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Now Even Your Food Can Be Z.E.N.

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(credit: Getty Images)

LOS ANGELES (CBS) — Z.E.N., which stands for Zero Effort Nutrition, is not just another Diet [Delivery Service](#).

Hear them tell it: "We are here to share our experience and knowledge in guiding you to a healthier life. The Z.E.N. Team is comprised of like-minded people, including our experienced staff who've worked with the founder of Z.E.N. in this industry for over 10 years, as well as a network of doctors, dietitians, nutritionists, pro [athletes](#), business execs, gym owners, trainers and many others. We all share a common goal of promoting clean and healthy eating as one of the most important steps towards a better lifestyle. It is our pleasure to have you join us on an amazing journey of obtaining healthier mind and body, from the beginning!

Mariana Rossano, president and CEO of Z.E.N., and Drew Prinz, a nutritionist who works with Z.E.N., were in-studio guests on the KCAL 9 News at Noon.

How are Z.E.N. meals different? Z.E.N. Foods' meals are nutritiously balanced and based on a 40-30-30 philosophy: 40% lean protein, 30% complex carbohydrates and 30% healthy fats

For more information about Z.E.N., go to their Website: www.zenfoods.com

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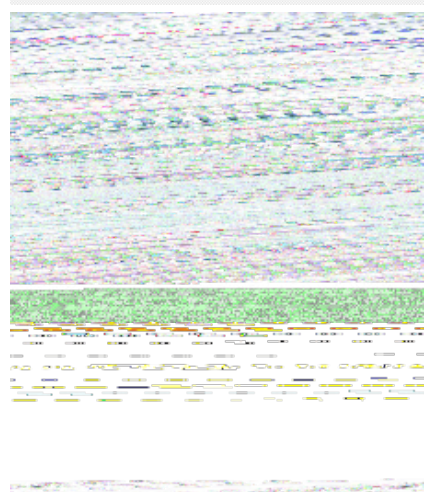
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