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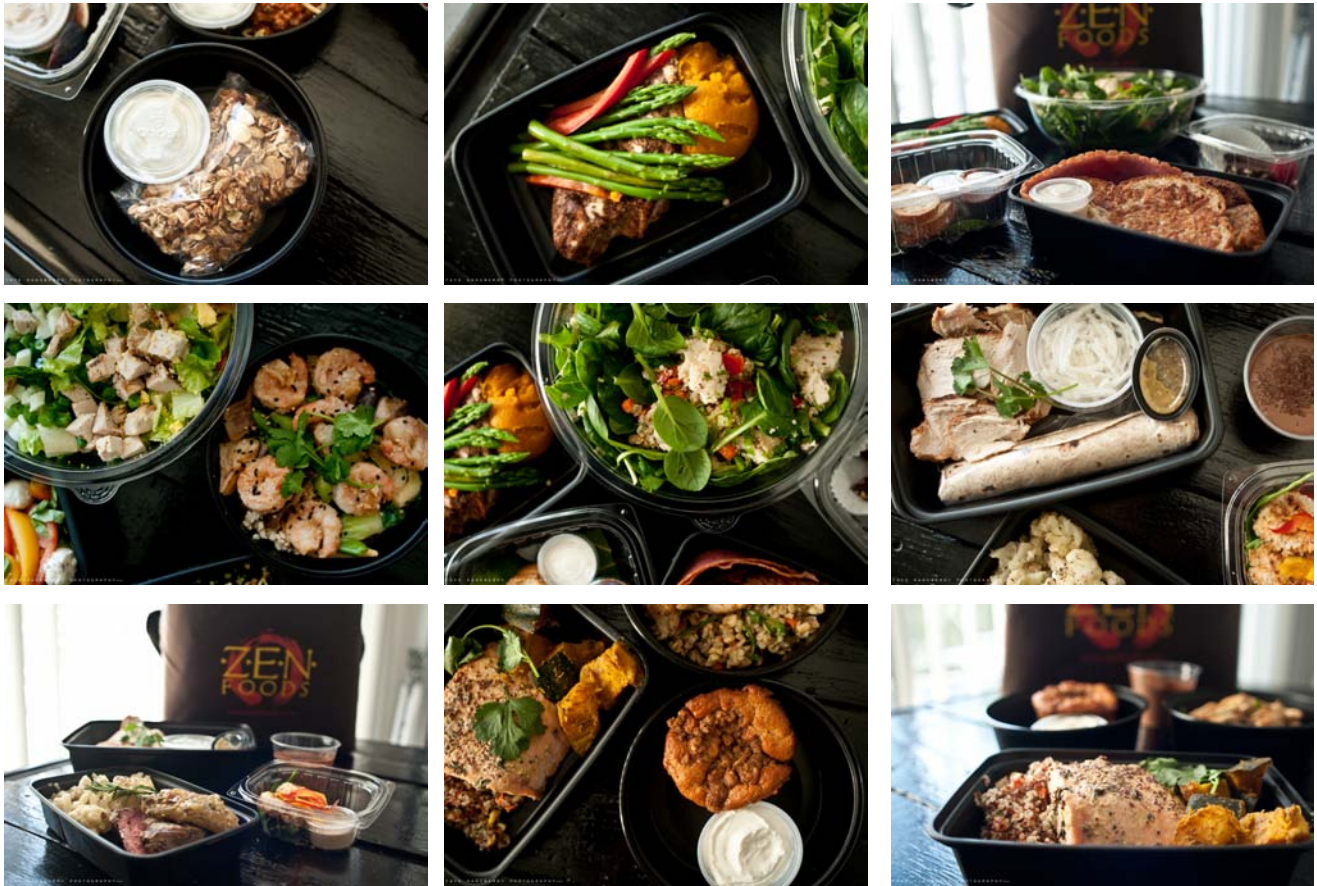
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THURSDAY, DECEMBER 16, 2010

Deliverd straight to your door..Who's cooking??





All meals above are shown exactly how they arrived at my door...I did not pretty them up folks!!

10 days left...

Zen Foods..

We are all super busy and I for one hardly have time to snack..let alone cook an entire meal for myself everyday.

This is where Zen Foods comes in..

For \$47.95 a day..you get Breakfast, Lunch, Dinner, a Snack and Dessert delivered fresh to your front door. Every meal is individually packed, labeled, stored into a cute little cooler bag and dropped at your door step somewhere between the hours of 6pm and 6am. You know the excitement when you get home and there is a UPS box just sitting at your door waiting for you..yeah same feeling when there is a cooler full of yummy food waiting for you..

Okay now that the logistics are out of the way..Lets talk about the most important factor..Hello!! THE FOOD..

I had 7 days of breakfast, lunch and dinner that I decided to photographically document because as wordy as I can sometimes get..nothing does justice to **amazingness** like a photo..So before you read this just take a moment to actually look at the pictures above..

I'll wait...

.....waiting..

.....waiting....

.....Waaaitting...

Yes I know ..I just made you hungry right!!

I have to say that I honestly did not know what to expect..I was a little scurred (yes I said scurred)..food delivered?..breakfast lunch and dinner...? Really? How good can it be?

Ummm...

Please let me explain to you how every single meal that was delivered to my door was super duper delicious... I actually forgot what it was like to eat three solid meals a day...three solid tasty meals a day. It got to the point where I would take the last bite of one meal and already be looking forward to the next..

Perfect portions...perfect flavors..the meals are a consummate combination of home cooked and chef prepared.

And now a list of my favorites

Chocolate Mousse (OMG!!)
Cinnamon French toast w/maple Ricotta Cream and Chicken apple Sausage
Filet Mignon w/Charred eggplant 7 toasted Cauliflower
Flax seed Tortilla Crusted Orange Roughy w/ Herb Quinoa & Green Beans
Thai Beef Sate
Honey Mustard Glazed Salmon w/quinoa and baked Acorn Squash
Bruschetta w/figs and Goat Cheese
Sour Cream Coffee Cake w/a Side of Greek Yogurt
Colorful Cheese Scramble
Asian Shrimp Stir Fry w/Brown Rice
Turkey Chili w/ side salad
Turkey Burger w/ sliced tomatoes
Chicken Cobb Salad
Dark Chocolate Chunk Cookie

..and those were just my favorites...

Did I mention that these meals are nutritionally balanced for your needs, perfectly proportioned for optimum caloric intake, organic (when available) and diabetic friendly..

They have a sports program, a diet program, a diabetic program and a just plain I don't feel like cooking program (that would be the classic plan).

Oh and when I toured the facilities..I had what might be one of the best dark chocolate chunk cookies that I have ever tasted!! Uggg I sooo want one right this second..

You can buy packages anywhere from 5 days to 90 days...

..And coming soon they have family plans..Dinner and Dessert..starting at \$29.95.

Zen Foods is a family owned and operated business..which means everyone there is hands on..

What a perfect gift!

Zen Foods..I *"Like"*

Taye ;)

Zen Foods

www.zenfoods.com

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