



Z.E.N. Foods Zero Effort Nutrition



Z.E.N. Foods is Zero Effort Nutrition. Depending on your needs, most of will admit we would like to have more time to enjoy the things we love. But with work, kids and the many day-to-day tasks we juggle, it can be nearly impossible to eat right. That's where we come in.

Our gourmet food delivery services are for:

People who are struggling with their weight

Health buffs who want to keep up with the latest trends in healthy eating

People on a strict, calorie-controlled diet
Busy families that don't have enough time to prepare healthy meals

With 3 nutritionists on staff, the Z.E.N. team can customize just about any diet program imaginable. Whether you prefer Paleo, Zone, Vegan, Vegetarian, just dinners or a detoxing juice cleanse with our anti-inflammatory cold pressed juices, we have the best in the industry.

Z.E.N. Foods works with top healthy eating experts, which include a large network of doctors, dieticians, trainers, pro athletes and more. Our programs are designed to provide the healthiest, most nutritious, and balanced meals available. We use the highest quality ingredients in their most natural state, and the attention to detail that goes into the preparation of your meals

is second to none. The combination of quality ingredients and culinary excellence allows us to deliver a product that will exceed your expectations. We make it easy to live by the slogan, "Eat Clean, Live Lean."

Another benefit offered only by Z.E.N., is our Select Program. With Z.E.N. Select, you are the master of your domain. With 20 choices in every category to choose from, and every changing menu, you can be a creature of habit or try new and delicious recipes on a daily basis. It's hard to get bored with flavors from all over the world. From Italian, Asian, Indian, Mexican, etc... it's pure pleasure for your palate.

Our product comes from local vendors fresh daily. Then it is delivered fresh to your doorstep. With your own private consultant, it's easy to make any changes and the level of comfort knowing they are just a call or an email away is something we pride ourselves on.

Although there are many A-Listers using the service to get in or stay in shape for their next film, our service is for everyone. If you have a wedding or special event, need to lose weight or just want to healthy and feel great, we have a program just for you. For more information on Z.E.N. Foods call (818) 764-9368 www.zenfoods.com

Cookin' with Lenny SMOKE HOUSE

RIBS
CATERING
STEAKS
TAKE-OUT
SEAFOOD

Blues Comes to Chatsworth

POWERHOUSE MUSICIANS

(guitarist) Roy Gaines on January 13
Teresa James & the Rhythm Tramps on January 20
Darrin Yarbrough and the Shure Thing Band on January 27
Deb Ryder on January 28

Come for the Food, Stay for the Blues!

23360 Lake Manor Dr, Chatsworth, CA 91311
(818) 348-8100 ★ www.cookinwithlenny.net