



Spotlight on Business

Healthy people take ZEN approach to food

“Eating clean” is a diet philosophy that promotes lean protein, complex carbohydrates and healthy fats along with smaller meals that are consumed more frequently throughout the day. The advantages of “eating clean” include managing weight issues, stabilizing blood sugar, improving insulin levels, increasing energy and other benefits.

But maintaining good eating habits can be a challenge due to hectic schedules. One solution is provided by Zero Effort Nutrition L.P., which recently launched a meal delivery service under the brand ZEN Foods.

With its new service, ZEN Foods has demonstrated that “eating clean” can be virtually effortless by simply ordering clean, nutritionally balanced and portion-controlled meals, including breakfast, lunch, dinner, a snack and a dessert, delivered daily to customers’ home or office.

Mariana Rossano, president and CEO of Zero Effort Nutri-



BEFORE/AFTER—Deborah Genovese lost 30 pounds in three months using the ZEN approach to weight loss. She wants to lose another 20 and “could not be happier.”

tion, said, “‘Eating clean’ is not a diet but instead a lifestyle that enhances the way you look and feel. Unfortunately, people are too busy to spend the time and effort to shop for the right ingredients and then cook the food properly, but now we will do it all for you.”

ZEN Foods’ menu is rotated seasonally, using the freshest ingredients available. It is monitored by nutritionists and dietitians to ensure that every meal is balanced and portioned properly.

Meg Moreta, nutritionist and consultant for ZEN Foods, said, “Consuming correctly portioned meals every three hours has tremendous health benefits, so we measure everything that goes into every meal carefully.”

According to ZEN Foods client Katrina L. of Tarzana, “I started ZEN in May and am amazed I lost 11 pounds in 30 days. I love the food, and at age 52 I feel like I am 30 again. I have so much energy.”

Dr. Frank Ryan, plastic surgeon to the stars, recently tweeted, “(I) switched to ZEN Foods recently for meal delivery. Hands down the best I’ve tried. Those of you who have your meals delivered should try it.”

ZEN Foods delivers to most areas within Los Angeles County. The company provides consumers with daily meal delivery service. Several meal programs are available, and all programs can be tailored to meet individual needs.

Visit www.zenfoods.com or call (818) 764-9368.

Townsgate Pet Hospital serves the Conejo Valley

Townsgate Pet Hospital at the Gelson’s shopping center in Westlake Village is now serving pet owners across the Conejo and Las Virgenes valleys.

Dr. Ahmed Mutalib is a Westlake resident who received his master’s and doctorate degrees

in veterinary medicine from the University of Saskatchewan, Canada. His more than 29 years of experience in the field includes 10 years of teaching at Cornell University and other higher education institutions. He was an invited lecturer at the Armed Forces

Institute of Pathology for seven years. AFIP is known worldwide in the field of veterinary pathology.

Mutalib’s new clinic at the corner of Village Glen and Townsgate roads in Westlake Village offers low-cost vaccines, spaying, neutering, ultrasonic dental cleaning and other services for pets. The hospital includes the latest in diagnostic equipment, laboratory facilities and pharmaceutical offerings.

Townsgate Pet Hospital at 2806 Townsgate Road, Ste. C, is open 8 a.m. to 6 p.m. Monday through Friday and 8 a.m. to 4 p.m. Saturday. Call (805-230) 1999.

Public loves new dating service

Agoura Hills resident Gail Karpus has started a new local online dating site called Heart Profile Service.

Says Karpus, “I can take the uncertainty out of the process to get you started, which allows you to remain comfortable and

excited so you can enjoy the fun of online dating.”

Karpus will write profiles and headlines and provide professional photography. Services are personal and confidential.

Call (310) 498-7543 or visit www.heartprofiles.com.

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