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### The Proper Way To Diet: Z.E.N. Foods

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So, I am trying out this new thing. It's called Z.E.N. Foods (Zero Effort Nutrition) and is basically a meal delivery service providing you with breakfast, lunch, dinner, a snack, and a dessert. It's like going on a diet but not worrying about what what you're eating since all your meals are pre-made and delivered right to your door.

When I think of "meal delivery service" bland food comes to mind. So far I've attempted to maintain Z.E.N. for the past four days (it's a feat with my heavy restaurant schedule) and I am pretty surprised by how great the food tastes. I've especially been digging breakfast offerings, one of my favorite dishes has been a breakfast museli, more like an oatmeal, studded with flax seeds and crunch nuts topped with strawberries, blueberries, and blackberries. When you pop the dish into the microwave, the heat melts the fruit creating a natural jus.

To give you an idea of a day's menu, here's what I consumed today:

Breakfast: Greek scramble with honeydew and papaya on the side.

Lunch: Taco salad.

Snack: Crudites with hummus.

Dinner: Chicken Parmesan with broccolini and roasted eggplant.

Dessert: Chocolate-dipped biscotti.

However, the ultimate question is...am I gong to lose weight? Stay tuned!

Z.E.N. Foods [www.zenfoods.com](http://www.zenfoods.com)

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### IN L.A. EVENTS



**Annual Long Beach Oktoberfest**  
**When:**Oct. 22-24 28-31  
**Featuring** Biergarten, Food, Carnival games, arts and crafts.. **Where:**El Dorado Park, Long Beach, CA **Event type:**Beer Festival, Oktoberfest,



**Halloween Horror Nights**  
**When:**Oct 29-31 **Featuring** five mazes and six scare zones. Mazes include *A Nightmare on Elm Street: Never Sleep Again, Saw: Game On, Vampyre: Castle of the Undead, and more.* **Where:**Universal Studios Hollywood **Event type:**Halloween



**L.A. Haunted Hayride**  
**When:**Oct 29-31 **Featuring** a traumatic experience that begins with a tractor-drawn tour through a forest of death, populated by, among other twisted tenants, "200-year-old children." The trauma continues with a *Haunted Haymaze* and a *Haunted Carnival*, finishing with an *All Hallows' Eve* sure to leave you scared stiff. **Where:**Griffith Park **Event type:**Halloween



**Mike Snow**  
**When:**Friday Oct.29th 8:00pm **Featuring** Featuring Mike Snow with Mark Ronson & The Business Intl and MNR **Where:**Club Nokia, LA **Event type:**Concert,



**Andy Warhol's Frankenstein**  
**When:**Friday Oct.29th

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