

Jen & John
**BIG FAT
GREEK WEDDING!**

Their secret church visit

J.Lo & Marc
**WHO KEEPS
THE TWINS?**

WIN!
**\$5,000
BAHAMAS
VACATION
FOR 2**

Guess Who
Cheesiest
Butt

Star

BREAKING NEWS!

**ALL
NEW
PHOTOS**

Audrina
Best
Cleavage

40 Best & Worst

WINTER

BEACH BODIES!

Brooke
Mueller
Best Beach
Bump

Guess Who
Thigh Alert

Star
Worst
Tummy
Surgery
Scars

Jen
Most
Overexposed

Josh
Hottest
Hunk

Lindsay
Best
Rehab
Bod

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JANUARY 5, 2009

LINDSAY LOHAN

The 22-year-old actress is known for the occasional junk-food binge but tries to stick to a balanced diet.

➤ **EARLY BIRD** Lindsay generally has protein-rich egg whites, often mixed with veggies — when she starts her day off right.

➤ **VEG OUT!** She's a big fan of artichoke salads with Parmesan cheese (dressing on the side) and veggies in general.

➤ **TEA TIME** Every night, Lindsay ends her busy day with a cup of metabolism-boosting green tea, a comforting drink — with zero calories!

La Lohan's
Secret Love:
Veggies!

GWYNETH PALTROW

The Oscar-winning actress, 36, is back in A-list shape after having two kids!

➤ **MACRO-WHAT?** Gwyneth used to stick to a strict macrobiotic diet, which emphasizes grains. But these days the pin-thin star is more of a locavore — eating a steady diet of locally grown, organic foods in order to maintain her healthy lifestyle.

➤ **HEALTHY APPETITE!** Along with her pal, celeb chef **Mario Batali**, Gwyneth stars in the PBS series *Spain...On the Road Again*, where she can be seen frequently chowing down! "She doesn't eat meat, but other than that, she's a pretty good eater," says Mario, with whom she coauthored a cookbook based on the show. ★

Meals On Wheels

These stars get their diets delivered!



Charlize Theron

The Oscar-winning actress has premade meals sent to her home by a food-delivery service called NutriFit. The menu focuses on a selection of balanced meals that include veggies, lean proteins, carbs and healthy fats.

Ellen DeGeneres

The talk show host and her partner, **Portia de Rossi**, use Fresh Dining, an L.A.-based diet service that delivers organic gourmet food to their home for \$54 (per person) a day.



Jennifer Aniston

How did Jen get that bod? She's been a proponent of the Zone diet — which includes premade meals, each divided into 40 percent carbs, 30 percent protein and 30 percent fat — for years.

Joely Fisher

The former *Ellen* star is just one of the many celebrity fans of the Jenny Craig plan, which stresses low-calorie food choices. Plus, the company's prepackaged meals come relatively cheap — between \$11 and \$17 a day.

