

# GENLUX

MAGAZINE



HAYDEN PANETTIERE

FRESH SUMMER FASHION:  
TAKE A BITE!

*Fashion+Beauty+Shopping!*

\$4.95 June/July 2007 0 6>



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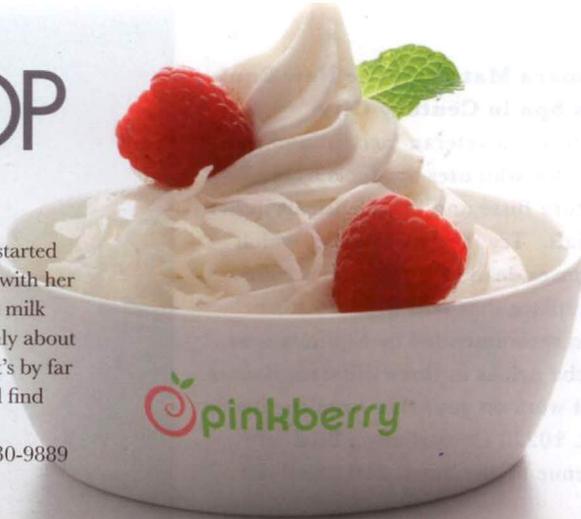
# GENLUXSHOP

## LA DIETS

OFTEN, WINNING THE BATTLE AGAINST THOSE EXTRA POUNDS IS ABOUT ARMING YOURSELF WITH THE DIET THAT YOU BELIEVE IN — AND STICK TO. HERE ARE SOME WE FOUND THAT CAN HELP YOU STAY SLIM THIS SUMMER (RESULTS MAY VARY).

### PINKBERRY - DIET TREATS

**About:** This LA-based phenomenon was started by Hwang, who started Pinkberry in 2005 with her business partner, Young Lee. They use real milk and fresh fruit, and they claim there are only about 20 calories per ounce. If this is true, then it's by far the best-tasting low-cal summer treat you'll find anywhere. **Price:** \$4.95-\$7.45 **Where to get it:** Everywhere. pinkberry.com, 323-730-9889

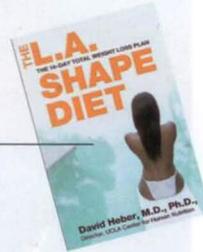


### SUSAN'S HEALTHY GOURMET - NO OXYMORON.

**About:** Susan Johnson started her business in 1996 when she found that no one service prepared healthy meals for Southern Californians. Her company provides fresh, nutritionally balanced, and calorie-controlled meals that are individually prepared and packaged to order. They also have kids' meals and family dinners. **Price:** Varies with order. **Where to get it:** susanshealthygourmet.com, 888-EZ-Meals, 310-829-0111

### THE L.A. SHAPE DIET DIET BY THE BOOK

**About:** *The L.A. Shape Diet* by Dr. David Heber, M.D., Ph.D, director of the UCLA Center for Human Nutrition, uses information about your body's composition to design a personalized diet using low-fat, high-protein foods and delicious high-protein shakes together with colorful fruits and vegetables. High-protein, reduced-carb approach to satisfy your appetite and help build muscle when combined with exercises you can do in just 30 minutes a day. **Price:** \$24.95 **Where to get it:** barnesandnoble.com



### DELIGHT MEDICAL - GET WELL AND CENTERED.

**About:** Dr. Payam Kerendian founded the Medical and Wellness Center in Los Angeles with the goal of treating each patient as a whole human being rather than different body parts or systems. The center provides custom weight-loss and maintenance solutions, ensuring that the treatment conforms to the lifestyle, medical needs and weight-loss goals of the individual. **Price:** Depends on the program **Where to get it:** 8420 Wilshire Blvd, Beverly Hills 90211, 310-859-1077, delightmedical.com



### NUTRIFIT - UNDER \$40 A DAY.

**About:** Jackie Keller is the founding director of NutriFit, which specializes in freshly prepared, customized, delivered-meal programs tailored to accommodate each individual's health and lifestyle needs. NutriFit has provided nutritional services to: Barbra Streisand, Uma Thurman, Angelina Jolie, Reese Witherspoon, Charlize Theron, Angelica Huston, Penelope Cruz, Susan Sarandon, Val Kilmer, Jake Gyllenhaal, and Lucy Liu. **Price:** \$39.95 for a complete daily plan **Where to get it:** 310-473-1989, 800-341-4190, nutritifitonline.com



### THE HOLLYWOOD COOKIE DIET

**About:** Jamie Kabler and Larry Turner, founders of the Hollywood Diet, have a new diet to mouth off about, the Hollywood Cookie Diet. It provides all the vitamins and nutrients necessary for weight loss, while satisfying your appetite and sweet tooth. You eat four cookies a day in place of breakfast and lunch, and enjoy a sensible dinner. **Price:** \$19.99 per package **Where to get it:** Rite Aid, 7900 Sunset Blvd, 323-876-4466, drugstore.com

### SUNFARE - DIET AT YOUR DOOR

**About:** Sunfare Diets founders John Stewart and Carl Ferro both come from backgrounds in private training and nutrition. Many of Sunfare's most popular meals are culled from Carl's secret family recipes. They offer three meal programs: the Sunfare Signature Diet, Sunfare Vegetarian, and Sunfare Family Dinners. The Sunfare Signature Diet is a low-carb, well-balanced program great for weight loss, and Sunfare Vegetarian is its vegetarian counterpart. When it comes to dieting, their philosophy is simple: it's easy to stick to it if you love the food you're eating!

**Price:** Weekly and monthly meal plans **Where to get it:** sunfare.com, 323-780-0888



Sunfare Diets founders John Stewart and Carl Ferro

