

\* SPECIAL WEIGHT-LOSS ISSUE

# fitness

Mind • Body • Spirit

BONUS SECTION

## Drop 10 lbs This Month!

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- \* Stick-With-It Strategies
- \* Fat-Melting Moves

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9 Best Beauty Buys

## Get Your Dream Body

With the Cheapest  
Home Gym Ever

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You Need Now

## 20 Healthy Meals for Less

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FLAT  
ABS  
FAST  
WITHOUT  
CRUNCHES!

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# eat what you love and lose weight

A diet that serves up waffles, pasta, even candy? Yep, and it really works. Just choose from the delicious meals and snacks on these pages for a total of 1,500 calories a day. You'll lose five pounds in a month and never feel hungry. Sweet!

## your breakfast choices (about 300 calories each)



### WAFFLES WITH BLUEBERRY MAPLE SYRUP

- 1/2 cup frozen blueberries
- 2 teaspoons maple syrup
- 2 whole-grain waffles
- 1 tablespoon pecans

Microstave blueberries and syrup together for 2 to 3 minutes, until berries are thawed. Toast waffles and top with warm blueberry syrup. Sprinkle with pecans.



### SPINACH & BACON OMELET

- 1 egg plus 2 egg whites
- 2 slices cooked turkey bacon, crumbled
- 1 cup baby spinach
- Cooking spray
- 1 slice whole-grain toast
- 1 teaspoon butter

Whisk together eggs, bacon and spinach. Coat a skillet with cooking spray; cook egg mixture and serve with toast and butter.



### PUMPKIN & GRANOLA PARFAIT

- 1 container (6 ounces) plain low-fat yogurt
- 2 teaspoons honey
- 1/4 teaspoon pumpkin-pie spice
- 1 whole-grain crunchy granola bar, crumbled
- 1/2 cup canned pumpkin

Mix together yogurt, honey and pumpkin-pie spice. In a bowl, layer yogurt mixture, granola-bar crumbs and pumpkin.



### BAGEL & CREAM CHEESE WITH TOMATO

- 1 small (3-ounce) whole-grain bagel
- 2 tablespoons low-fat cream cheese
- 2 small slices tomato
- Salt and pepper to taste

Toast bagel halves and spread with cream cheese. Top each side with a slice of tomato and season with salt and pepper.



### PEANUT BUTTER & BANANA PANCAKES

- 1/2 small banana, chopped
- 2 teaspoons peanut butter
- 1/2 cup prepared whole-grain pancake batter
- 1 teaspoon honey

Add banana and peanut butter to batter. Cook pancakes and serve with honey drizzled on top.

## ↓ takeout

### FROM STARBUCKS

- Oatmeal with brown sugar and nuts
- Tall black coffee

### FROM DUNKIN' DONUTS

- Egg White Turkey Sausage Flatbread Sandwich
- Coffee with skim milk

**BONUS!**  
GET MORE  
YUMMY  
RECIPES AT  
[www.fitnessmagazine.com/ycdl](http://www.fitnessmagazine.com/ycdl)

## your lunch choices

(about 400 calories each)



### SPICY BEAN & GUACAMOLE BURRITOS

- 1/2 cup canned low-fat refried beans
  - 1/4 cup salsa
  - 3 tablespoons prepared guacamole
  - 1 cup shredded romaine lettuce
  - 2 small (8-inch) whole-grain tortillas
  - 1 cup red grapes
- Stir together beans and salsa. Microwave for 1 to 2 minutes. Place warm bean mixture, guacamole and lettuce on tortillas and roll up. Serve with grapes on the side.



### GRILLED CHEESE WITH TURKEY & TOMATO

- 2 slices whole-grain bread
  - 1 slice cheddar cheese
  - 2 ounces sliced turkey
  - 1 slice tomato
  - 1 cooking spray
  - 1/2 cup pea pods
  - 2 tablespoons low-fat ranch dressing
- Make sandwich with bread, cheese, turkey and tomato. Coat a skillet with cooking spray and toast sandwich for about 3 minutes on each side, until bread is golden brown and cheese is melted. Serve with pea pods and ranch dressing.



### PIZZA BURGER

- 1 vegetarian burger
  - 1 whole-grain hamburger bun
  - 2 tablespoons canned pizza sauce
  - 1 slice part-skin mozzarella cheese
  - 2 tablespoons chopped fresh basil
  - 1 small apple
- Warm burger and place on bun. Top with pizza sauce and cheese. Microwave sandwich for 20 to 30 seconds to melt cheese; add fresh basil. Serve with apple on the side.



### MEATBALL SANDWICH

- 4 meatballs
  - 1 whole-grain hot-dog bun
  - 2 tablespoons spaghetti sauce
  - 1/2 cup sliced green pepper
  - 2 tablespoons grated Parmesan cheese
  - 1 medium orange
- Warm meatballs in microwave. Place on bun with sauce and peppers, and sprinkle with cheese. Warm sandwich in microwave for 20 to 30 seconds. Serve orange slices on the side.



### CHILI & CHIPS

- 1 cup canned turkey or vegetarian chili
  - 1 1/2 cups frozen broccoli
  - 3 tablespoons shredded cheddar cheese
  - 1/2 cup crushed corn chips
- Mix together chili and broccoli and microwave for about 5 minutes, until broccoli is tender. Top chili mixture with shredded cheese and crushed chips.

