

# Kale Yeah!

THIS PRODUCER AND ACTRESS LOVES  
EATING RIGHT WITH VEGAN BITES

**EXPERT:** Salli Richardson Whitfield  
**CREDENTIALS:** Producer and Actress

## MONDAY

→ When I'm heading home, I always drop by one of my favorite restaurants: SunCafe. It has a super-chill outdoor patio and a great selection of raw and vegan food. The Legendary Kale Colossus salad is to die for. [www.suncafe.com](http://www.suncafe.com)

## TUESDAY

→ Once you live in the valley, it's very easy to stay away from town, but whenever my manager and I get together, we hit Gracias Madre. Try the Young Coconut Ceviche—it's delightful! [www.graciasmadreweho.com](http://www.graciasmadreweho.com)

## WEDNESDAY

→ Once a week, I try to give my body a break from food and do a juice cleanse. Kreation Organic Juicery in Toluca Lake is worth the travel. Try the protein power drink before or after a workout—it is delicious! [www.kreationjuice.com](http://www.kreationjuice.com)

## THURSDAY

→ So what do you do when it's a Thursday night, you have a hungry vegetarian family and you don't feel like cooking? You pull up Postmates and order Veggie Grill! It's fast food for us healthy people. [www.veggiegrill.com](http://www.veggiegrill.com)

## FRIDAY

→ O'cadola Restaurant in Sherman Oaks has become one of my husband and my new vegan restaurant finds. Their vegan bacon mac 'n' cheese, barbecue jackfruit sliders and smoked gouda Impossible Burgers are so good, you won't believe it's not the real thing. [www.ocadola.com](http://www.ocadola.com)

## SATURDAY

→ Saturday can get pretty crazy for our family, so that means pizza time. By far the best vegan pizza I have ever had is at MidiCi in Sherman Oaks. It has a great atmosphere, and they have fabulous non-vegan pizza, too. [www.mymidici.com](http://www.mymidici.com)

## SUNDAY

→ Sunday is family time for us. I have wonderful vegetarian kids and a vegan husband who beg for my kale greens, mashed sweet potatoes, smoked cauliflower and honey cornbread. Then we play a good old-fashioned game of Monopoly. ■

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