

# get healthier—in one day!

Forget silly juice cleanses: Here's how to recharge your body in just 24 hours . . . and feel amazing for good. BY maridel reyes

7 A.M.

## DETOX YOUR SYSTEM

WITH OATMEAL AND FRESH BERRIES!



Oatmeal has **soluble fiber**, which acts like a broom to sweep out the crud in your digestive system that's left behind by junk food. Plus the meal itself (thanks again to the fiber) is insanely filling, so you won't be starving by lunch!

12:30 P.M.

## UP YOUR ENERGY

WITH ROAST BEEF ROLL-UPS!

You won't have to reach for caffeine to get a jolt of energy if you eat more **iron**, like in lean roast beef. These quickie roll-ups can actually boost your energy long-term by helping get oxygen to *all* of your cells.



2 P.M.

## HAVE A BETTER PERIOD

WITH TOASTY CHEESE STICKS!



Toasting a slice of low-fat mozzarella on whole wheat bread and dipping it in marinara satisfies after-school munchies, and the **calcium** in the cheese can make your menstrual cramps less painful. (Add low-fat milk and/or yogurt to your diet to get three servings a day for the full payoff!)

These toasted mozzarella sticks are like a healthier version of your fave app!

6 P.M.

## FIGHT OFF DISEASES

WITH A SHRIMP AND VEGGIE STIR-FRY!

Whip together this yummy super meal in less than 10 minutes during a study break! It has **omega-3s** (from the shrimp) and **antioxidants** (found in broccoli and peppers) that may help protect you against everything from colds to cancer!



9 P.M.

## SLEEP BETTER

WITH CEREAL AND SKIM MILK!



Add dried cherries: They have melatonin, a natural sleep aid!

Getting enough rest *tonight* can help cut your cravings for junk food *tomorrow*—it's research proven! So to doze off more easily, have a small bedtime snack of cereal and skim milk. The **tryptophan** (in the milk's protein) and the **carbs** (from the cereal) work together to make your brain sleepy!