

“EAT CLEAN, LIVE LEAN”

WITH Z.E.N. FOODS' ZERO EFFORT NUTRITION®

By Lori Berezin



Let's face it. Most of us lead busy lives and don't always have time to create the most nutritious, well-balanced meals. If you're seeking culinary enlightenment, or just a little extra help, try Z.E.N. Foods' Zero Effort Nutrition, for healthy, gourmet meals delivered directly to you and your family.

Fitness and nutrition experts Founder/CEO Mariana Rossano and Co-Founder/President Kane Picoy created Z.E.N. Foods more than a decade ago to help people eat better. Their team of chefs, nutritionists, dietitians, and healthcare consultants crafted a variety of menu options from Paleo to vegetarian to help clients, such as *Modern Family*'s Jesse Tyler Ferguson, actor Zac Efron, and TLC host Ann Merin,

achieve their fitness goals while saving time and effort in the kitchen. Z.E.N. Foods even customizes the menu to fit your specific tastes and health concerns.

According to Dr. Marc Kerner, an otolaryngologist in Northridge and Westlake Village, "Z.E.N. Foods is a great way to help my patients lose weight without the hassle of thinking about diets. This is especially important for my patients who suffer from sleep apnea." It has been shown that being overweight increases the odds of sleep apnea, as well as diabetes, heart disease, and other maladies.

Fortunately, you can stay within your calorie limit and still enjoy mouth-watering meals, such as the blueberry ricot-



ta crepe with fresh blueberries, chicken tikka masala with brown rice, dahl and mango chutney, and tempting chocolate cheesecake or dutch apple pie. To spice up your life, try Z.E.N. Select for new recipes on a daily basis. Or stick with your favorite Italian, Mexican, Asian, Indian, and California cuisine. Healthy eating never tasted so good.

If you're feeling a little sluggish, recharge your body and soul with their detoxing fruit and veggie cleanse. Aptly-named organic juices include Green Envy with green apple, spinach, arugula, kale, parsley, celery, and lemon; Great Balls of Fire, packed with chia seeds, tangerine, cantaloupe, pineapple, strawberry, ginger, turmeric, and cayenne; and Milky Way, with non-dairy almond milk, ca-

cao powder, maple syrup, dates, and a pinch of Himalayan salt for a guilt-free energy boost.

The nutritionists and chefs at Z.E.N. Foods can help increase your energy and metabolism and even lower blood sugar. They'll put quality meals and family time back on your table without the hassle of shopping, prep, and cleanup. Their health-conscious menus allow you to lower sugar consumption while increasing organic, high-antioxidant foods. All meals are freshly prepared, never frozen, and ready to eat within minutes. Whether you're looking to maintain or lose weight, put more pep in your step or simply spend less time shopping and cooking. Z.E.N. Foods delivers. For further information, visit zenfoods.com. ■