

# WHOLE FOODS

MARKET

2015 SPRING/SUMMER MAGAZINE

## Your Best Grilling Ever

Unique Recipes & Flavors  
The Perfect Side Dishes

## Tasty Vegan Burgers—*Wow!*



Whole Foods Market floral guru Ed Belschner goes a long way to pick the best daisies, p. 42.

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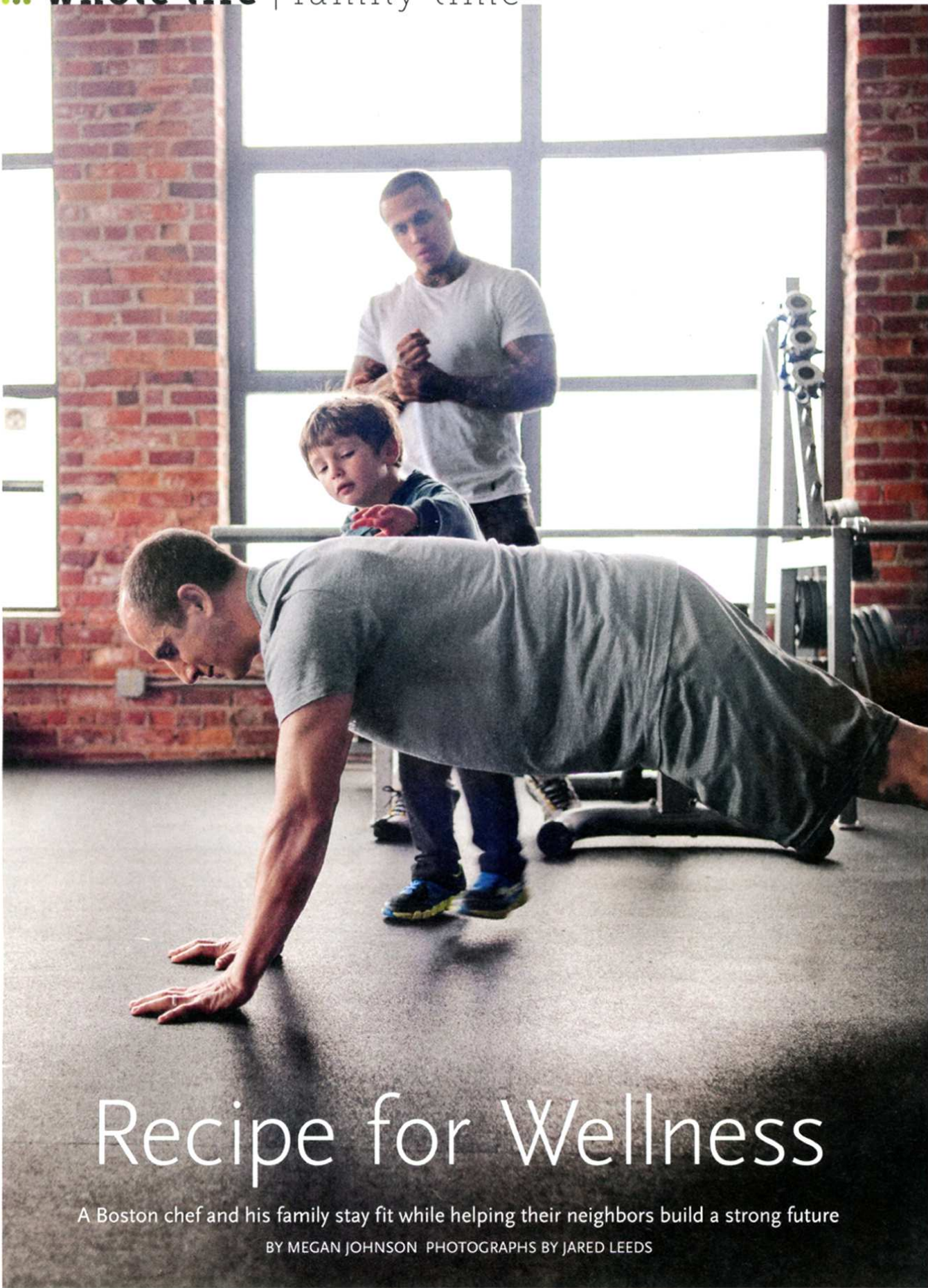
# Pure & Simple

