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11| Spice up your life!

Melanie "Mel B" Brown, 34, tells *Life & Style* that she snacks on turkey slices with raw onion. The low-cal combo doesn't cost much in terms of calories, but it packs a flavorful punch — meaning dieters stay satisfied longer.

12| Feel free to snack — a lot.

Gwen Stefani certainly didn't perfect her abs overnight! The 40-year-old mom of two keeps her metabolism up and her body in fat-burning mode by following her trainer Mike Heatlie's advice and eating six small meals a day. The menu includes lean meats, loads of green veggies and sweet potatoes (which are packed with fiber) for carbs.

13| Nix the alcohol.

Kate Hudson, 30, shed 20 pounds for her role in the upcoming comedy *Earthbound* simply by giving up alcohol. "To be in New York for two weeks and not have one beverage," says Kate. "I'm not sure I've ever done that."

FOR A GUILT-FREE COCKTAIL HOUR

Want to feel festive without loading up on calories? NutriFit founder Jackie Keller has the perfect recipe: a nonalcoholic drink called Acapulco Madness, which serves two. Each cocktail contains only 60 calories — and guarantees you'll be hangover-free!

ACAPULCO MADNESS:

- Combine 3 oz. pineapple juice, 1 oz. grapefruit juice, 1 oz. fat-free half-and-half, 1 tbsp. coconut milk and 1 cup ice cubes.
- Shake well, pour over ice and serve.



22| You can eat dessert!

"I'm a chocolate addict," Shakira, 32, tells *Life & Style*. "So I have to work twice as hard because I can't quit chocolate." Nutritionist and trainer Jay Cardiello (who does not work with Shakira) says that a 26-calorie dark-chocolate Hershey's Kiss takes about 10 minutes of exercise to burn off.

23| It's all about balance.

"I do weights, but I don't want my legs to bulk up, so I do a lot of cardio," says Rihanna, 21. "And if I exercise every day for a week, I can drop several pounds."



24| Low-carb doesn't have to be boring.

It took more than just lifting her newborn to get Heidi Klum, 36, back into model shape. "I ate everything apart from carbs," the mom of four tells *Life & Style*. "I'm kind of on a carb break. No carbs!"

25| Eating helps you lose weight.

When Kelly Osbourne, 25, began her *Dancing With the Stars* training, she originally thought that depriving her body would help her burn major calories. But her *DWTS* partner, Louis van Amstel, taught her that eating actually helps keep the metabolism revved up.

26| Channel Martha Stewart.

Eva Longoria Parker, 34, loves to cook — so she can control exactly what's going into her body. "She takes care of herself, which is very difficult when you live her fast-paced life," says Eva's stylist, Robert Verdi.



LOW-CARB YET YUMMY



NutriFit founder and *Body After Baby* author Jackie Keller recommends this low-carb (only 4 grams!) lemon-chicken dinner that serves four:

LEMON CHICKEN

- Place 4 4-oz. pieces of chicken in a 13"-by-9"-by-2" glass baking dish.
- Mix ½ cup lemon juice, 2 tbsp. white wine vinegar, 1 tbsp. freshly grated lemon zest, 1 tsp. NutriFit Mediterranean Salt Free Spice blend and 1 medium thinly sliced onion. Pour over chicken, cover and then marinate in refrigerator several hours or overnight, turning occasionally.
- Sprinkle with salt. Cover and bake at 325 degrees for 15 minutes. Uncover and bake 15 minutes more or until done.

32| Jot it down. "I've kept a food diary for three years," Carrie Underwood, 26, says in the January issue of *Self*. "People don't realize what they eat — and especially drink — during the day. Once you realize, it's like, 'No wonder I've plateaued! No wonder I've been gaining weight.'"

33| Catch plenty of z's at night. Carrie also says working out helps her sleep better — and in turn, sleeping helps the body function more efficiently to burn more calories. Aim for seven to eight hours of sleep a night.

34| Pack a go-to snack. "I carry Kashi bars everywhere," Carrie says about her fave whole-grain snack. The fiber (everyone should have at least 25 grams a day to help the bod function ideally) keeps her full, and it also prevents her from noshing on any junk food that might be nearby.

35| Rise and shine. "You get addicted to the euphoric feeling of getting up and having a good sweat," Jennifer Aniston, 40, says about exercising first thing in the a.m. — even when she's on set. "It wakes up your body," she explains — and helps jump-start her metabolism.

36| Perfect your downward dog. "Mandy [Ingber] brought yoga into my life," a lean Jen says about her longtime yoga instructor, who's helped transform the star's body in recent years. "This workout will change your body and your mind. This is one of the most fun, challenging workouts I've ever had."

37| Exercise isn't just for the gym. Exhale Core Fusion's Elisabeth Halfpapp, who works with Charlize Theron, shares her do-anywhere exercise for banishing triceps fat: Bend over from the waist to a 45-degree angle and pull in the abdominals. With palms facing each other, extend arms out in front of you. Press your triceps into the sides of your torso 20 times, then rest and repeat twice more.

38| Cucumbers — an unexpected super-food! "I read an article about cucumbers, and I've had this obsession about eating them lately," Audrina Patridge, 24, tells *Life & Style*. Cucumbers are full of vitamins and minerals, have a diuretic effect and when applied to the skin, they can reduce inflammation.

39| Bold-hue produce is better. Jackie Keller tells her NutriFit clients, including 25-year-old Ashlee Simpson-Wentz, to incorporate an assortment of colorful vegetables into their diets: "Generally speaking, the brighter the hue, the higher the vitamin and mineral content."

FILL UP ON VEGGIES

Jackie Keller shares her roasted-veggies recipe, which makes two 265-calorie servings.

ROASTED VEGETABLES WITH GARLIC SAUCE

- Preheat oven to 500 degrees.
- Gently mix 2 cups acorn or other winter squash (cubed), 2 beets (peeled and cubed), 2 red onions (peeled and cut into chunks) and 2 carrots (peeled and cut into chunks) with 1 tsp. olive oil and a pinch of salt and black pepper.
- Peel outer skin from 1 garlic head (or ½ cup whole garlic cloves), but do not peel or separate cloves.
- Arrange vegetables and 1 pear (cubed) in a roasting pan, placing the cut ones cut-side up. Roast with garlic for about 30 minutes or until the vegetables are tender when pierced with a fork. Remove garlic; cover pan with foil.
- For sauce, separate garlic cloves and squeeze them out of their skin into a bowl; discard skins. Using a fork, mash garlic and mix in ½ cup fat-free sour cream and seasoning. Arrange vegetables and pear on a platter and serve garlic sauce on the side.