Combine our diet with the workout on page 59. You'll be 10 pounds thinner in one month!



## takeout

### FROM PIZZA PEA

- Half Chicken Caesar on Three Cheese bread
- Baby carrot sticks brought from home

### FROM QUAZIBOS

- Sonoma Turkey Sammie
- Side salad with fat-free balsamic vinaigrette

## your dinner choices

(about 500 calories each)



### ITALIAN SAUSAGE & VEGGIE PASTA

- 2 ounces uncooked whole-wheat pasta
- 1/2 cup spaghetti sauce
- 1 pre-cooked Italian-style chicken sausage, sliced into rounds
- 2 garlic cloves, minced
- 1/2 cup chopped mushrooms
- 1/2 cup chopped onions
- 1/2 cup chopped zucchini
- 2 tablespoons grated Parmesan cheese

Cook pasta according to package directions. Heat spaghetti sauce, sausage, garlic and vegetables for about 12 minutes, until veggies are tender. Top pasta with sauce mixture and sprinkle with cheese.



### STEAK & PEPPER TACOS

- 1 tablespoon olive oil
- 1 teaspoon cumin
- 1 garlic clove, minced
- 3 ounces steak strips
- 1 1/2 cups sliced green and red bell peppers
- 1/2 cup sliced onion
- 2 small (6-inch) whole-grain tortillas
- 4 tablespoons salsa
- 2 tablespoons low-fat sour cream

In a skillet, sauté olive oil, cumin and garlic for 1 minute. Add steak strips and cook about 5 minutes. Add pepper and onion slices and cook for another 5 minutes. Place mixture in tortillas and fold. Top with salsa and sour cream.



### STUFFED CHILI & CHEESE POTATO

- 1 medium potato
- 1/2 cup turkey or vegetarian chili
- 2 cups frozen broccoli
- 1/4 cup shredded cheddar cheese

Microwave potato for about 7 minutes. Wrap it in foil and let sit for 5 minutes. In a pot, warm chili and broccoli. Cut potato lengthwise, top with chili mixture, and sprinkle with cheese.

**Diet tip:** Dig in to nutrient-dense fruits and veggies at every meal. They'll fill you up and provide plenty of vitamins and minerals for very few calories.



### FROM PF. CHANG'S

- Steamed Shrimp Dumplings with Sauce
- Large Garlic Snap Peas

### FROM DOMINO'S PIZZA

- 2 slices of Thin Crust Onion & Green Pepper Pizza
- Half a Garden Fresh Salad with croutons and light Italian dressing



### CAJUN CHICKEN WITH DIRTY RICE

- 1 teaspoon dried Cajun seasoning
- 4 ounces chicken breast
- 2 teaspoons olive oil
- 2 garlic cloves, minced
- 1 cup chopped onion
- 1 green bell pepper, sliced
- 2 tablespoons tomato paste

Heat Cajun seasoning on chicken and bake or grill. Add oil to skillet; sauté garlic, onion, bell pepper, tomato paste and Tabasco for 2 to 3 minutes. Add pre-cooked rice and sauté for 5 more minutes. Serve chicken on rice.



### THAI PEANUT NOODLE BOWL

- 2 ounces uncooked whole-wheat pasta
- 1 tablespoon peanut butter
- 1 tablespoon lime juice
- 1 garlic clove, minced
- 1 piece (1 inch) ginger, peeled and grated
- 1/2 cup frozen shelled edamame
- 2 cups frozen stir-fry vegetables
- 1 tablespoon chopped peanuts
- 2 scallions, sliced

Cook pasta according to directions. In a skillet, sauté peanut butter, lime juice, garlic and ginger for 1 minute. Add edamame and vegetables and cook for 12 minutes until vegetables are tender; pour over pasta. Top with peanuts and scallions.

# YOU CAN DO IT!

## your snack choices

(about 150 calories each)

Pick two of these tasty treats each day.



- 3 tablespoons hummus; 1½ whole-grain pita, cut into pieces; and ½ cup pea pods
- 10 tortilla chips and 2 tablespoons guacamole
- Salt-and-pepper popcorn (4½ cups popcorn coated with cooking spray and sprinkled with salt and pepper)
- 1 chewy granola bar and 1 cup herbal tea with 1 teaspoon honey
- ½ peanut butter and jelly sandwich (1 slice whole-grain bread, 2 teaspoons peanut butter and 1 teaspoon jelly)



- 1 slice cheddar cheese and 1 cracker
- 10 potato chips and 1 tablespoon low-fat ranch salad dressing

- 1 small apple, sliced, spread with 1 tablespoon Nutella
- 1 VitaBrowie and 1 twelve-ounce cappuccino made with skim milk
- 1 container (6 ounces) vanilla low-fat yogurt sprinkled with ¼ teaspoon pumpkin-pie spice



- 1 small pear and 5 walnut halves
- Pesto & Swiss Turkey Rolls (4 slices turkey, 2 teaspoons pesto and 1 slice low-fat Swiss cheese, cut into 4 long pieces. Spread pesto on turkey, top with cheese and roll up.)
- One 3 Musketeers Mint Bar
- 1 fat-free hot chocolate (made with hot water) and ½ cup mini marshmallows



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