

15 MINUTES

Prepped and ready

Tyler and Kiara Diamond believe in taking care of their bodies, and for them, a large part of that is making sure to eat right. The two met in early 2015, when Tyler, originally from Oroville, was living in Sacramento and working as a professional mixed martial arts fighter. He and Kiara, a bikini model living in Paradise, spent only weekends together and she would prep meals for both of them. Friends and family started asking if they could buy-in on their prepped meals, and before long, the two had all the workings of a business. They married this past August, and after a brief honeymoon, opened Diamond Dash Meal Prep and Delivery Service. They make all their meals fresh on Sundays out of Souper Subs Cafe's kitchen in Oroville, where customers can pick them up, or for a dollar per meal, have them delivered that evening to Oroville, Chico, Durham or Paradise. Find more online at diamonddashmealprep.com, where you can check out their weekly menu or place an order.

How did you first get into meal-prepping?

Tyler: I'm a professional athlete; I'm a fighter. She [did] bikini competitions, and so obviously diet is a super important part of what we do.

Kiara: I cooked for him every



Sunday because he lives out of town Monday through Friday, and I knew he wouldn't cook healthy meals for himself. I would post little pictures of them and people would always comment [on] how good they looked, so that's kind of how the idea rose.

Tyler: We had people hit us up all the time and say, "Dang, those look so good! Do you sell those?" **Kiara:** One of his teammates was like, "Hey, could we pay you guys, and you start cooking for us?" We kinda just did it for them, and we charged super cheap and he'd drive them down to Sac on Monday mornings, and then it just got bigger and bigger.

Tyler: We kinda thought it was a little weird at first, but then we were like, "You know what? There's a huge demand"

How has your business grown?

Kiara: Before we were just

cooking out of a house kitchen, and a lot of it was actually during the fire, so I was living in a hotel and we were doing it out of his mom's kitchen. And it was hard, you know? One stove; four burners. The most we did in-home was probably 100 I think. **Tyler:** We just did the most meals we've ever done today [Jan. 5]. **Kiara:** We just did 400 [today], and that's the most we've ever got.

Do you still work other jobs?

Tyler: I'm a free agent right now, but I'm looking to either get back into UFC or get signed with any other major organization right now.

Kiara: I just finished up the teaching credential program [at Chico State] and got a job up in Paradise at Paradise Charter Middle School teaching physical education.

—JOSH COZINE

PHOTO BY JOSH COZINE

THE GOODS

Pizza and pairings



by
Meredith J. Cooper

meredithc@newsreview.com

NEW DIGS I had the opportunity last Wednesday (Jan. 8) to check out **Woodstock's Pizza's** new space at Third and Main streets, and I must say I was impressed. Walking into the spacious corner spot when it was **Crepeville** was often a bummer—the cavernous dining room was generally three-quarters empty and the back room, which offered a cool history lesson on the way to the loo, was dark and underutilized.

Not so with Woodstock's. The open kitchen remains, but the front counter area has been transformed into a nice U-shaped bar. The front dining room has bar tables, while the back room is filled with traditional seating. Plus, there are fire pits and games on the patio. Overall, the vibe is way cooler than it was on East Second Street. The flood in the previous locale, while tragic, definitely spurred some positive change.

While there, I got a chance to sample some food. The pizza was a known quantity—my favorite slice was the Grateful Veg. But I hadn't ever eaten Woodstock's Wildebread, with or without cheese, or the Man Cave Wings. I tried the bread with cheese and the dry-rubbed wings—delicious, easily something I'd go back for and wash down with a pint.

SPEAKING OF PIZZA Kevin Jaradah over at **The Lab Bar & Grill** informs me that he's ordered a pizza oven, expected to arrive in the next couple of weeks. Once here, he'll be trying out recipes for crusts and toppings, so check in with the restaurant for a chance to be a guinea pig.

DO-GOODERS Last month, local **Allstate** insurance agency owners put together a clothing drive to benefit clients of **Catalyst Domestic Violence Services**. In addition, they were able to lobby the Allstate Foundation for a \$20,000 grant for the nonprofit.

"Financial abuse is one of the top reasons domestic violence victims can't leave abusive relationships, and it affects every community," said **Sonia Aery**, an Allstate owner in Chico.

EAT UP This Friday (Jan. 17) marks the beginning of **Butte County Restaurant Week**, organized by **Explore Butte County**, a regional tourism organization. Participants span the county for this second annual event, many more than last year.

I'm particularly pleased to see restaurants from Gridley getting involved—**Casa Lupe**, **Gridley Grill & Crab Shack** and **Habanero Fish & Tacos** are high on the list of go-to spots. Paradise is also on the map, with **Nic's**; there's **Almendra Winery & Distillery** in Durham; and **The Exchange** and **Miner's Alley Brewing Co.** in Oroville. The theme is the same as last year, "Perfect Pairings," and each spot on the map will be offering special drink and food pairings. Go to explorebuttecounty.com to find out more.

LET'S CELEBRATE!

Invite party organizers to your door with the Chico News & Review's party guide, which covers a full range of parties and what our readers need to make them happen.

THIS YEAR WE WILL BE FOCUSING ON ALL THINGS WEDDINGS!



**LOOK FOR LET'S CELEBRATE!
ON STANDS FEBRUARY 13.**

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