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**Give Mom The Daily Diet of Health Beyond Mother's Day With San Francisco Bay Area's Premier Personal Chef Service, DINING IN**

*Mother's Day... it's usually the same gift recycled year after year with no imagination. But for Bay Area residents, giving the gift of healthy eating and nights off from cooking is a gift most mother's won't be expecting, but DINING IN is helping to change.*

**/24-7PressRelease/** - SAN FRANCISCO, CA, April 13, 2008 -- The era of TV dinners, processed foods and fatty eating is pass . And while our mothers did want the best for us, it's time to turn the dinner table of change and give mom something fresher than a bouquet of flowers or a fat-laden dinner out. DINING IN ([www.dininginsf.com](http://www.dininginsf.com)), the leading Bay Area specialized personal chef delivery service is perfect for mom, not just on Mother's Day but, all year-long, making sure mom stays healthy, which is the best gift of all. DINING IN has created a program that changes the way you live and how you eat - with THE DAILY DIET. Incorporating today's super power foods, including fresh leafy greens like kale, chard, spinach and beet greens and grains like quinoa, barley, polenta, brown rice and oats, which provide antioxidant support and fiber, DINING IN's Founder and Executive Chef, Traci Higgins utilizes her gourmet culinary creativity to turn these super foods into a luxurious, healthy, delicious DINING IN experience and a lifestyle change for the better. But mom can have her cake and eat it, too...

The average chocolate cake has almost 800 calories. "The one thing I learned from my mother about food, that I apply today is to always have a great chocolate dessert every holiday - now I just lighten it up," explains Higgins. "The biggest misconception people have about dieting is that dieting leads to successful weight loss - that is not the 'answer.' The answer is a balanced healthy lifestyle which includes proper portions and healthy foods. Doing it this way is easier to enjoy treats," states Chef Higgins who has a sweet tooth herself and offers over 100 dessert recipes under 300 calories from DINING IN.

Higgins, named one of the "Top 5 Personal Chefs in the Bay Area" by San Francisco Magazine believes that variety is the spice of life - and variety contributes toward healthier eating, sometimes not always taught either from home or school.

As a mother herself, she takes food and nutrition seriously. "Kids eat at home for five years before they eat at school, so it is obvious where eating habits develop. But the responsibility falls on both - schools need to reinforce the political, social and medical communities claims and ads that a nutritious diet leads to a healthy and long life. Parents need to expose their children and teach them to eat good food, correct portions and healthy kid-friendly foods," she explains. The first thing she did as an adult opposite of what she learned growing up was to eat more fruits each day and making organic eating a choice. "The only fruit we had were apples, oranges and bananas. Now I eat cherries, peaches, kiwi, pineapples, mangoes, etc.," states Higgins.

Also a red meat-lover, Higgins has found a creative way to convert and prepare this food she grew up with in a healthier way by braising leaner cuts and marinating them for flavor and stuffing with fresh vegetables and it's been part of her commitment as a chef, business woman and mother, to ensure that eating right and eating healthy doesn't mean deprivation and sacrificing taste and quality.

Higgins, also a speaker, health educator and advocate, culinary instructor has traveled the country performing cooking demonstrations and insightful lectures on health and wellness to doctors, dietitians, health professionals and nurses and has been active in many Diabetes educational forums and conferences. She has worked in the test kitchens of Weight Watchers, Cooking Light Magazine and America's Best recipes and is credited in three cookbooks. Additionally, she has worked as a food stylist and worked on the television show "Follow That Food" with Gordon Elliott for the Food Network.

For interviews, please contact Publicist, Stacey Kumagai, Media 818-506-8675 [mediamonster@yahoo.com](mailto:mediamonster@yahoo.com) For more information on DINING IN's 'No Mess and No Stress' time-saving healthy food service and THE DAILY DIET mom will relish, go to [www.dininginsf.com](http://www.dininginsf.com)

About Media Monster Communications, Inc.

Media Monster Communications, Inc. is a full-service boutique public relations, promotions, advertising, media relations, marketing, business development, creative consulting and special event production firm in Los Angeles.