

ORANGE COAST

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THE MAGAZINE OF ORANGE COUNTY
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BRADLEY
WHITFORD
on acting and life

Kobe beef:
rare, rich & revered

how to build
a home wine cellar

the truth about
organic foods

plus

OC's master calendar
& great dining guide

RESTAURANT
RAVES 2007





Jackie Keller's NutriFit is most likely the longest running customized meal service in Southern California. ... She offers nutritional coaching, biometric testing and will tailor your program to whatever health condition comes your way.

you'll find your Sunfare driver has already been to your house.

Take your super cooled bag, complete with meals for the day and instructions on how to fire it up for a feast, and go. How about mushroom-glazed tenderloin for dinner, and a snack of feta and olives? Yum! Sunfare offers family-sized dishes (serving two to five people) and caters to vegetarians, those with allergies, and those who are just plain picky.

Depending on which meals you order (say, the family plan or vegetarian Zone), prices start at \$24.95, but the most popular price is \$49.95 per day, which is for breakfast, lunch, dinner and two snacks on either a 20- or 28-day program.

Sunfare Delivery System
(866) SUNFARE (786-3273)
www.sunfare.com

NUTRIFIT

Jackie Keller's NutriFit is most likely the longest running customized meal service in Southern California. Since 1987, she has driven her dishes from South Orange County to Santa Clarita, and just like Burger King, you really can have it your way.

She offers nutritional coaching, biometric testing and will tailor your program to whatever health condition comes your way. As a matter of fact, she prides herself at *not* offering menus for seniors, carbohydrate counters, vegans and the like. Why? She customizes each program for each individual.

After a visit to her kitchen in West Los Angeles, I saw her provide a wannabe actress with a vegan meal that might make a meat lover jealous. What that woman can do with tofu is truly amazing.

German apple pancakes for breakfast, and pan-seared chicken curry and chutney got my attention. This service offers a full three-meal, three-snack day, and will cost about \$45 with delivery every other day. With clients like Uma Thurman, Angelina Jolie and Reese Witherspoon, it might be safe to say

that she's got a plan that works.

NutriFit
310-473-1989 or 800-341-4190
www.nutrifitonline.com

FRESH DINING

The latest company to feed the masses and hot body celebs is Fresh Dining. Having the opportunity to view the contents of a few of the meals, I can attest to the fact that the company is big on high-end presentation. Picture this: a dinner of slow-roasted miso short ribs with bok choy, carrots and chestnuts in a red wine demi-glace, complete with almond blueberry tart. What's not to like?

If you provide your tongue with fabulous flavor, it's easier to be satisfied on less food.

The concept works for many, including one of its most notable clients: Janet Jackson. Tipping the scales at 180, she peeled off pounds lightning fast with the help of a Fresh Dining nutritionist.

This program can be more thorough than most, offering the services of a personal trainer to visit you three times a week, along with your daily meals. The company calls it the Platinum Program. A 30-day meal program, complete with trainer, starts at \$2,692.22, tax included.

For those of more modest means, the 90-day Fresh Start Diet of three meals and one snack will cost \$43.95 per day.

Fresh Dining
818-847-1888
www.freshdining.com
10950 Sherman Way, Suite 140
Burbank

The bottom line? All the programs offer well-balanced meals prepared by highly educated staff. Clearly, it's a matter of taste. **OC**

—Lori Corbin is a nutrition specialist and food coach whose segments can be seen on KABC-TV Channel 7.