Walk Away Every Bulge In 3 Weeks!

Plus
- DE-JELLY your belly
- KICK your sugar habit
- LOOK-slimmer shortcuts

SUCCESS-SECRET SECRETS
Behind the scenes of THE BIGGEST LOSER

Cook Healthy
Yummy meals, fewer calories

Fat to firm at any age
1-minute tricks that will change your body—for good
Part 2
Your customizable drop-a-size eating plan
Pizza? Yep. Ice cream? Bring it on! With our mix-and-match 1,500-calorie diet, you'll lose weight and never feel hungry or deprived. By Dawn Jackson Blatner, R.D.

Create Your Own Diet—It's Easy!
Choose from 21 breakfasts, lunches and dinners—and 14 snacks. As long as it all adds up to 1,500 calories a day, you can eat what you love most. To make it super simple, we've included healthy takeout options.

300 calories (approx.)
YOUR CHOICES FOR BREAKFAST

**Takeout!**
From McDonald's
Egg McMuffin and Coffee

Maple Berry Waffle
1 frozen whole-grain waffle
1/2 cup low-fat plain yogurt
1 cup fresh berries or frozen mixed berries, thawed
1 tablespoon maple syrup
MAKES IT: Toast waffle and top with yogurt, berries and maple syrup.

Cinnamon Apples With Creamy Oats
1 packet plain instant oatmeal
1/2 cup skim milk
1 small apple, chopped
1 teaspoon cinnamon
1 teaspoon brown sugar
1 tablespoon walnuts
MAKES IT: Prepare oatmeal with milk. Microwave apple, cinnamon and brown sugar for 1 to 2 minutes. Top oatmeal with apples and walnuts.

Spicy Breakfast Scramble
1 egg plus 2 egg whites
1/4 cup canned black beans, rinsed and drained

**Vanilla Peach Cottage Toast**
1 slice whole-grain bread
1 teaspoon vanilla extract
4 ounces low-fat cottage cheese
1 cup sliced peaches
MAKES IT: Toast bread. Stir vanilla into cottage cheese. Top toast with cottage cheese and peaches.

**Apricot & Honey Greek Yogurt**
5 ounces fat-free Greek yogurt
1/4 cup dried apricots, chopped
1 cup whole-grain cereal
1 tablespoon honey
MAKES IT: Top yogurt with apricots, cereal and honey.

**Pick your favorite a.m. meal.**
400 calories (approx.)

YOUR CHOICES FOR LUNCH

Garden Tuna Wrap
4 ounces light tuna packed in water, drained
2 tablespoons low-fat Italian dressing
1 cup shredded carrots
1 cup sliced cucumber
2 whole-grain tortillas
MAKE IT: Mix dressing with tuna. Wrap with veggies in tortilla.

Turkey Cheddar Club With Apple
2 slices whole-grain bread
1 teaspoon mustard
6 thin slices turkey
1 slice cheddar cheese
3 lettuce leaves
1 medium apple, thinly sliced

"Chicken" Ranch Sandwich & Veggies
3 tablespoons low-fat ranch dressing
1 whole-grain bun

Takeout!
From Au Bon Pain
Steak Salad with cranberries and mandarin oranges and fat-free raspberry vinaigrette

Takeout!
From Chipotle Mexican Grill
Vegetarian Fajita Bowl (without guacamole): black beans, fajita vegetables, lettuce (instead of rice), salsa and cheese

Takeout!
From Subway
Turkey Breast 6" Sandwich and Veggie Delite Salad with fat-free dressing

White Bean & Pesto Pita
1/2 cup canned white beans, rinsed and drained
1 cup tomatoes, chopped
1/2 tablespoons pesto
1 cup spinach
1 medium whole-grain pita
MAKE IT: Mix beans and tomatoes with pesto. Fill pita with bean mixture and spinach.

Eating a healthy meal with lean protein, whole grains, fruits and veggies can help boost your metabolism.

OPEN HERE FOR MORE DIET CHOICES.
500 calories (approx.)

YOUR CHOICES FOR DINNER

Takeout!
From Domino’s Pizza
2 pieces large Crunchy Thin Crust Pizza With Grilled Chicken and Green Pepper and 1 Garden Fresh Salad With Light Italian dressing (if salad is not available at your local Domino’s, make a quick and easy version at home using pre-washed bagged greens, tomatoes and carrots.)

Garlic Sesame Salmon With Brown Rice & Vegetables
1 tablespoon sesame oil
1 garlic clove, minced
3 ounces salmon
¾ cup microwavable brown rice
1½ cups frozen stir-fry vegetables
MAKE IT: To celebrate, mix sesame oil and garlic. Drizzle half the mixture on salmon, and grill or broil for about 8 minutes. Microwave brown rice for 90 seconds, and nuke vegetables for 4 to 5 minutes. Drizzle the remaining sesame oil and garlic mixture over rice and vegetables.

Spicy Black Beans on Polenta
½ cup premade polenta, sliced
½ cup canned black beans, rinsed and drained
½ cup chopped red bell pepper
½ cup chopped onion
1 jalapeño pepper, chopped and seeded
1 tablespoon olive oil
⅛ avocado, chopped
MAKE IT: Cook polenta slices for 3 minutes. Warm black beans, bell pepper, onion and jalapeño in a pan with olive oil for about 5 minutes. Place black bean mixture on polenta and top with chopped avocado.

Mediterranean Penne
2 ounces whole-wheat penne, uncooked
½ cup canned white beans, rinsed and drained
1½ cups cherry tomatoes, halved
1 tablespoon olive oil
1 tablespoon dried oregano
1 garlic clove, minced
MAKE IT: Cook penne and drain. Toss all ingredients in pot and warm for about 7 minutes.

Takeout!
From Chili’s
Chicken Fajita Pita (hold the fries) and Steamed Seasonal Veggies With Parmesan Cheese

Pasta With Ricotta & Fresh Herbs
2 ounces whole-wheat noodles, uncooked
¾ cup low-fat ricotta cheese
1 cup chopped zucchini
1 cup chopped mushrooms
½ cup fresh herbs: chives, basil and parsley
MAKE IT: Cook noodles, drain, and return to pot. Add ricotta cheese, zucchini, mushrooms and herbs. Mix together and cook for 5 to 7 minutes.

Takeout!
From P.F. Chang’s China Bistro
Steamed Shrimp Dumplings and Sichuan Asparagus
YOUR SNACK CHOICES UNDER 150 calories

On this diet, snacking is required! Choose two of these yummy treats each day.

- 20-ounce skim cappuccino
- 1 tablespoon almond butter and 1/2 cup apple slices
- 25 peanuts, salted
- 3/4 cup low-fat ricotta topped with 1 cup sliced strawberries
- 14 baked tortilla chips and 2 tablespoons fat-free bean dip
- 1 dark-chocolate-covered banana
- 1 small pear and 1 ounce string cheese
- 100-calorie bag of popcorn with 2 tablespoons Parmesan cheese
- 2 whole-grain light crispbread and 2 slices low-fat Swiss cheese
- Reduced-fat vanilla ice cream cone
- 6 ounces nonfat yogurt with 1 tablespoon ground flaxseed
- Fat-free vanilla pudding cup and 3/4 cup raspberries
- 2 tablespoons hummus and 9 baked pita chips
- 1 pack chocolate-covered raisins

Curb cravings by snacking on light versions of your favorite treats.