

HEALTH & FITNESS

Return to Slender

By: Chris Strauss

Feb 21, 2007 – 4: 06:18 PM

How one of the nation's top plastic surgeons vanquished his excess pounds by getting his diet delivered

Beverly Hills plastic surgeon Richard Ellenbogen, M.D., sculpts perfection into other people's bodies, but until a year ago his own was no great example to his patients. "My weight has been a fight for me for my entire life, says Dr. Ellenbogen. That all changed when a patient told him about [Fresh Dining](#).

The Southern California-based company brings three packaged meals, a snack, and a dessert to your door every morning. Cost: \$47 a day.

And we're not talking rabbit food: "I'm eating a frittata for breakfast, a Greek salad for lunch, and grilled buffalo steak for dinner," says Dr. Ellenbogen. He shed 35 pounds within two months of starting the plan, downsizing from 206 to 171.

There's little leeway regarding the menu (all clients receive the same meals), but the diet works because the nutrients are prebalanced and the meals are preportioned, says registered dietitian Meg Moreta, who helped develop the menu. If carbohydrate-rich pancakes are served for breakfast for example, low-fat meat and vegetables fill out dinner, and dessert is kept bite size.

Even so, Dr. Ellenbogen never finds himself hungry the foods are high in fiber, whole grains, and lean proteins, all of which burn slow to keep him full longer. Of course, there's no eating out (doing so will negate his dieting efforts).

The other adjustment? "I had to get rid of half my clothes because they were too big," says Dr. Ellenbogen.
