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IN

LOS ANGELES
PALM SPRINGS
LONG BEACH
SAN DIEGO

gazine

HEALTH FIT NESS 2009

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Fresh Dining

Now serving: Ricki Lake is one of the many familiar faces who changed (and maintained!) their figure using Fresh Dining. It's full-service all the way, with breakfast, lunch, dinner, snacks and desserts waiting on your doorstep every morning by 6 a.m. A 90-day meal rotation ensures you're not getting repetitive diet food, but rather fresh, healthy food with creative flair. The customized calorie-control portions work to increase clients' stamina and energy levels, lower insulin levels and even improve skin tone. Not to mention it's easy, with menus and heating instructions, if necessary, provided for each dish, plus the piece of mind of knowing that empty cooler at your front door at sundown will be full again by sunrise.

What's on the menu: Caramelized pear and ricotta blintz; banana bread pudding; grilled duck breast with Brussels sprouts and braised red cabbage

Check please: \$52.95-67.95/day, depending on time period of order.

More info: freshology.com

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Fresh Dining's cranberry salad