# MOST POPULAR CELEB DIETS

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



Snack

Dinner

JENNIFER

HUDSON

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, 1/2 cup tomatoes

LUNCH

Greek grilled-chicken salad, 1 small whole wheat pita

**AFTERNOON Strawberry-mango** 

3 oz. grilled shrimp. grilled veggies and corn on the cob



## 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

1 cup gazpacho, LUNCH green salad with garbanzo beans and tofu

SNACK 1 cup edamame

DINNER

Veggie burger, baked sweet potato fries. corn on the cob

1/2 cup fruit sorbet

Source: Lealie Dontchik, M.S., alphabitesnyc.com

## TEST-DROVE THREE CLEANSE DI

#### 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 mintchip smoothie was yummy. We dropped 4 pounds in three days.

### 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

## David Kirsch's LemonAid Anne gets redcarpet-ready trate of lemon, cayenne pepper four times a day. and kick-started

sipping this concenmaple syrup and **OUR VERDICT: This** two-day detox gave us an energy boost and hunger control. We lost 2 pounds



## **Diet News**

## NutriFit

Why it works: Jackie Keller's gourmet meals are made of 60 percent healthy carbs, 20 percent lean protein and 20 percent healthy fat. Butter and full-fat cheese are eliminated without sacrificing taste, while portion control is built in. Having healthy food at the ready helps on-the-go clients stick to the diet.

How to do it: Sign up at Nutri-FitOnline.com, where you can tailor menus to fit your lifestyle. Meals are delivered up to three times a week.

BREAKFAS	T French toast
SNACK	Fruit smoothie
LUNCH	Shrimp salad
SNACK	NutriFit High Energy Bar
DINNER	Chicken parmigiana, roasted tomato soup and a poached-pear dessert

EVA

MENDES

KATHERINE

HALLE

BERRY



## 5 Factor Diet

How it works: Followers of fitness guru Harley Pasternak's diet eat five meals a day, each consisting of protein, low-glycemic carbs, fiber, healthy fat and sugar-free beverages, five components essential to healthy weight loss.

How to do it: Eat three meals and two snacks a day based on Pasternak's recipes, which balance five ingredients or fewer.

tortilla and reduced-fat cheddar cheese	
SNACK Apple-cinnamon smooth	e
LUNCH Chopped salad	
SNACK . Hummus dip and cracke	rs
DINNER Seafood stir-fry	



Lunch

Zone Diet

Breakfast

Why it works: The Zone limits consumption of junk food and starches such as pasta and white bread in favor of low-fat protein, fruits and vegetables. Portions are controlled, but three meals and two snacks a day prevent dieters from getting too hungry.

How to do it: Eat three meals and two snacks a day. For each, fill one-third of your plate with lean protein and the remaining two-thirds with fruits and vegetables and a healthy fat (a few almonds or perhaps some avocado).

BREAKFAST	1 cup oatmeal, protein powder and almonds; 6 turkey-bacon strips
LUNCH	Salad with deli turkey

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	and ham, oil and vinegar
	dressing and 1 plum

AFTERNOON	1/4 cup cottage cheese, 1/2 cup blueberries, 23 almonds

lean ground meat) and 1 peach

DO A STRAIGHTON	7.500	1400	PRO ARTHUR	2,8811
SNACK	and 1	oz.	cheese	