

SAVE YOUR HEART // SMOOTH WINTER SKIN // GREEN WEDDING GUIDE

NEW JERSEY LIFE

Health Beauty

Love

The Secrets of Attraction

**BOOST YOUR
SEX ESTEEM**

**10+ WAYS TO HAVE
FUN IN NJ THIS
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& Snuggling

**PUDGE WON'T
BUDGE?**
How to Lose
Those Last Pounds

COMFORT FOODS
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Soups & Almost
Guilt-Free Desserts

The Votes Are In!
Readers' Choice
A-List Winners:
Food & Fitness

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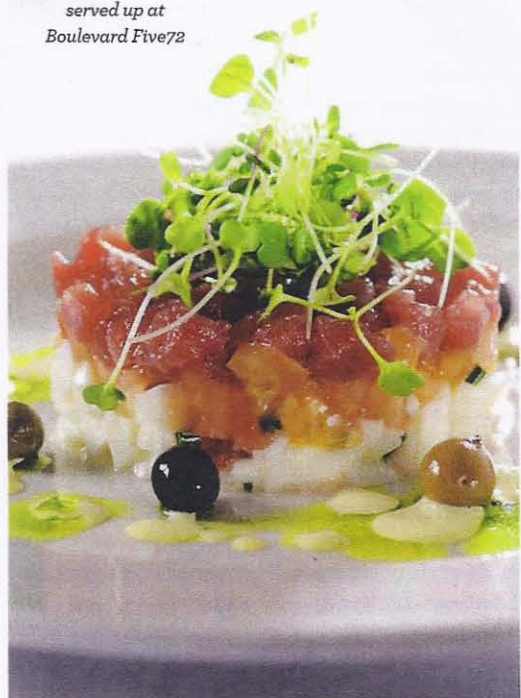
A[•]list

Food + Fitness

WINNERS!

Our readers have voted, AND THE RESULTS OF OUR FIRST FOOD AND FITNESS A-LIST ARE IN! SEE WHICH RESTAURANTS, SPECIALTY FOOD STORES, MARKETS, FARMS, AND FITNESS CENTERS OUR READERS PRAISE THE MOST.

Tuna Tartar,
served up at
Boulevard Five72



Restaurants that Source Locally

READERS' CHOICE: **90 Acres/Natirar,**

Peapack-Gladstone, 908.901.9500, ninetyacres.com

With 19 acres for pasture and crops and 26 raised beds just outside the restaurant, chef David Felton has one of the freshest bounties in the state at his command — and our readers know it.

Bona Vita Osteria, Summit, 908.277.1414, bonavitatanj.com

Sourcing produce from Alstede Farms in Chester (another one of this year's First Place winners), as well as the Summit Farmers' Market, dishes at Bona Vita Osteria are about as Jersey-fresh as you can get.

Blue Point Grill, Princeton, 609.921.1211, bluepoint.jmgroupprinceton.com

Enjoy fresh seafood (sourced from Viking Village in Barnegat Light) on a menu that changes daily. Stay for dessert — Blue Point carries ice cream from The Bent Spoon, also an A-List winner.

Eno Terra, Kingston, 609.497.1777, enoterra.com

"Eat local!" is Eno Terra's call to action. It works with the Zone 7, an organization that connects organic and sustainable farmers with area restaurants. The results are raves from our readers.

HONORABLE MENTIONS:
A Toute Heure, Cranford, 908.276.6600, atoutheure.com
Boulevard Five72,

Kenilworth, 908.709.1200, boulevardfive72.com
Elements, Princeton, 609.924.0078, elementsprinceton.com
Lambertville Station, Lambertville, 609.397.8300, lambertvillestation.com

Vegetarian & Vegan Restaurants

READERS' CHOICE: **Cinnamon Snail,**

Hoboken, 201.675.3755, cinnamonsnail.com

The intriguing name catches your attention; the innovative menu captivates your taste buds. This mobile vegan truck serves up gourmet dishes that seek to redefine vegan cuisine.

Mesob Ethiopian Restaurant,

Montclair, 973.655.9000, mesobrestaurant.com

Mesob is a great spot for carnivores and vegans to dine together. **And it gets better: New to the menu are Vegan Oatmeal Raisin Cookies and Cherry Oatmeal Raisin Chocolate Chip Cookies, created by Montclair's Nicky Mesiah, who is known for her vegan and gluten-free products.**

HONORABLE MENTIONS:
Caffe Galleria, Lambertville, 609.397.2400, caffegalleria.com
Café Metro, Denville, 973.625.1055, thecafemetro.com
Eurasian Eatery, Red Bank, 732.741.7071, eurasiaeatery.com

Mie Thai, Woodbridge, 732.596.9400, miethai.com
Origin Thai, Basking Ridge, Morristown, Somerville, originthai.com

Twisted Tree Café, Asbury Park, 732.775.2633, twistedtreecafe.com

Veggie Heaven, Denville, Montclair, Teaneck, veggieheavennj.com

Whole Earth Center, Princeton, 609.924.7429, wholeearthcenter.com

Organic Health Food Shops

READERS' CHOICE:

Whole Earth Center,

Princeton, 609.924.7429, wholeearthcenter.com

Don't let the cozy atmosphere fool you. Readers say: This store packs in a lot of big brands as well as locally produced goodies. If you're too busy to make lunch or dinner, it also has an excellent selection of homemade soups, salads, and entrées you can take home.



A glimpse inside
Elements in Princeton