fitness®

20th Anniversary Special!

LOSE 10 POUNDS

Your 20-Minute Plan to Get Sexy, Slim and Summer-Ready

Elle Macpherson
How She's Still "The Body" at 48

BURN MAXIMUM CALORIES
Bob Harper Shows You How

Go for It!

Achieve the Body, Job, Life You Want

The New Skinny Foods You Should Be Eating

Best Swimsuits That Flatter Your Shape

Pretty Simple Hair
Fresh Styles for Every Hair Type

Flat-Belly Foods

Get a bikini-worthy body without having to eat itsy-bitsy, teeny-weeny portions. We've created dishes that are supersatisfying and slimming. (Nachos? Burgers? Yes, please!) Mix and match the meals and snacks here with our workout on page 93 and you can say bye-bye to belly flab and hello to that sexy two-piece.

BREAKFAST

(About 300 calories each)

Recipes by Dawn Jackson Blatner, R.D.

CHOCOLATE-CHERRY SMOOTHIE

Blend 1 cup low-fat milk with ½ cup frozen unsweetened tart cherries and 1 tablespoon unsweetened cocoa powder. Serve with 1 slice toasted whole-grain bread spread with 2 teaspoons peanut butter.

SMOKED SALMON AND AVOCADO ON RYE

Mash ⅓ avocado and spread on 2 slices toasted rye bread. Top each piece of toast with 1 ounce smoked salmon and ½ tablespoon chopped chives.

APPLE-WALNUT PANCAKES WITH BROWN SUGAR YOGURT

Mix ¼ cup whole-grain pancake mix with water according to package directions. Stir in 1 tablespoon chopped walnuts. Heat a medium skillet over medium heat and coat with nonstick cooking spray. Pour batter into skillet to make two 5-inch pancakes; cook 2 minutes a side. Meanwhile, combine ½ cup low-fat plain Greek yogurt with 2 teaspoons brown sugar. Top pancakes with yogurt mixture and ½ cup chopped apple.

BANANA-NUT BREAKFAST COOKIES

Preheat the oven to 350°. Pulse 1 cup oats in a food processor until they resemble a coarse powder. In a medium bowl, combine ground oats with ½ cup whole oats, 1 beaten egg, ¾ cup low-fat milk, 1 mashed banana, ½ cup golden raisins, 2 tablespoons ground flaxseed, 2 tablespoons chopped walnuts, 1 teaspoon cinnamon, 1 teaspoon honey and ⅛ teaspoon salt. Scoop batter onto a baking sheet coated with nonstick cooking spray; bake 12 to 14 minutes. (Makes four 2-cookie servings.)

Pecans, peanut butter and avocados contain healthy fats that can help keep your blood sugar levels—and hunger—from spiking.

BACON-AND-EGG SANDWICH

Beat 1 egg with dried oregano and black pepper to taste. Pour into a microwave-safe bowl coated with nonstick cooking spray and microwave on high 1 minute. Top with 2 slices cooked Canadian bacon and microwave 20 seconds more. Top half of a toasted English muffin with egg, bacon, 2 tomato slices and remaining muffin half.

SCRAMBLED EGG TOSTADA

In a small skillet, toast both sides of 1 corn tortilla over medium heat until crisp; set aside. Coat skillet with nonstick cooking spray and scramble 1 egg. Spread tortilla with ½ cup warmed low-fat refried black beans and top with scrambled egg, 2 tablespoons salsa and ¼ avocado, sliced.

CHAI OATMEAL WITH PEACHES AND PECANS

Steep 1 chai tea bag in ½ cup boiling water 3 minutes. Combine tea with ½ cup low-fat milk and ½ cup quick-cooking oats in a microwave-safe bowl. Microwave on high 1½ to 2 minutes and top with ½ cup thawed frozen sliced peaches, 1 tablespoon chopped pecans and 2 teaspoons maple syrup.

LUNCH

(About 400 calories each)

BAJA-STYLE CHICKEN BOWL

Heat 1 teaspoon olive oil in a medium skillet over medium heat. Sauté ½ cup thinly sliced red bell pepper, ¼ cup frozen corn, ¼ cup black beans and 2 ounces diced cooked chicken 5 minutes; season with salt and pepper to taste. Spoon chicken mixture over ½ cup cooked brown rice and top with ¼ cup salsa and 2 tablespoons shredded Monterey Jack.

SPICY THAI NOODLES WITH TOFU

Cook 2 ounces whole-grain spaghetti. In a medium skillet, heat 1 teaspoon sesame oil, 1 teaspoon honey and 1 teaspoon hot chile sauce (such as Sriracha) over medium heat. Add 2 ounces cubed tofu and 2 cups broccoli slaw; sauté 5 minutes. Toss noodles with tofu mixture, 1 tablespoon chopped peanuts, 1 tablespoon cilantro leaves and 1 thinly sliced scallion.

