

THIS MINUTE

YOU WANT TO KNOW ABOUT...

Hollywood's Diet Trends

Bring on the bikini! Stars reveal their spring shape-up secrets

ZEN FOODS

Vanessa Hudgens keeps her physique sleek with Zero Effort Nutrition's diet delivery service. "It makes it so easy to eat right," she says of the calorie- and portion-controlled meal plans (all 30 percent protein, 40 percent carb and 30 percent fat) customized for each client. Other fans?

Her ex **Zac Efron** and celeb trainer **Gunnar Peterson**.

"Getting in shape is more than just training hard," says the pro. "It's watching your food intake. This helps!" (From \$50 a day, zenfoods.com)



Efron



Hudgens



For a s
Vergar
on thi
The
Wil
goo
a ne
1,10
pro

Eva
"It's
diet t
A
pro
30
it o
me
\$3