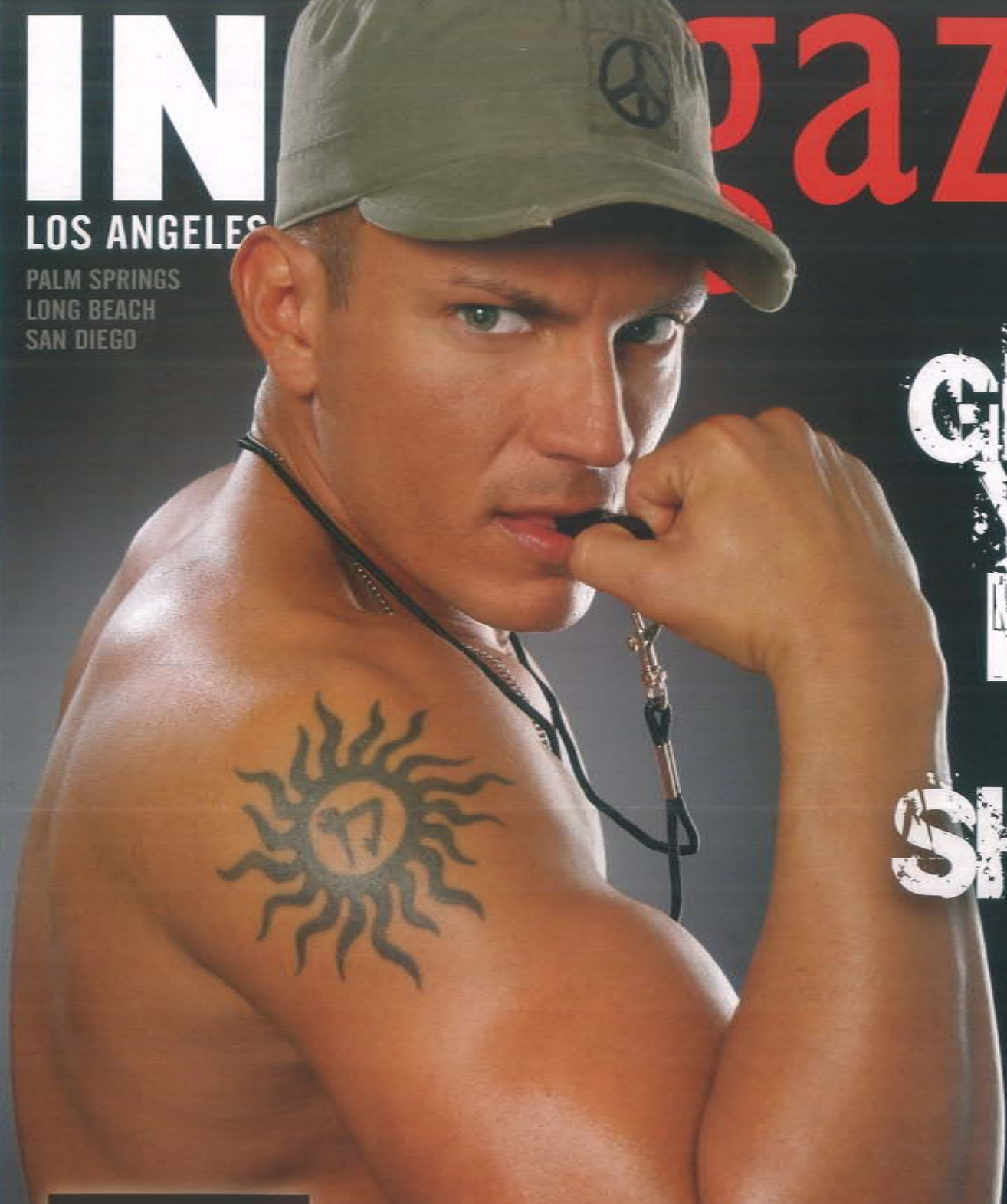


IN

LOS ANGELES

PALM SPRINGS
LONG BEACH
SAN DIEGO

Magazine



GET YOUR BUTT IN SHAPE

STARRING:
LUIS SOTO | 083



HEALTH
FIT
NESS
2009

Diet Delivery

BY JEFF KATZ

Finding the right prepared meals that fit your budget and belt size

Meal delivery services are often called upon by celebs to help them stay in tip-top shape, but these personal chefs are by no means out of reach for the rest of us. Because of its industry image, L.A. has more options than imaginable to provide fresh, healthy, nutritious and, yes, customized meals right at your doorstep. We set out to find who's serving up the best dishes for the right price—all within a healthy diet.

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Diet-to-Go

Now serving: This goal-based program creates menus based on each client's desires, whether it be losing weight, bulking up on muscle or simply incorporating more fruits and veggies. Diet-to-Go even offers a weight-loss analysis, taking into consideration someone's current and goal weight, physical activity level, dietary preferences, and then turning that data into caloric-intake and meal-plan recommendations. Diet-to-Go delivers via mail to the L.A. area in weekly allotments.

What's on the menu: Low-carb meals including feta frit-



NutriFit's pasta primavera

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Bistro MD

Now serving: Working under the moniker "chef prepared, doctor approved," Bistro MD is all about careful portion control. The company's 100-plus item menu, focusing on lean proteins, is considered by many experts to be a leading component to battling the bulge, seeing as how meals are prepared with fresh ingredients and zero preservatives, all under the advice of Dr. Caroline Cederquist, certified in medical weight management. Bistro MD is more restrictive than other plans, however, offering only a selection in a five-day or

NutriFit

Now serving: NutriFit is the meal-delivery system to the stars, with celebs like Susan Sarandon and Will Ferrell dining on these delights. NutriFit offers complete customization, so if you're someone who employs the Zone method of dieting, prefers a veggie lifestyle or just has specific food preferences, the NutriFit menus can be created to best suit your taste. Many new moms also call upon the company post-pregnancy, both because the nutritional meals help kick the baby weight, and obviously the convenience. Deliveries are made three days a week in any variety of menu and pricing offers (break-

Susan's Healthy Gourmet

Now serving: Fresh and fast is the idea behind the meals from Susan's Healthy Gourmet, which aside from Susan's Main Menu, also offers a backpack lunch menu Busy Bee dinner menu and a Family Dinner menu. While Main Menu meals come with a recommended day to eat for optimum freshness, all selections are always trans fat free and usually contain organic green and the best seasonal fruit selections. To best suit dietary needs, clients can choose between 1,125, 1,500 and 1,800 calorie or carb-control choices. Deliveries are