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Zac Efron Carrying Zen Foods Bag Pictures

ZAC EFRON TAKES A ZEN APPROACH TO HIS HEALTHY DIET



Posted on June 13, 2012 9:56AM by Katie Henry
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Zac Efron (<http://www.popsugar.com/Zac-Efron>) was spotted strolling around LA yesterday carrying a lunchbox packed with healthy snacks. Zac's back on his Z.E.N. Foods meal plan, the same program that helped him bulk up last year while filming his Nicholas Sparks film, **The Lucky One**. It's been an exciting week for Zac, who was on hand at the Staples Center Monday night as the LA Kings took home their first Stanley Cup title.

Zac's on a break between projects at the moment and it seems he's also a newly single man. Sources close to the star confirmed Zac's split from Lily Collins (<http://www.usmagazine.com/celebrity-news/news/zac-efron-lily-collins-split-2012116>), but also revealed their relationship was never very serious. Zac is clearly serious about his workout and fitness routine, though, and his sexy six pack will surely get him far in the PopSugar 100 there's still time to vote for your favorite celebrities so be sure to play the PopSugar 100 faceoff game (<http://www.popsugar.com/2012-PopSugar-100-Faceoff-Game-22235693>) before voting ends this week!