

oxygen
COLLECTOR'S ISSUE

SCULPT A HOT GYM BODY AT HOME TODAY!

Off the Couch!

BOOST
ENERGY,
BURN
TONS OF
CALORIES!

PG. 46

MOTIVATION FOR WOMEN

How we
**Lost
76 lbs!**

*Make all
our tricks
your own!*



Wow!
176 lbs



Wow!
160 lbs

5 easy
FAT
BURNING
RECIPES

RITA CATOLINO, TOSCA'S TRAINER:

**"THE EAT-CLEAN
DIET® CHANGED MY LIFE!"**

oxygenmag.com

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Please display until 06/02/13

Flab-proof your diet!

**MAKE OVER YOUR MENU –
AND BODY – WITH THESE TIPS
FROM NOTED NUTRITION
COACH JACKIE KELLER. (PSST...
SHE'S EVEN WORKED WITH
HOTTIE CHANNING TATUM!).**

Ditch these from your diet:

First to go: Highly refined foods, such as white breads, pasta and rice.
Second: Butter and all spreads, dressings and condiments that are high in saturated fats.
Third: Anything at all that contains high-fructose corn syrup and excessive sugar.



Get more of these:

- Vegetables of any and every variety.
- **FRUIT, SPECIFICALLY HIGH-FIBER FRUIT AND BERRIES.**
- Legumes, such as lentils, green peas, seeds and nuts.

QUICK SNACK:

1. BLEND or mash together 1 tablespoon natural peanut butter with 1 tablespoon soft, light tofu.
2. SPREAD on top of whole-grain crackers.
3. TOP with sliced apple or bananas.

BONUS: TRY JACKIE'S SAMPLE ONE-DAY MEAL PLAN!

Breakfast:

oatmeal + nonfat milk + blueberries

Snack:

apple, orange or pear

Lunch:

spinach salad + black beans + hard-boiled egg + avocado + tomatoes + strawberries + balsamic vinegar

Snack:

raw veggies + string cheese

Dinner:

grilled salmon + broccoli + green salad + brown rice