GREEK SALAD WITH TUNA

In a large bowl, whisk together 2 teaspoons olive oil, 2 teaspoons red wine vinegar, ½ teaspoon dried oregano and salt and pepper to taste. Toss with 3 cups chopped romaine, 2½ ounces water-packed tuna, ½ cup diced cucumber, ½ cup diced tomato, ½ cup cooked whole-grain couscous, 1 tablespoon crumbled feta and 4 chopped Kalamata olives.

CRAB-AND-QUINOA SALAD WITH CITRUS VINAIGRETTE

In a medium bowl, whisk together 1 tablespoon grapefruit juice, 2 teaspoons olive oil, 1 teaspoon Dijon mustard and salt and pepper to taste. Toss with ½ cup cooled cooked quinoa, 2 ounces canned crab meat and ¼ avocado, chopped. Serve over 2 cups mixed salad greens and sprinkle with 1 tablespoon chopped chives.

CHICKEN, SPINACH AND ARTICHOKE PANINO

Top 1 slice whole-grain bread with ½ cup baby spinach, ¼ cup quartered artichoke hearts, 2½ ounces sliced chicken breast, 1 slice provolone and a second slice whole-grain bread. Heat a grill pan over high heat and coat with nonstick cooking spray. Grill sandwich 3 to 4 minutes a side, pressing down with a spatula once on each side.

Lean protein, like chicken, turkey and tuna, takes longer to digest than carbs, so it keeps you full for hours.

TURKEY, APPLE AND CHEESE PITA POCKETS

Cut 1 large whole-wheat pita pocket in half and stuff each with ½ cup baby spinach, 1 ounce sliced turkey breast, ¼ thinly sliced apple and 1 tablespoon shredded Gruyère. Serve with remaining ½ apple.

PESTO PIZZA WITH WHITE BEANS AND ROASTED RED PEPPERS

Preheat the broiler. Spread 1 tablespoon pesto on 1 large whole-grain pita and place on a baking sheet. Top with ½ cup white beans and ½ cup chopped roasted red peppers. Sprinkle with 1 tablespoon grated Parmesan and broil 5 minutes.

PAGE 98: DENISE CREW. HAIR: JOSHUA BARRETT FOR JOSHUA BARRETT SALON. MAKEUP: COLLEEN STONE FOR DIOR SHOW/FORD ARTISTS. MANICURE: MAR Y SOL FOR ARTISTSBYTIMOTHYPRIANO.COM. BECCA BY REBECCA VIRTUE SWIMSUIT. MUSE BRA. ONZIE SHORTS. PAGES 99–104: PETER ARDITO. FOOD STYLIST: MARGARETTE ADAMS FOR MARNIE ROSE AGENCY. PROP STYLIST: MEGAN HEDGPETH

DINNER

(About 500 calories each)

YOU CAN DO IT!

EGGPLANT PARMESAN PASTA

Preheat the oven to 425°. Beat 1 egg. Dip two ½-inch-thick eggplant slices in egg, coat with 2 tablespoons panko and season with salt and pepper to taste. Place on a baking sheet lined with parchment paper, mist with nonstick cooking spray and bake 10 minutes a side. Meanwhile, cook 2 ounces whole-wheat angel hair pasta. Toss pasta with ½ cup warmed marinara and top with baked eggplant, 2 tablespoons torn basil leaves and 2 tablespoons grated Parmesan.

ORANGE CHICKEN WITH ASPARAGUS

Heat 1 tablespoon sesame oil in a large skillet over medium heat. Sauté 4 ounces chicken, sliced into ½-inch strips; 1 minced garlic clove; and ¼ teaspoon red pepper flakes 7 minutes. Add 2 cups chopped asparagus and cook 3 minutes more. In a small bowl, whisk together 1 teaspoon reduced-sodium soy sauce, 1 teaspoon honey, 1 teaspoon sesame seeds, and juice and zest of 1 orange. Add to skillet and cook 1 minute. Serve over ½ cup cooked brown rice.

PORK WITH CHERRY CHUTNEY AND SPICED SWEET POTATOES

Preheat the broiler. Place one 3-ounce boneless pork chop on a foil-lined baking sheet and broil 12 minutes. Meanwhile, heat 2 teaspoons olive oil in a medium skillet over medium heat. Sauté 1½ cups diced sweet potato, ⅛ teaspoon cinnamon, ⅛ teaspoon chili powder and dash of salt 8 minutes. In a small saucepan, heat ½ cup frozen unsweetened tart cherries, 1 teaspoon honey, 1 teaspoon apple cider vinegar and ½ teaspoon grated fresh ginger 4 minutes. Top pork chop with sauce and serve with sweet potatoes.

GUACAMOLE BURGER

Preheat the broiler. Mix 4 ounces lean ground beef with ½ teaspoon chili powder and 2 tablespoons chopped cilantro; form into a patty and broil 4 minutes a side. Place patty on bottom half of a whole-wheat hamburger bun and top with ¼ cup guacamole, 1 tomato slice and top half of bun. Serve with 1 cup cubed watermelon.