- \* Quick Family Dinners
- \* Easy Wedding Planning
- \* Flowers Grown With Love

**Plus:**  
5 Fun, New  
Egg Recipes

TOP LOCAL PRODUCE • SMARTER SUNSCREENS • BEST HOT SAUCES



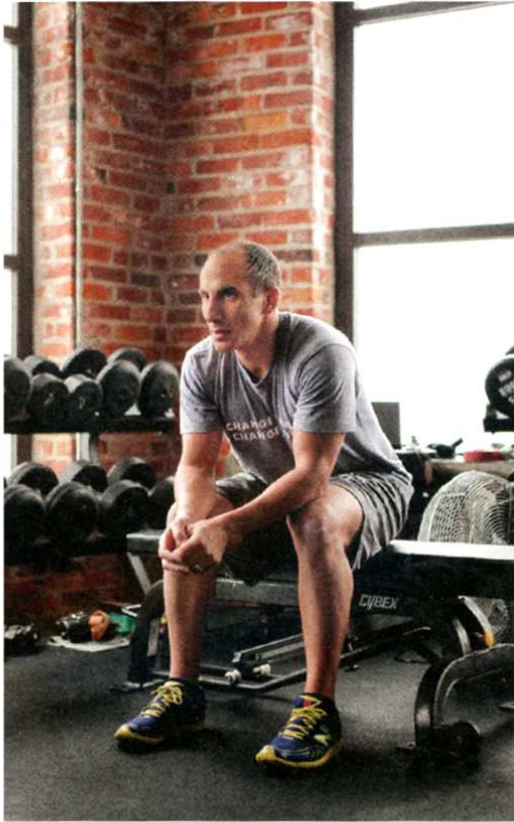


# Recipe for Wellness

A Boston chef and his family stay fit while helping their neighbors build a strong future

BY MEGAN JOHNSON PHOTOGRAPHS BY JARED LEEDS





**MICHAEL LEVITON**, the chef/owner of Lumière, a Newton bistro, spends most days sweating in the kitchen. But on Saturdays, he feels the burn when he, his wife, Karyn, and their two children go to the gym together. “As a chef, I have ridiculous work hours for a family,” says Leviton. Exercising together helps them all stay active and healthy, while spending time as a family.

**IN THE GYM**

Their weekly workout does more than strengthen their bodies. Leviton and his family train at InnerCity Weightlifting, a gym in Boston’s Dorchester neighborhood that helps young people with histories of abuse and violence develop job skills as fitness trainers.

“The trainers are guys who have been in and out of the [criminal justice] system their entire lives, but because of this program, they’ve begun to turn their lives around,” Leviton says.

But this program is more than just feel-good exercise, he assures us. “We get trained individually,” he says, “and it’s a damn good workout.”



Leviton (far left, with trainer), his wife, and their son train and play together.



**AT THE STOVE**

In the kitchen at his restaurant, Leviton keeps the heat on with fresh tastes built on a solid foundation. “We serve simple, well-executed food that’s made with local and sustainable ingredients.”

When he’s at home in the Boston suburb of Lexington, Leviton likes to cook with his 12-year-old daughter, Isadora, and 5-year-old son, Sam. Roasted vegetables are a family favorite. “Everything goes into the oven on a pan with some foil, so it’s easy,” Leviton says. “That gives us time to have fun together.”

He wants part of that time spent giving back to others. “The restaurant helps put us in a fortunate financial position,” he says. “The chance to better understand lives more troubled than ours is invaluable. It helps my kids appreciate that we are privileged.”

You can learn more about InnerCity Weightlifting at [innercityweightlifting.org](http://innercityweightlifting.org). Check out Leviton’s restaurant by visiting [lumiererestaurant.com](http://lumiererestaurant.com).



**MICHAEL LEVITON**  
**WORK:** Chef and restaurateur  
**PASSION:** Pumping iron  
**SHOPS AT:** Bedford, Massachusetts store

“It’s an eye-opener to see the importance of opportunity, and how opportunities are lacking for segments of our population,” says Leviton.