

WEEKLY

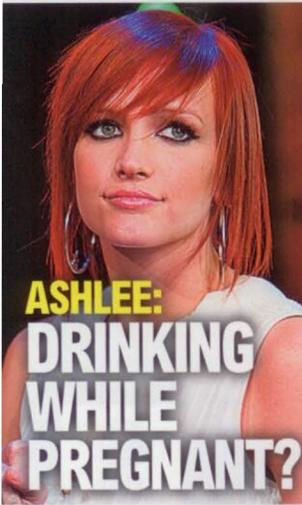
INTOUCH



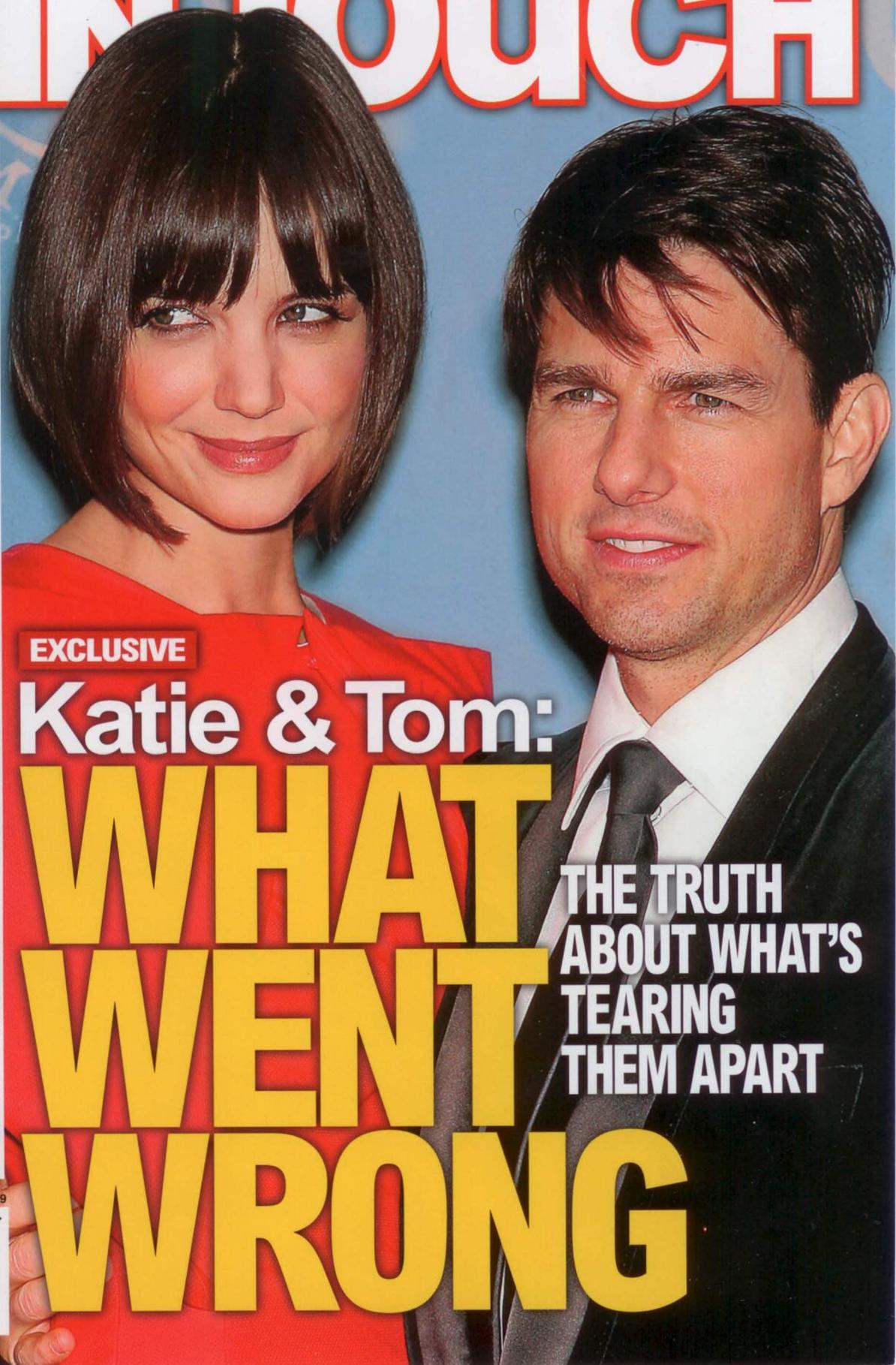
LAUREN AND EVA
SHARE THEIR TIPS:
THIN BY
MEMORIAL
DAY!



DREW'S MAN:
KISSING
ANOTHER
WOMAN



ASHLEE:
DRINKING
WHILE
PREGNANT?



