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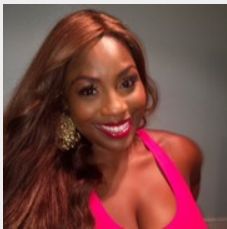
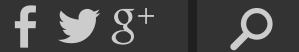
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Lakesha Yvette Walker
LA Dance Fitness Examiner

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See also: fitness & exercise, diet, west hollywood

Best Post-Workout Meals in West Hollywood

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April 10, 2014
8:04 PM MST



Barry's Bootcamp

Barry's Bootcamp

Barry's Bootcamp

FEATURED VIDEO

One of the toughest things to decide after a workout is what to eat, and for many of us price, location and calories can make all the difference.

So how do you stay on track without blowing your [diet](#) or paying too much for food?

You check out this carefully curated list from [Barry's Bootcamp](#) and [Taste Savant](#), a restaurant discovery site that takes food recommendations from friends, members and fellow readers, as well as restaurant critics, bloggers, chefs and other food experts, to give you the best of what's in LA.

And who wouldn't love that?

With lists also popping up in New York, Boston and Chicago, you can find a great selection of menus, restaurant reviews, reservations, dining deals and delivery options that will save you time and energy, keeping you looking great no matter where you choose to dine out with friends.

And if you just finished sweating it out to a tough routine, here's where you should go next for some fresh, healthy, savvy fare.

[Connie and Ted's](#)

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Barry's Bootcamp [West Hollywood](#), Connie and Ted's is the city's hottest and newest seafood destination. And if you want to cut calories, here's what you should have when you go.

Post-Bootcamp Treat – Oysters, Mussels (LA Weekly Recommended), Fisherman's Stew, Steamers, Scallops (LA Times Recommended), Oysters, Deviled Oysters (Tasting Table Recommended)

The Eveleigh

Another great location close to Barry's is The Eveleigh, a beautiful place to grab a seat at the bar or take over a table on the patio for one of the best views in LA.

Post-Bootcamp Treat - Kusshi Oysters, Pot-Roasted Clams (LA Times Recommended), Hamachi Crudo, Roasted Heirloom Pumpkin Salad, Veg



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Out Smoothie, Granola, Roast Half Chicken, Halibut

Gracias Madre

If meat and seafood aren't your favorites, the list also includes some great vegan options in **Gracias Madre**.

Brought to you by the **Café Gratitude** team, this is a great post-workout stop for organic, vegan Mexican food, but it gets packed fast so make a reservation before you go.

Post-Bootcamp Treat - Quesadilla De Calabaza (Tasting Table Recommended), Masa Sopes, Mole Enchiladas, Pepitas, Ensalada de Frutas, Sauteed Chard

Tender Greens

Last but not least is Tender Greens, a convenient yet delicious eatery that will make you feel as if you're having a gourmet meal every time and it is the perfect post workout treat after a tough session at Barry's and here's what you should have when you go.

Post-Bootcamp Treat - Herb Brushed Tuna Sandwich, Chinese Chicken Salad, Tuna Nicoise Salad, Thai Shrimp Salad, Grilled Veggies Salad

[TASTE SAVANT](#)

[BARRY'S BOOTCAMP](#)

Barry's Bootcamp

Feel better inside and out with classes and personal training from Barry's Bootcamp, with an added bonus of this carefully curated list of restaurants from Taste Savant.

Barry's Bootcamp Lead Trainer

Barry's Bootcamp



Barry's Bootcamp Phot Courtesy of Barry's Bootcamp



Astrid McGuire

Barry's head trainer Astrid McGuire is a fitness motivator, athlete and model, who is committed to helping people of various levels of fitness be their best, while looking good and feeling great.

