

Starbodies

Move it and lose it with Simone Casey

"I am sure whenever Hugh [at Sydney's Bronte Beach in July] is in Australia, he will continue to use Eat Fit Food," says his trainer, Michael Ryan.



Hugh's doorstep meals

Strip fat without having to chop one veggie

During his intensive training and performances for *The Boy from Oz*, Hugh Jackman called in Eat Fit Food, a meal-delivery company recommended by his personal trainer, Michael Ryan. "Hugh normally has body fat under 10 per cent, and after using Eat Fit Food, [it] dropped below that," says Michael. "He is now probably the fittest and healthiest he has ever been."

Sydney-based Bianca Monley, 26, started the company in 2002 when she was working in a gym and eating



Eat Fit Food costs from \$22.50 to \$54.95 a day.

"a very boring diet of tuna, rice and protein shakes," she says. "It's difficult to juggle all the pressures of daily life *and* create beautiful meals!"

With meals such as apple, date and walnut muesli for brekky, smoked salmon and chickpea salad for lunch and tandoori chicken salad with mango yoghurt dressing for dinner, the diet uses low-glycemic index carbs; lean

protein and is low in saturated fat. There is also a 10-day detox program, which is "designed to be a motivating kick-start to a healthy eating lifestyle," says Bianca.