

WEEKLY INTOUCH

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EXCLUSIVE

BRIDE WARS

AS ANGELINA
PLANS HER
BIG DAY, JEN'S
DETERMINED TO
WALK DOWN
THE AISLE FIRST



BRAD



JOHN



IS OPRAH
GETTING
TOO CLOSE
TO OBAMA



THEN



NOW

TORI'S
AMAZING
POST-BABY
SLIMDOWN



BACKSTREET
BOYS' BRIAN
FEARS FOR
HIS SON

JANUARY 12, 2009

PLUS:
WEDDINGS IN
2009



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Ashlee's eager to

LOSE
THE
BABY
WEIGHT

How Ashlee Simpson-Wentz plans to shed pounds

Talk about motivation! Less than six weeks after giving birth, Ashlee Simpson-Wentz, 24, was planning to host a New Year's Eve party — and not just a small gathering for a few friends, but a big swanky bash at Pure Nightclub in Caesars Palace in Las Vegas with her husband, Pete Wentz. So two weeks after the November 20 birth of her son, Bronx, she kick-started her slimdown. Ashlee is realistic about her goal and doesn't expect to get her 110-pound figure back for at least three months. But by December 20, the 5'6" star was well on her way to losing the pounds she'd gained during pregnancy. Besides breast-feeding, which helps burn calories, Ashlee has been eating an 1,800-calorie-per-day diet of three meals and three snacks, and she's doing cardio and strength exercises with trainer Ramona Braganza six days a week. "She had to get used to eating more frequently and eating more vegetables," explains Ashlee's nutritionist, Jackie Keller, who customized NutriFit meals to include the star's favorite foods. Even over the holidays, Ashlee was determined not to sabotage her diet and had healthy meals delivered on Christmas Day, too. Clearly, the plan is working. "The weight is blazing off her," Pete says.



BEFORE

"I eat in moderation, work out and am healthy," Ashlee told *In Touch* last February.

© CORNELL FROM LEFT: WANCE BUGGI/GETTY IMAGES; LAX/ATONLINE; INFPHOTO; GETTY



PREGNANT

"My weight and pant size are the last thing I am concerned about," said Ashlee.

NOW

"Pete thinks Ash's body is beautiful and she's always hot," an insider tells *In Touch*.

Her no-hunger diet lets her eat cake!

Jackie Keller, author of *Body After Baby*, has been cooking up nutrient-rich comfort food for Ashlee

BREAKFAST

ORANGE PECAN FRENCH TOAST

At 225 calories, three small slices a day provides protein (from egg whites), whole-grain carbs and vitamin C, which is important for body repair.



SNACK

MIGHTY MOM TRAIL MIX

A half-cup serving of this healthy trail mix is packed with flavonoids (from chocolate), fiber (from dried fruit), protein (from soy nuts) and folate (from raisins), and has only 200 calories.



LUNCH

MEXICAN TURKEY LASAGNA

Ashlee doesn't like red meat or fish, so a turkey substitute for a classic favorite provides lots of protein, and using whole-wheat pasta instead of white increases the fiber content — all for just 350 calories a square (with healthy green beans on the side).

SNACK

VANILLA YOGURT WITH FRESH PINEAPPLE

This quick 200-calorie dairy-based cup is perfect for breast-feeding moms as it is a great source of calcium, protein, natural sugars and fiber.



DINNER

CHICKEN MILANESE

Five ounces of lightly-breaded lean chicken breast served with brown rice, carrots and a light Caesar salad add up to a satisfying and filling dinner that's 600 calories.

DESSERT

CHOCOLATE CHIP APPLESAUCE CAKE

Famous for her delicious healthy desserts, Jackie Keller's 150-calorie slice of cake curbs Ashlee's sweet tooth and has calming serotonin.

