

DETAILS

MICHAEL



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THE PLAN: Wolfgang Puck alums head up the kitchens of this SoCal service, which often works directly with a client's personal trainer or nutritionist to choose the right plan, says founder Mariana Rossano. **THE GOODS:** Arugula with grilled chicken, strawberries, shaved jicama, and citrus vinaigrette. **THE TIP:** Front-load your day's heavier carbs in the morning—you'll have more time to burn them over the course of the day.

THE CLIENTS: Rob Kardashian, Zac Efron, Vanessa Hudgens, Kevin Love of the Minnesota Timberwolves



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