Post Bootcamp Treat: Connie and Ted's



Post Bootcamp Treat: Connie and Ted's Connie and Ted's

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Post Bootcamp Treat: The Eveleigh Eveleigh

Post-Bootcamp Treat- Kusshi Oysters, Pot-Roasted Clams (LA Times Recommended), Hamachi Crudo, Roasted Heirloom Pumpkin Salad, Veg Out Smoothie, Granola, Roast Half Chicken, Halibut

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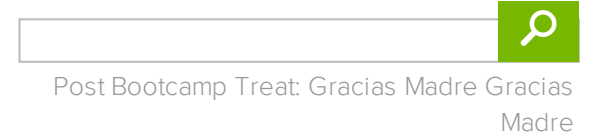
Post Bootcamp Treat: The Eveleigh

Post Bootcamp Treat: The Eveleigh 

Post Bootcamp Treat: The Eveleigh Timeout,
Victor Leung

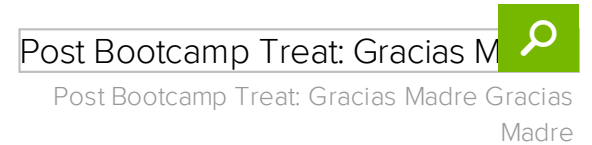
Post-Bootcamp Worthy - Kusshi Oysters, Pot-Roasted Clams (LA Times Recommended), Hamachi Crudo, Roasted Heirloom Pumpkin Salad, Veg Out Smoothie, Granola, Roast Half Chicken, Halibut

Post Bootcamp Treat: Gracias Madre



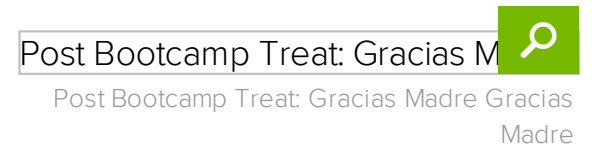
Post-Bootcamp Treat - Quesadilla De Calabaza (Tasting Table Recommended), Masa Sopes, Mole Enchiladas, Pepitas, Ensalada de Frutas, Sauteed Chard

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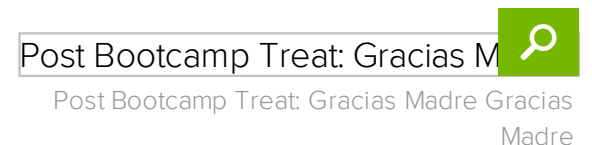
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Post Bootcamp Treat: Tender Greens



Post Bootcamp Treat: Tender Greens Tender Greens

Tender Greens...Post-Bootcamp Worthy - Herb Brushed Tuna Sandwich, Chinese Chicken Salad, Tuna Nicoise Salad, Thai Shrimp Salad, Grilled Veggies Salad

Taste Savant



Taste Savant Taste Savant blog

Taste Savant is a restaurant discovery site that takes food recommendations from not only you, but also your friends, family and fellow readers, as well as restaurant critics, bloggers, chefs and other food experts, to give you the best of what's in LA. And who doesn't need that?

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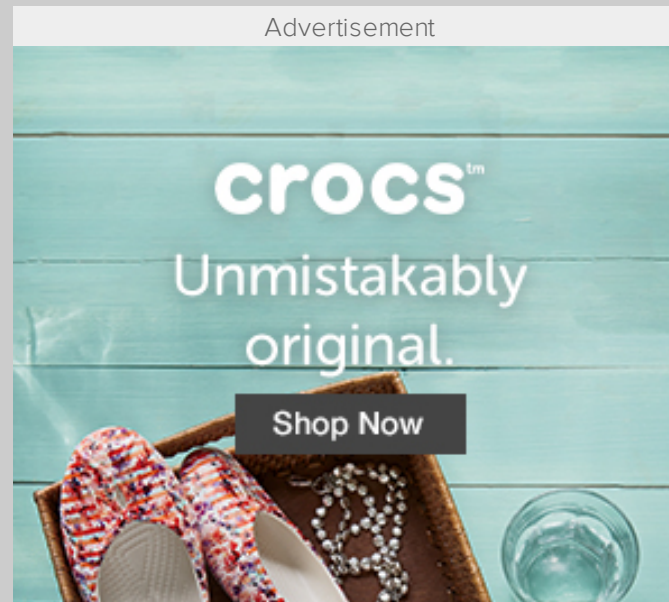
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