

I am Eric Stein - THE HEALTHY CHEF

AND I'VE MADE IT MY MISSION
TO GO AROUND TOWN TO FIND
HEALTHY PLACES TO EAT.



It's almost funny how often I get approached by other chefs and industry professionals telling me that healthy eating is just a phase on people's life and that healthy restaurants are not going to make it in the industry. But again, those are the same people that think cream and butter are a MUST in gourmet cuisine.

So this time I decided to venture around Miami looking for the original healthy places to eat, you know, ground zero. I didn't have to ask around too much to be led to the original core of fashion, health, and fitness: Coconut Grove.

As soon as I got there, I just needed to connect the dots and VOILA!

I found myself in the birthplace of healthy food: THE LAST CARROT. And let me tell you, the place was as packed as if they were indeed selling the last carrot in rabbit town.

With over 40 years in business, The Last Carrot has earned its clientele's trust and loyalty the hard and only way: with consistency, good food and staying true to their roots.

The menu is as simple as it gets: great juices, fresh salads, lovely sandwiches and my personal favorite, spinach pies. They believe simplicity and consistency will always triumph over running around trying to follow

this spoiled town food trends. And they are right.

Erin, the owner, told me that they have been juicing since they opened their doors 42 years ago. That's 20 years before it became "a thing" and it is still going on strong.

From tourists to locals, and from office workers to gym freaks, they welcome everyone with open doors, good vibe and great healthy food.

The Last Carrot is indeed the place to go and grab a quick, healthy bite when you're in the Coconut Grove area, I know I'm going this weekend... are you?



THE LAST CARROT
3131 Grand Avenue
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