

MOST POPULAR CELEB DIETS

There's more than one way to stay thin in Hollywood. Here are some of the stars' favorites



JENNIFER HUDSON



Breakfast



Snack



Dinner

Weight Watchers

How it works: All foods are assigned a point value, and dieters, based on their current weight and activity level, can eat a certain number of points a day. No foods are off-limits, but you need to watch your portions and restrict consumption of high-cal foods.

How to do it: You can attend Weight Watchers meetings (where other members offer encouragement) or join WeightWatchers.com.

BREAKFAST	Scrambled eggs, 2 slices whole wheat toast, ½ cup tomatoes
LUNCH	Greek grilled-chicken salad, 1 small whole wheat pita
AFTERNOON SNACK	Strawberry-mango smoothie
DINNER	3 oz. grilled shrimp, grilled veggies and corn on the cob



NATALIE PORTMAN

GINNIFER GOODWIN

ALICIA SILVERSTONE

Vegan

Why it works: "Meat and dairy are high in fat and have little fiber," says Rory Freedman, co-author of *Skinny Bitch*. "Ditching [animal products] is the best way to lose weight."

How to do it: Slowly replace animal foods with plant-based foods. Learn more on GoVeg.com, says Freedman.

BREAKFAST	Amy's breakfast burrito, 4 oz. calcium-fortified orange juice
SNACK	1 cup soy yogurt
LUNCH	1 cup gazpacho, green salad with garbanzo beans and tofu
SNACK	1 cup edamame
DINNER	Veggie burger, baked sweet potato fries, corn on the cob
SNACK	½ cup fruit sorbet

Source: Leslie Dantchik, M.S., alphahiteny.com

WE TEST-DROVE THREE CLEANSE DIETS

Organic Avenue

Gwyneth is a fan of this detox, which requires drinking seven bottles of vegan elixirs a day. **OUR VERDICT:** The juices and cold bottled "soups" in the Lovefast went down easily, and the mint-chip smoothie was yummy. We dropped 4 pounds in three days.



GWYNETH PALTROW

Blueprint

The intense Excavation Cleanse (SJP's fave) floods the body with chlorophyll via six liquid meals a day. **OUR VERDICT:** The green-veggie juices and the tasty raw-cashew milk left us with clearer skin and 5 pounds slimmer in five days.



SARAH JESSICA PARKER

David Kirsch's LemonAid

Anne gets red-carpet-ready sipping this concentrate of lemon, maple syrup and cayenne pepper four times a day. **OUR VERDICT:** This two-day detox gave us an energy boost and hunger control. We lost 2 pounds and kick-started a diet plan.



ANNE HATHAWAY

CLOCKWISE FROM LEFT: WIREIMAGE (7) STILL LIFE/GETTY

