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Form 3

January 09, 2009

FORM 3

UNITED STATES SECURITIES AND EXCHANGE COMMISSION Washington, D.C. 20549

OMB APPROVAL

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INITIAL STATEMENT OF BENEFICIAL OWNERSHIP OF **SECURITIES**

Filed pursuant to Section 16(a) of the Securities Exchange Act of 1934, Section 17(a) of the Public Utility Holding Company Act of 1935 or Section 30(h) of the Investment Company Act of 1940

(Print or Type Responses)

1. Name and Address of Reporting

Person *

MCGRATH KEVIN N

(Last)

(First)

(Middle)

(Month/Day/Year)

12/30/2008

Statement

2. Date of Event Requiring 3. Issuer Name and Ticker or Trading Symbol

EDIETS COM INC [DIET]

(Check all applicable)

CEO

4. Relationship of Reporting Person(s) to Issuer

5. If Amendment, Date Original

Filed(Month/Day/Year)

C/O EDIETS.COM, INC., 1000 CORPORATE DRIVE, SUITE 600

(Street)

Director _X__ Officer (give title below) (specify below)

10% Owner _ Other

6. Individual or Joint/Group Filing(Check Applicable Line) _X_ Form filed by One Reporting

Person

Form filed by More than One

Reporting Person

FORT LAUDERDALE, Â FLÂ 33334

(State)

(City)

(Zip)

Table I - Non-Derivative Securities Beneficially Owned

1. Title of Security

(Instr. 4)

Beneficially Owned

2. Amount of Securities

(Instr. 4)

3. Ownership 4. Nature of Indirect Beneficial Ownership (Instr. 5)

Form: Direct (D) or Indirect (I)

(Instr. 5)

Common Stock (1)

425,000

Â D

SEC 1473 (7-02)

Reminder: Report on a separate line for each class of securities beneficially owned directly or indirectly.

Persons who respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB control number.

Table II - Derivative Securities Beneficially Owned (e.g., puts, calls, warrants, options, convertible securities)

1. Title of Derivative Security

2. Date Exercisable and **Expiration Date** (Month/Day/Year)

3. Title and Amount of Securities Underlying Derivative Security (Instr. 4)

4. Conversion or Exercise

6. Nature of Indirect 5. Ownership Form of

Beneficial Ownership (Instr. 5)

Price of Derivative Derivative Security:

(Instr. 4)

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	Date Exercisable	Expiration Date	Title	Amount or Number of Shares	Security	Direct (D) or Indirect (I) (Instr. 5)	
Stock Option-Right to Buy	(2)	12/30/2013	Common Stock	450,000	\$ 3.3	D	Â

Reporting Owners

Reporting Owner Name / Address		Relationships 10% Owner Officer Â		
1	Director	10% Owner	Officer	Other
MCGRATH KEVIN N				
C/O EDIETS.COM, INC.	â	â	Â	â
1000 CORPORATE DRIVE, SUITE 600	А	А	CEO	Α
FORT LAUDERDALE Â FLÂ 33334				

Signatures

/s/ Kevin N.
McGrath

**Signature of Reporting Person

Date

Explanation of Responses:

- * If the form is filed by more than one reporting person, see Instruction 5(b)(v).
- ** Intentional misstatements or omissions of facts constitute Federal Criminal Violations, See 18 U.S.C. 1001 and 15 U.S.C. 78ff(a).
- (1) Restricted Stock Grant. The vesting schedule is subject to conditions and limitations to be established by the Company's Board of Directors and contained in the Shareholder's Employment Agreement executed on December 30, 2008.
- (2) Exercisable annually over a three year vesting period beginning on December 30, 2009.

Note: File three copies of this Form, one of which must be manually signed. If space is insufficient, *See* Instruction 6 for procedure. Potential persons who are to respond to the collection of information contained in this form are not required to respond unless the form displays a currently valid OMB number.

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