



# Chef Zipora Einav

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## BIOGRAPHY

Chef Zipora has been passionate about food and fascinated with its healing effect on the body since childhood. Her lifelong pursuit of the perfect diet for good health in preparing meals has led her down many paths, but when she found the Metabolic Typing™ diet, she knew she had found something of tremendous value. She now devotes her career to teaching and sharing her knowledge. Zipora has been passionate not just about food with outstanding taste but focused on each component in a meal to make sure it is healing to an individual's body.

Born and raised in Israel, Chef Zipora moved to Los Angeles in 1996 to serve as private chef for Bob Hope. This was followed by a similar cooking assignment for Cybil Shepherd. In 1997, she went on tour with the Kelly Family Rock Band, a huge act in Europe, appearing on European and Asian television during the tour. She then moved back to Los Angeles where she worked for both mega movie star, Pierce Brosnan and music icon, Seal.

Zipora developed personalized weight loss programs for many celebrities, who all required a high-energy diet that kept them fit and at peak performance. In 2000, she joined the Rainbow Tour as Mariah Carey's personal chef and during this tour; she cooked in some of the finest hotels and resorts in the world including the Ritz Paris. In 2001, Zipora settled in Scottsdale, Arizona and realized she had been so busy working that she had neglected her own health and was starting to feel the consequences. She decided to focus on her own health, using the principles she'd developed for her clients and her health, her wellness and performance improved dramatically.

Most recently, Zipora served as personal chef to NFL superstar quarterback, Donovan McNabb and his family. She applied the Metabolic Typing™ diet for each of the McNabbs. The results were labeled outstanding as the McNabb family achieved not only their ideal weight, but experienced a big increase in their energy levels. McNabb reported to the Washington Redskins in what he calls “the best shape of my career” and has started the 2010 NFL preseason with outstanding performances.

Please visit <http://www.celebritychefzipora.com> for more information on the career of Chef Zipora.

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## CLIENTS

Zipora's celebrity background and her fresh approach to weight loss and lifestyle change have gained her extensive coverage in local, national and international media. Some of her celebrity clients include:

- Scarlett Johansson
- Mariah Carey
- Pierce Brosnan
- Seal
- Cybil Shepherd
- Aaron Spelling



**Chef Zipora with Scarlett Johansson**

## Discover Chef Zipora's Ultimate Eating Plan

Why do diets fail? Why can you eat even healthy, organic food and still feel terrible? Because foods affect each of us differently. Even "healthy" foods can be harmful to you, depending on your personal biochemistry. That's why I'm offering the most advanced, customized eating program ever developed

This program produces eating plans designed to your unique metabolic biochemistry. A simple profiling process identifies the right foods to balance your body, lose weight where you need to most and keep it off. We then create delicious meal plans and recipes using these food choices to give you the ultimate eating experience.

- Lose weight even in stubborn areas
- Increase your energy
- Enhance your libido
- Help balance your hormones
- Improve your sleep patterns
- Reduce sugar cravings
- Elevate your mood

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## The Science Behind Miraculous Changes

No eating plan matches the precision of the Metabolic Type Diet. That's because no other program looks as closely at your personal, metabolic biochemistry. This is the science behind the miraculous results we have seen. This program addresses your nutritional needs to a degree never before available by factoring in the following essential body systems:

- Endocrine System -- advanced testing reveals which of your body's four major glands is dominant in your system: thyroid, pituitary, gonads or adrenals. Balancing them makes you lose weight in the right places.
- Autonomic Nervous System(ANS) -- When the ANS is in balance, you greatly benefit on all levels of your health.
- The Oxidative System -- sets the rate at which nutrients are converted to energy. Some people burn food too slowly while others burn it too quickly.
- Blood Type -- though secondary, blood type does influence foods to choose and to avoid.

As a result, the meals plans and recipes we provide not only taste great, they make you feel great as well. It's the real answer to weight loss and optimum health.

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She developed her own **weight loss program** for these celebrities, who all required a **high-energy diet that still kept them slim**. In 2000, she joined the Rainbow Tour as **Mariah Carey's personal chef**. During this tour, she cooked in some of the finest hotels in the world including the Ritz in Paris.

In 2001, she settled in **Scottsdale, AZ**. She'd been so busy working for celebrities she had neglected herself and had become a size 16. She decided to focus on her own health, using the principles she'd developed for her clients. She soon got down to a size 4, where she remains today. Since then, Zipora has made **health and lifestyle change the focus of her work**.

- Macronutrients list
- Adjusting Dietary Ratios
- Kitchen Makeover
- Guide to shopping for the right foods
- Individualized Metabolic Type Supplement List
- Nutritional Tracker
- Tips for Changing your Nutritional Habits
- Easy ways to organize and implement your Customized Nutritional Program

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## CONTACT ZIPORA

[Click Here](#) to contact Zipora now!



## WHAT OUR CUSTOMERS ARE SAYING

Dear Zipora,

You have changed my life. I have gone from a size twelve to a four/six. I crave nothing (except for maybe your French Toast)! And I am never hungry. My energy level has shot up to where it used to be many years ago. I am rarely tired and wake up early each day refreshed and clear-headed ready to dig into the day.

I love your program and having my meals delivered. The food is delicious and I look forward to it arriving each day. Also, I love that I don't have to think about it! I know the food is the best quality and the right amounts. I feel such freedom!

Thank you! Thank you! I appreciate you so much!

Sam Pratt  
Paradise Valley, AZ

Dear Zipora,

The lunch you prepared me today was so fantastic. We were trying to continue a business meeting through lunch and I kept interrupting the flow of the meeting because my lunch was so distractingly good.

You definitely have listened to my feedback with the food and made changes that come through with true caring. It is so emotional. You are right. Eating food cooked by someone who cares really does make it better.

Sincerely,

Kelly Bomer, MD  
Scottsdale, AZ

May 2004  
To Whom It May Concern:

This is truly a personal pleasure to be able to present a letter of recommendation for Chef Zipora.

My weight loss goal on January 1st, 2004 was 30 pounds. Under Chef Zipora's supervision I started my diet on January 5th and by April 30th not only had I lost the 30 pounds, dropped six dress sizes but astonishingly lowered my cholesterol level by 50 points.

Following the diet was easy. I, like many would be dieters, have tried different approaches but results were slow to come and in the end frustration simply won out and old habits returned. Under Zipora's guidance I was able to eat the prepared meals in a timely manner and keep my own hectic business schedule going at the same time. I was never hungry, always satisfied and had no food cravings. The food was so perfectly balanced for me and delicious that I breezed through the four months effortlessly.