Cheat the clock! The best anti-aging secrets

Health

Lose weight the healthy way

7-day jump start diet

“We did it!” How 4 women lost 235 pounds

20 stress busters that really work

plus 9 secrets to a healthier heart

Diet pills: what works, what won’t

The only workout you’ll ever need

SPECIAL ISSUE
Drop 10 pounds in 5 weeks!

Save time and $$
35 best fitness buys

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DAY 1

Total calories: 1,509
Fat 29.8%, protein 18.1%, carbohydrate 52.1%, fiber: 30.8 grams

Breakfast
Bananas Cream Pie
1. (6-ounce) vanilla low-fat yogurt
2. Sliced banana
3. 2 sheets whole-grain graham crackers, crumbled
How-to: Mix yogurt, bananas, and graham crackers.

Take it

Bastelk
Small (12-ounce cup) skin cappuccino

Snack
1 cup grapes
1/4 cup unsalted almonds

Lunch
Fajita Chicken Wrap
1. 4 ounces grilled chicken strips
2. 1 cup red bell pepper strips
3. Sliced peeled avocado
4. (8-inch) whole-wheat tortilla
5. 1 teaspoon ground cumin
How-to: Put chicken, peppers, and avocado in tortilla. Sprinkle with cumin, and roll up.
Yes, you can have banana cream pie for breakfast and lose weight, too. Drop 10 pounds in 5 weeks with these quick recipes and the get-fit workout on page 54.

Dinner
Greek Salad
1. cup cooked whole-wheat couscous
2/3 cup canned chickpeas, drained
1/2 cup diced cucumber
1/2 cup cherry or grape tomatoes, halved
1/4 cup crumbled feta cheese
1 tablespoon chopped black olives
2 tablespoons light vinaigrette

How-to: Combine all salad ingredients in a medium bowl and drizzle with dressing.

The ultimate secret to losing weight? Take in fewer calories than you burn every day, of course. And the secret to doing that without depriving yourself? Eat the right kinds of foods so you feel full and satisfied.

Our 1,500 calorie jump-start diet packs each day with more than 25 grams of fiber, so you'll feel full and stash 500 calories from the average 2,000-calorie day. It's got plenty of variety (and treats!), so you won't get bored or feel deprived. And if you pair it with our workout on page 54, you can lose up to 2 pounds a week. So tear out our 7-day diet and save it for any time you need a jump-start—and get ready to say hello to your skinny jeans again!

Diet developed by
Dawn Jackson Blatner, RD
Photography by Kirsten Strecke
DAY 2

**Breakfast**
Raspberry-Honey-Nut Oatmeal
- 1 packet plain instant oats
- 1 cup fresh or frozen raspberries
- 2 tablespoons silivered almonds
- 2 teaspoons honey
- 8 ounces fat-free soy milk

**How-to:** Make oatmeal. Add toppings; serve with a glass of soy milk.

**Snack**
Cocoa-Yogurt
- 1 (6-ounce) vanilla low-fat yogurt
- 1 teaspoon unsweetened cocoa
- 1 sliced apple

**How-to:** Stir cocoa into yogurt. Serve apple slices alongside.

**Lunch**
Better-Than-Chicken Sandwich
- 1 meatless patty (such as Boca Original Chick'n Patties)
- 1 whole-wheat hamburger bun
- 1 tablespoon light mayonnaise
- 1/2 cups vegetables (carrots, etc.)
- 2 tablespoons low-fat ranch dressing

**How-to:** Put mayonnaise and warmed patty on bun. Dip veggies into dressing.

**Snack**
5 whole-grain crackers (such as Kashi)
- 1 tablespoon peanut butter

**Dinner**
Pepperoni Pita Pizza
- 1 (6-inch) whole-wheat pita
- 1/4 cup spaghetti sauce
- 8 slices turkey pepperoni
- 1/2 cup baby spinach leaves or frozen spinach, thawed
- 1/2 cup part-skim mozzarella cheese

**How-to:** Top pita with all ingredients. Microwave on HIGH 1–2 minutes.

**Total calories:** 1,507
- Fat 30.6%, protein 18.6%,
  carbohydrate 50.8%, fiber 36.5 grams

DAY 3

**Breakfast**
Swiss Morning Muesli
- 1/2 cup uncooked rolled oats
- 8 ounces fat-free soy milk
- 1 chopped Granny Smith apple
- 1 teaspoon ground cinnamon
- 1/4 cup coarsely chopped walnuts

