

**Pilgrim on the 405
August 11, 2010**



**Pilgrim Talks: Susan Johnson and Kerry Johnson
Anthony (8/11/10)**

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**Susan Johnson, CEO, and Kerry Johnson Anthony,
President, of Susan's Healthy Gourmet**

A native of Houston, Texas, Susan Johnson moved to California in 1994. With their children grown, she and her husband John decided to start a business and settle here permanently.

A family history of cancer and heart disease had made her very aware of the benefits of a healthy lifestyle. When she discovered that there was no one service offering prepared healthy meals for the home throughout Southern California, she decided to fill the niche by providing an effortless way for others to achieve a healthy diet. After much research she determined that Orange County was the most strategic location to accomplish her dream of serving all of Southern California. She opened her headquarters in Irvine in January of 1996, with proven, tested recipes approved by a dietitian, and custom computer programs that not only analyze the nutritional content of each meal, but also track the needs of her customers.

In January of 1998, Healthy Gourmet expanded to Los Angeles, and in May of 2000, Healthy Gourmet began service to San Diego. Susan's plan for Healthy Gourmet is to expand throughout the state of California, promoting good health to those whose goals include eating nutritious, great-tasting food. In the process, she's offering the convenience of eliminating the need for shopping, cooking, and clean up, thereby filling the need that's fueling today's trend toward home meal replacement.

2007 brought our Susan's Healthy Kids and Family meals leading us to 2008 where we added Senior, Diabetic and Anti-Aging/Purification packages; making Susan's Healthy Gourmet the most versatile of the fresh, home replacement meal services.

Currently Healthy Gourmet employs a full-time kitchen staff of 20+ to produce over 250,000 meals a year, with each order customized for its clients. Future plans include expanding the service through shipping to those areas unable to be serviced locally. Susan's dream to be able to provide meals to everyone who wants to enjoy the benefits provided by eating healthy is moving forward just as planned!

To learn more about Susan's Healthy Gourmet go to www.susanshealthygourmet.com

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