

# Harper's BAZAAR

LINDSAY  
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**2 FRESH DINING** See a Fresh Cooler tucked by the gate of an L.A. star's driveway? Fresh Dining has been there, dropping off its daily five-course, 1,200-to-1,400-calorie menu. The Burbank-based service promises "fast, dramatic weight loss." Indeed, Ricki Lake credits it with helping her shed more than half her body weight. This diet is designed for striking results.

**BAZAAR SAYS** Breakfast was hearty: a frittata with roasted tomatoes, turkey bacon, zucchini, and squash with a side of berries. We couldn't help substituting the chocolate-fruit tart for the shrimp-roll snack. ("If we could eat the chocolate tart for every meal, it'd be great," said one taster.) Lunch (chicken with mesclun salad and pine nuts' and dinner (swordfish steak with eggplant caponata) were a problem; both had us running to the cupboard for salt and olive oil. **SIGN ME UP** [freshdining.com](http://freshdining.com) or 877-89-FRESH. Five-day trial for new clients, \$199. Delivery in southern California only. Fresh Mommy is a plan for new mothers.

The next WEIGHT-LOSS REVOLUTION means getting meals delivered. But HOW does it TASTE? BAZAAR signs up to find out. By Annemarie Iverson

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