

# The Eat Sheet

Our New Year's resolution? Smart eating. The problem? Finding time to cook. No worries! These three chefs serve up healthy food for pick-up, delivery or at-home catering. Clean eating has never been so easy—or delicious.



## Heather Crosby of YU Dinnerbell

Getting sick turned out to be a life-changing experience for Heather Crosby. Eschewing traditional medicine, she instead eliminated animal protein from her diet and found relief from her symptoms—and, in the process, a new career as a certified plant-based nutrition coach. Expanding on her popular 1-year-old website yumuniverse.com, “a one-stop shop for all things plant-based,” she says, Crosby created YU Dinnerbell, an underground food pick-up service for those looking for home-cooked, organic, plant-based meals. A few times a month, Crosby offers the first-come, first-served service to 25 lucky diners by ringing a “dinner bell” via Twitter and email. Once confirmed, the secret city location is revealed. [yumuniverse.com](http://yumuniverse.com)



## Jill Donenfeld of The Culinistas

Jill Donenfeld considers herself lucky to have grown up in Cincinnati and raised with Midwest values. “It sounds cheesy but I assumed everyone ate dinner with their family every night,” she says. While attending Columbia University in NYC, Donenfeld realized this wasn’t the case. Her answer? To create The Culinistas, a business that brings private chefs to clients’ kitchens to create home-cooked meals. “The whole idea is to show people their kitchen is functional even if they don’t use it themselves,” she says, whether it’s vegan, organic, kosher or dishes inspired by a favorite restaurant. Donenfeld began her business in New York in 2006, expanded to Los Angeles in 2009 and recently added Chicago to her service list. “For me, food has always been linked to togetherness and family,” she says. [theculinistas.com](http://theculinistas.com)

## Ursula Adduci of Sazón

Ursula Adduci is originally from Costa Rica, but her delivery meal service gets inspiration from all over the world, with dishes ranging from tamarind shrimp and beef empanadas to mushroom risotto and clafoutis for dessert. “I rarely repeat a dish unless a customer asks me to,” she says. With a background in advertising, Adduci tapped into her lifelong love of cooking when she moved to Chicago, first working at a large catering company for eight years before creating her own business last year. In addition to her passion for ethnic eats, Adduci’s a fan of local and organic ingredients—“Better ingredients make better food,” she says—and prides herself on accommodating her clients’ varying needs. [sazonchicago.com](http://sazonchicago.com)



## GOOD LOOKS

### Skin Deep

Introducing two new all-natural skin care lines from Chicago beauty newbies.

Combining her background in cultural anthropology with a passion for cosmetics, Tramayne Butler created **AnthroSpa Logic** ([anthrospa.com](http://anthrospa.com)), a line of beauty products that fight the signs of aging minus the inevitable chemicals. For the five items, Butler researched ingredients prized by native cultures for their healing properties and then added some modern twists (the cleanser comes dry, which not only extends its shelf life but also acts as a scrub when the activating drops of water are added). A new by-appointment Mag Mile sales office makes getting your hands on the good-for-you goods even easier.



Certified organic ingredients and sustainable farming methods go beyond food with **La Bella Figura's** ([labellafigurabeauty.com](http://labellafigurabeauty.com)) line of chemical-free skincare products. Our two faves? Découverte, a roll-on eye serum made with Barbary fig seed oil that tackles tough undereye circles, and Tesoro Mediterranean Blend, a face oil—sounds icky, feels great—made with argan oil that rehydrates dry skin in a jiffy. Winter, meet your match!

