

Diets at your

FAMOUS FANS	THE PROGRAM	SAMPLE MENU
 <p>Erin McNaught</p>	<p>The service Dietlicious (dietlicious.com.au) The gist The 5 Day Cleanse is preservative-, additive-, dairy-, wheat- and red meat-free. Its aim is to boost your energy and metabolism. The drill Expect delivery of a freezer box of vacuum-sealed or flash-frozen meals, all ready to re-heat and eat during the week. The quirk Ingredients are locally sourced. The cost \$180 for five days of breakfasts, lunches, dinners and snacks.</p>	<p>BREAKFAST Lemon and water; gluten-free toast with hummus and tomato</p> <p>LUNCH Vegetable cakes with red-capsicum sauce</p> <p>DINNER Ocean trout with vegetable ratatouille</p> <p>SNACK Seasonal fruit; ginger tea</p>
 <p>Lindy & Michael Klim</p>	<p>The service Eat Fit Food (eatfitfood.com.au) The gist Restaurant-quality food, cooked daily, with the focus being on nutritious, reduced-salt, and low-GI meals. The drill Freshly prepared food is delivered each morning—often before you wake up. The quirk There are bespoke plans for men too, so you can get healthy together. The cost From \$320 for a 5-day program of all meals; \$350 for the protein-plus plan.</p>	<p>BREAKFAST Free-range omelette with roast onions and low-fat cheddar cheese</p> <p>LUNCH Roast chicken with herb potatoes; roast roma tomato; broccoli; mustard sour cream</p> <p>DINNER Thai-style barramundi salad with Chinese cabbage, sesame seeds, cashews and capsicum</p> <p>SNACK Vita-Weat crackers with tomato-basil salsa and cottage cheese</p>
 <p>Melanie Brown</p>	<p>The service Jenny Craig (jennycraig.com.au) The gist A total-lifestyle program, Jenny offers balanced meals, along with exercise guidance. The drill Following a consultation to establish goals (weight-maintenance or weight-loss), you'll receive a frozen-meals pack for the week. The quirk You have your own personal support consultant who is on call 24/7. The cost From \$20 a day for meals and snacks. You add your own fruit, vegetables and dairy.</p>	<p>BREAKFAST Nut-and-grain bar; a slice of toast with 1 tsp of margarine; 2/3 cup of fat-free yoghurt</p> <p>LUNCH Bean-and-cheese burrito; 2 slices of bread; 2 tbsp of avocado; garden salad; 45g of lean ham</p> <p>DINNER Oriental beef with carrots and mushrooms</p> <p>SNACK 2 pieces of fruit; caramel popcorn</p>

Doorstep

Too time-poor to prepare healthy, tasty food for every meal? Us, too. We tested three home-delivered food programs—then asked the experts to weigh in.

INSTYLE TRIED IT

“I loved knowing that my meals were planned for the week—I **didn’t have to visit the supermarket once**,” says *InStyle* beauty editor Eleanor Pendleton. “The food was full of flavour, but I did miss having red meat in my diet.”

DISHES WE LOOKED FORWARD TO



The highlight of the week was the Tasmanian salmon with tamari and mirin reduction, served with vegetables.

WHAT THE EXPERTS SAY

“Dietlicious’ **meals are kilojoule-controlled** but still high-protein and packed with vegetables,” says nutritionist and author Susie Burrell. “While there is no scientific reason that the body needs to be ‘detoxed’, the week-long program is nutritionally sound. It’s a safe, tasty way to healthier eating.”

“My husband and I enjoyed all the meals; the food was **high-quality and delicious**,” says *InStyle* editor Kerrie McCallum. “The best part was the daily delivery: to get freshly poached eggs dropped at my door was amazing! And, it was so convenient to not have to think about what to cook for dinner.”



Tuna nicoise salad kept tastebuds tantalised while the potatoes added substance to the meal.

“I can’t stress how great the freshness is—I love that **these meals are prepared every morning**,” says nutritionist, author and chef Zoe Bingley-Pullin. “There’s lots of raw, fibrous vegetables included which are instrumental for the body. I’d probably add some more essential fats, like nuts such as almonds or cashews.”

“Despite being frozen, everything tasted very fresh,” says *InStyle* acting beauty director Amanda Goff. “I went for the weight-maintenance program and **not once did I feel I was missing out**—but I do wonder whether caramel popcorn is really healthy for your diet.”



A hearty beef pie with a garden salad satisfied mid-week lunch cravings.

“Although the range of fruits and vegetables is limited, it still is a vast improvement on what most Australians eat,” says nutritionist Kristen Beck. “This plan also includes protein-rich foods so **you feel fuller between meals**. Nutritionally, it offers good variety and is user-friendly.”