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Bulky Zac Efron Goes on a Diet!

Monday - January 24, 2011 - 12:19pm

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Credit: MBX17Online.com; Kevin Mazur/WireImage.com

Is Zac Efron trying to slim down?

On Thursday, the actor, 23, visited an L.A. studio (he's doing voiceover work for a new Dr. Seuss flick) with a bag of grub from Z.E.N. (Zero Effort Nutrition) foods, a diet delivery service that helps stars eat calorie-controlled meals.

PHOTOS: Zac and other sexy men of the awards season

Efron has said he gained about 18 pounds (and got a much-scrutinized buzz cut) to play an Iraq War veteran in *The Lucky One*.

"I was just eating, eating, eating," he told *E! News* of the beef-up. *The Lucky One* wrapped up shooting just before Christmas.

PHOTOS: Stars who've slimmed down

Another Z.E.N. Foods aficionado? His ex Vanessa Hudgens. "I'm so thankful there's a service like Z.E.N. Foods that tastes GREAT and makes it so easy to eat right," she says on the company's website.

PHOTOS: Shocking Hollywood splits

Although the pair called it quits after almost five years in December, they were spotted packing on the PDA at L.A. nightclub Eden earlier this month.

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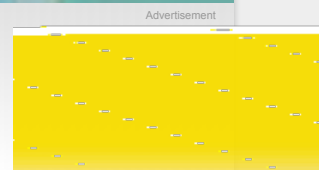
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