 2516 E Central Ave Wichita

1. **Paleteria Tropicana**

You can definitely mess up at this place too, but they do have a ton of really delicious smoothies, fruit salads and other fruit based desert options, perfect for those times when your sweet tooth is really kicking your butt. Plus, the staff will probably call your number in Spanish, so it’s a little opportunity for you to not be an idiot and make sure you know how to count in español!

**$ Range:** $2 - $6

**Hours:** These fools are open 9AM to 11PM, seven days a week!

**Address:** 2021 N Amidon, Ave, Suite 115 Wichita, Kansas

Non-Local honorable mention: Chipotle, Panera, Smoothie King, Doc Greens

Scavenger Hunt! 1. Visit each one of these places, 2. take a picture of your meal, 3. tag the restaurant and Forge Fitness Studio. Once you’ve done all six, you get $10.00 gift card from each place! That’s like, getting paid to eat amazing, healthy food that you didn’t even have to cook. Why would you not do that??