**How-to:** Top oats with all ingredients.

**Snack**
Strawberry Yogurt Parfait
- 1 cup quartered strawberries
- 1 (6-ounce) vanilla low-fat yogurt

**Lunch**
Bean Burrito
- 3/4 cup canned low-fat refried beans
- 1/2 cup reduced-fat shredded cheddar cheese
- 1 (8-inch) whole-wheat tortilla
- 1/2 cup shredded romaine lettuce
- 1/4 cup bottled salsa

**How-to:** Top tortilla with beans and cheese. Microwave on HIGH 1–2 minutes. Add lettuce and salsa and roll up.

**Snack**
Pizza Popcorn
- 1 100-calorie package microwave popcorn
- 1 teaspoon dried oregano
- 1/2 cups shredded Parmesan cheese

**How-to:** Pop popcorn and toss in medium bowl with oregano and cheese.

**Dinner**
Shrimp-Pasta Toss
- 1/2 cup spaghetti sauce
- 1/2 cup diced zucchini
- 1 cup sliced mushrooms
- 1 cup cooked whole-wheat penne
- 3 ounces frozen shrimp, thawed

**How-to:** Put spaghetti sauce, zucchini, and mushrooms in bowl; cover and microwave on HIGH 5 minutes. Stir in pasta and shrimp.

**Total calories:** 1,501
- Fat 20%, protein 22.8%,
  carbohydrate 57.1%, fiber 40 grams

DAY 4

**Breakfast**
Egg-wich
- 1 whole-wheat English muffin
- 1 egg, scrambled
- 1 meatless sausage patty
- 1 small orange, peeled and quartered

**How-to:** Toast English muffin; top with egg and patty. Serve orange alongside.

**Snack**
Tropical Fruit Parfait
- 1 (6-ounce) vanilla low-fat yogurt
- 1 (4-ounce) cup pineapple chunks, no sugar added (such as Dole)
- 2 tablespoons chopped walnuts

**How-to:** Top yogurt with pineapple chunks and chopped walnuts.

**Lunch**
Italian Tuna-Stuffed Tomato
- 1 (3-ounce) package chunk light tuna in water, drained
- 2 tablespoons light Italian dressing
- 1 large tomato, scooped out
- 1 whole-wheat roll

**How-to:** Mix tuna with dressing. Stuff tuna mixture into tomato.

**Snack**
8 ounces fat-free soy milk
- 2 whole-grain fig fruit chewy cookies

**Dinner**
Chili-Cheese Potato With Broccoli
- 1 baked potato
- 1/2 cup canned low-fat vegetarian chili
- 1 cup chopped fresh or frozen broccoli
- 1/2 cup reduced-fat shredded Cheddar cheese

