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The Valley's Source for Entertainment News & Information

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Culinary Connection

ZERO EFFORT NUTRITION, L.P. LAUNCHES Z.E.N. FOODS™ A Meal Delivery Service That Makes "Eating Clean" Easier Than Ever

By Staff Writer



"Eating Clean" is a popular and effective diet philosophy that promotes lean protein, complex carbohydrates and healthy fats, along with smaller meals that are consumed more frequently throughout the day. The advantages of "Eating Clean" include managing weight issues, stabilizing blood sugar, improving insulin levels, increasing energy, and other benefits that have been well documented. However, maintaining good eating habits is typically a challenge due to increasingly hectic schedules that leave little time for daily tasks. A solution is now provided by Zero Effort Nutrition, L.P., which recently launched a meal delivery service under the brand Z.E.N. Foods™. With this new service, Z.E.N. Foods™ has demonstrated that "Eating Clean" can be virtually "effortless" by simply ordering clean, nutritionally balanced and portion controlled meals, including breakfast, lunch, dinner, a snack and a dessert, delivered daily to customers' home or office.

Mariana Rossano, President & CEO of Zero Effort Nutrition, L.P., stated "Eating Clean is not a diet, but instead a lifestyle that enhances the way you look and feel. Unfortunately people are too busy to spend the time and effort to shop for the right ingredients and then cook the food properly, but now we will do it all for you!"

Z.E.N. Foods' menu is rotated seasonally, using the freshest ingredients available, and it is also monitored closely by nutritionists and dietitians to ensure that every meal is well balanced and portioned properly. Meg Moreta, MS, RD, CDE, Nutritionist and Consultant for Z.E.N. Foods says "Consuming correctly portioned meals every 3 hours has tremendous health benefits, so we measure everything that goes into every meal carefully for each of our customers."

According to Z.E.N. Foods Client Katrina L of Tarzana, "I started Z.E.N. in May and am amazed I lost 11 pounds in 30 days. I love the food and at age 52 I feel like I am 30 again. I have so much energy."

Dr. Frank Ryan, plastic surgeon to the stars recently Tweeted, "[I] switched to Z.E.N. Foods recently for meal delivery. Hands down the best I've tried. Those of you who have your meals delivered should try it."

Z.E.N. Foods is currently delivering to most areas within Los Angeles County.

Zero Effort Nutrition L.P., d.b.a. Z.E.N. Foods™, was founded in 2010 to provide consumers with daily meal delivery service. Several meal programs are available, and all programs can be tailored to meet individual needs and goals. For more information

visit www.zenfoods.com.

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