



**W**hen Kristy Lambrou earned the position of a culinary nutritionist at the New York restaurant, Rouge Tomate - the first Michelin starred restaurant focused on health - her field of expertise was almost unknown. To date, Kristy is considered one of the 40 under 40 rising stars in her category, and the American Bon Appétit praises the new Michelin diet. Directly from New York, Kristy talks to us about her dreams that are gradually becoming a reality.

**“** *I believe in the importance of taking time to source great ingredients, preparing them from scratch and then devoting time to sharing that meal with family and friends.* **”**

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