**How-to:** Top potato with chili, broccoli, and cheese. Microwave on HIGH 3–5 minutes.

**Total calories:** 1,498
- Fat 26.4%, protein 22.8%,
  carbohydrate 50.9%, fiber 27 grams
<table>
<thead>
<tr>
<th>Day 5</th>
<th>Day 6</th>
<th>Day 7</th>
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<tbody>
<tr>
<td><strong>Breakfast</strong></td>
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<tr>
<td>Fruity Waffle</td>
<td>Blueberry Ricotta Toast</td>
<td>Breakfast Burrito</td>
</tr>
<tr>
<td>1 frozen whole-grain waffle</td>
<td>2 slices whole-wheat bread, toasted</td>
<td>2 eggs, scrambled</td>
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<tr>
<td>1 tablespoon 100% fruit spread</td>
<td>½ cup part-skim ricotta cheese</td>
<td>¼ cup bottled salsa</td>
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<tr>
<td>4 ounces 1% low-fat cottage cheese</td>
<td>1 cup fresh or frozen blueberries</td>
<td>2 tablespoons reduced-fat shredded Cheddar cheese</td>
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<tr>
<td>1 cup cubed peeled cantaloupe</td>
<td><strong>How-to</strong>: Top toast with ricotta cheese and blueberries.</td>
<td>1 (8-inch) whole-wheat tortilla</td>
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<tr>
<td><strong>How-to</strong>: Toast waffle, and spread jam on top. Top cottage cheese with cantaloupe.</td>
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<td>1 small grapefruit, halved</td>
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<tr>
<td><strong>Snack</strong></td>
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<tr>
<td>1 (6-ounce) vanilla low-fat yogurt</td>
<td>Small (12-ounce cup) skim mocha</td>
<td>1 (6-ounce) coffee-flavored low-fat yogurt</td>
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<tr>
<td>¼ cup chopped almonds</td>
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<tr>
<td><strong>Lunch</strong></td>
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<td><strong>Lunch</strong></td>
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<tr>
<td>Better BLT</td>
<td>Burger and Slaw</td>
<td>California Sandwich</td>
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<tr>
<td>1 tablespoon light mayonnaise</td>
<td>1 meatless ground burger</td>
<td>¼ cup hummus</td>
</tr>
<tr>
<td>2 slices whole-wheat bread, toasted</td>
<td>1 whole-wheat hamburger bun</td>
<td>¼ cup shredded carrot</td>
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<tr>
<td>4 turkey-bacon slices, microwaved</td>
<td>1 teaspoon mustard (optional)</td>
<td>¼ cup fresh bean sprouts</td>
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<tr>
<td>2 romaine lettuce leaves</td>
<td>1 cup packaged coleslaw</td>
<td>2 slices whole-wheat bread</td>
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<tr>
<td>2 tomato slices</td>
<td>2 tablespoons light honey mustard dressing</td>
<td>8 ounces low-fat chocolate soy milk</td>
</tr>
<tr>
<td>1 medium sliced pear</td>
<td>1 kiwifruit, quartered</td>
<td><strong>How-to</strong>: Put hummus and veggies on bread. Serve with glass of soy milk.</td>
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<tr>
<td><strong>How-to</strong>: Spread mayonnaise on toast, and top with bacon, lettuce, and tomato. Serve pear alongside.</td>
<td><strong>How-to</strong>: Warm patty in microwave. Serve on bun. Mix the slaw and the salad dressing. Serve kiwifruit alongside.</td>
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<tr>
<td><strong>Snack</strong></td>
<td><strong>Snack</strong></td>
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<tr>
<td>Quesadilla</td>
<td>Peanutty Yogurt</td>
<td>1 medium sliced pear</td>
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<tr>
<td>1 (1-ounce) slice part-skim mozzarella cheese</td>
<td>1 (6-ounce) vanilla low-fat yogurt</td>
<td>1 low-fat string cheese</td>
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<tr>
<td>1 (8-inch) whole-wheat tortilla</td>
<td>2 tablespoons peanuts</td>
<td>4 large black olives</td>
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<tr>
<td><strong>Dinner</strong></td>
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<tr>
<td>Black Bean Taco Salad</td>
<td>Italian Sausage and Peppers</td>
<td>BBQ Salmon and Kale</td>
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<tr>
<td>3 cups shredded romaine lettuce</td>
<td>1 grilled Italian chicken sausage</td>
<td>2 tablespoons barbecue sauce</td>
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<tr>
<td>½ cup canned black beans</td>
<td>1 whole-wheat hot dog bun</td>
<td>4 ounces grilled salmon</td>
</tr>
<tr>
<td>¼ cup sliced green onions</td>
<td>¼ cup spaghetti sauce</td>
<td>1 cup sautéed kale</td>
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<tr>
<td>¼ cup bottled salsa</td>
<td>½ cup sliced onion</td>
<td>1 whole-wheat roll</td>
</tr>
<tr>
<td>¼ diced peeled avocado</td>
<td>1 cup bell pepper strips</td>
<td><strong>How-to</strong>: Put barbecue sauce on salmon. Serve with the sautéed kale and whole-wheat roll.</td>
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<tr>
<td>10 tortilla chips</td>
<td><strong>How-to</strong>: Place lettuce on a plate. Layer remaining ingredients on top.</td>
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<tr>
<td><strong>Total calories</strong>: 1,499</td>
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<td><strong>Total calories</strong>: 1,493</td>
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<tr>
<td>Fat 32.7%, protein 19%, carbohydrate 48.3%, fiber 33.8 grams</td>
<td>Fat 31.8%, protein 19.9%, carbohydrate 48.3%, fiber 26 grams</td>
<td>Fat 31.2%, protein 21.5%, carbohydrate 47.3%, fiber 31 grams</td>
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