EXCLUSIVE

Katie & Tom:

WHAT WENT WRONG

THE TRUTH
ABOUT WHAT'S
TEARING
THEM APART

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Thin by Memorial Day



Try these healthy, low-cal meal ideas from NutriFit founder Jackie Keller, combined with fun tips from *How to Eat Like a Hot Chick* authors Jodi Lipper and Cerina Vincent. The trick: Eat three balanced meals a day and have two smart snacks (like string cheese, yogurt with granola or fruit and almonds). And be sure to drink plenty of water. According to Jackie, if you exercise 30 minutes a day, five times a week and eat a balanced, 1,500-calorie-a-day diet like this one, you could lose up to 10 pounds in just four weeks!

Week 1 BREAKFAST

- Have one egg with a slice of fiber-packed multigrain toast. Try poaching. It's a very healthy way to cook eggs because you don't need butter or oil.
- For variety, eat a different fruit each day. Go for citrus or blueberries — they improve brain function.



LUNCH

- Dig into a big salad, dressed with three parts vinegar to one part olive oil.
- Invent a roll-up: Try a slice of cheese with two slices of lean turkey or roast beef and fresh spinach. Or, use swiss chard heated for 30 seconds as a wrap. Fill with veggies, cottage cheese, chopped egg whites and beans.
- **AVOID:** Mayo on sandwiches. Try fresh herbs like basil or parsley for flavor without adding extra calories.

DINNER

- Make over a few of your favorite meals: Try macaroni and cheese with half as much pasta as usual (and make it whole wheat) plus steamed broccoli.
- **ANOTHER OPTION:** A fish taco, with grilled fish on a corn tortilla topped with salsa, cilantro and sliced avocado.



Week 2 BREAKFAST

- Start with a cup of healthy green tea and an egg-white omelet. Be creative and use different fillings each day. Try provolone or part-skim mozzarella, mushrooms, peppers or tomatoes.
- **ANOTHER OPTION:** Low-fat cottage cheese on whole wheat toast.



LUNCH

- Spread a thin layer of hummus (it's a healthy fat) on a whole wheat pita pocket and stuff it with a combo of grilled veggies (zucchini, peppers, eggplant) and broccoli sprouts.
- **ANOTHER OPTION:** Romaine and spinach salad. Add red bell peppers or mandarin orange slices and lemon vinaigrette (your body will better absorb the iron in spinach if you eat it along with a food that's high in vitamin C).

DINNER

- Try a picnic-inspired meal with bean salad, a few cubes of provolone (it's a lower-cal cheese), a glass of red wine and strawberries or melon.
- **ANOTHER OPTION:** A stuffed potato. Bake and halve a potato, then scoop it out. Stuff it with a mix of sautéed vegetables, cottage cheese and two tablespoons of the potato pulp. Add pepper, paprika and green onions, then bake until bubbly.

Week 3 BREAKFAST

- Update your PB and J. Toast a piece of whole-grain bread and spread on natural peanut or almond butter and sugar-free fruit spread. Add half a banana and some apple slices.
- **ANOTHER OPTION:** Yogurt is a great breakfast, so indulge in the real thing with authentic Greek yogurt (fat-free or one-percent), and stir in a tablespoon of your favorite flavor of sugar-free all-fruit preserves.

LUNCH

- Make a Mexican fiesta salad with lettuce, black olives, salsa, guacamole, roasted peppers, corn and black beans.
- **ANOTHER OPTION:** Nutritious soup. Start with an onion, garlic and olive oil base, add a cooked green vegetable (zucchini or broccoli) and a potato (with skin), then puree.



DINNER

- Try low-cal chicken parm. Dip a chicken breast in egg whites, roll in toasted whole wheat bread crumbs and Parmesan and bake till crispy. Top with tomato sauce and a sprinkle of Parmesan.
- **ANOTHER OPTION:** A vegetarian version using eggplant instead of chicken.



Week 4 BREAKFAST

- Oatmeal with cinnamon. Cook it in nonfat milk or unsweetened apple juice. Toss in some antioxidant-rich berries.
- **ANOTHER OPTION:** Cold cereal — be sure to choose a fiber-rich, low-in-sugar brand. Sprinkle freshly ground flax on top.



LUNCH

- For an on-the-go lunch, have a big, crisp apple with your favorite cheese, a serving of whole wheat crackers (check the package for serving size) and iced green tea.
- **ANOTHER OPTION:** Try a chicken salad. Mix spinach and romaine lettuce, add lots of veggies, some Parmesan cheese, balsamic vinegar, one teaspoon of olive oil and top it with grilled chicken.

DINNER

- Make a veggie and shrimp stir-fry with brown rice. Season with ginger.
- **ANOTHER OPTION:** Broiled fish is quick and easy. Use one teaspoon of olive oil per piece of fish and broil. Add lemon and dill.