CAJUN SHRIMP WITH POLENTA

Whisk ¼ cup yellow cornmeal into ¾ cup boiling water. Cook over low heat 10 minutes, whisking frequently; remove from heat, stir in 1 tablespoon grated Parmesan and set polenta aside. Heat 2 teaspoons olive oil in a medium skillet over medium heat. Sauté ½ cup chopped onion, 1 minced garlic clove, ½ teaspoon chili powder and ½ teaspoon paprika 2 minutes. Add 1 cup chopped green bell pepper, ½ cup frozen corn and ½ cup black beans; cook 6 minutes more. Add 12 large cooked shrimp and sauté until warmed through. Serve over polenta.

POTATO NACHOS

Preheat the oven to 400°. Cut 1 medium potato into 8 wedges, place on a baking sheet, mist with nonstick cooking spray and bake 30 minutes, flipping once. In a medium skillet over medium heat, sauté 3½ ounces lean ground turkey, 3 tablespoons water and 1 tablespoon taco seasoning 8 minutes. Top potatoes with cooked turkey, ¼ cup shredded cheddar, 1 cup shredded romaine, ½ cup diced tomato, ¼ cup low-fat plain Greek yogurt and 1 thinly sliced scallion.

Eating whole grains, like brown rice and whole-wheat pasta, has been linked to having less belly fat.

TORTILLA-CRUSTED SALMON WITH SANTA FE RICE

Preheat the oven to 350°. Crush 4 tortilla chips in a ziplock bag. Beat 1 egg. Dip one 4-ounce salmon fillet in egg and coat with crushed tortilla chips. Place on a baking sheet lined with parchment paper and bake 15 minutes. Meanwhile, heat 1 teaspoon olive oil in a medium skillet over medium heat. Sauté 1 minced garlic clove, 2 tablespoons canned chopped green chiles, 2 cups diced bell pepper and ½ cup cooked brown rice 5 minutes; stir in 1 tablespoon each chopped cilantro and lime juice. Serve with salmon.

SNACKS

(About 150 calories each; eat two a day.)

Nibbling on healthy noshes between meals helps keep your appetite in check—and binges at bay.

HEALTHY TAKEOUT

LUNCH

Au Bon Pain Half Roast Beef and Brie sandwich with a small fruit cup (400 calories)

California Pizza Kitchen Half Roasted Vegetable Salad with grilled shrimp (394 calories)

Chipotle Soft Corn Tacos with carnitas, fresh tomato salsa and lettuce (395 calories)

Subway Six-inch Steak and Cheese sandwich on wheat bread with provolone, tomato, lettuce, onions and green peppers (380 calories)

DINNER

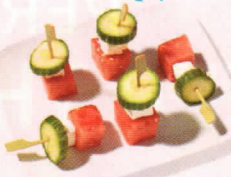
Boston Market Quarter White Rotisserie Chicken without skin with fresh steamed vegetables and Cinnamon Apples (490 calories)

P.F. Chang's Pan-Fried Shrimp Dumplings With Shrimp Dumpling Sauce and a small order of Garlic Snap Peas (471 calories)

Romano's Macaroni Grill Spicy Ricotta Meatballs and side Caesar salad (480 calories)

T.G.I. Friday's Flat-Iron Steak with broccoli with a fruit cup (510 calories)

YOU CAN DO IT!



Red, white and green kabobs: Skewer 1 cube watermelon, 1 small cube feta and 1 slice cucumber on each of five toothpicks.

8 halved grape tomatoes stuffed with a mixture of ¼ cup part-skim ricotta, 1 tablespoon diced black olives and pinch of black pepper, plus 2 whole-grain crackers

2½ cups Popcorn, Indiana, Aged White Cheddar Popcorn

4 pot stickers dipped in 1 teaspoon reduced-sodium soy sauce

3 Late July Organic Dark Chocolate Sandwich Cookies

Orange smoothie: Blend 1 peeled seedless orange with 1 cup ice cubes, ½ cup low-fat milk, 1 teaspoon honey and ½ teaspoon vanilla extract.

½ cup low-fat plain Greek yogurt mixed with 2 teaspoons honey and 1 teaspoon unsweetened cocoa powder and topped with ½ cup raspberries

½ cup pear slices dipped in cashew cream: Puree 2 tablespoons cashews, 1 tablespoon hot water, ½ teaspoon maple syrup, ⅛ teaspoon vanilla extract and pinch of salt.

½ apple topped with 1 slice cheddar cheese, broiled 3 minutes and sprinkled with ½ teaspoon chopped chives

31 Simply 7 Sea Salt Lentil Chips

Starbucks Petite Vanilla Bean Scone and a grande Iced Caffè Americano

1 cup red bell pepper slices topped with ½ cup warmed spicy low-fat refried black beans and 1 tablespoon guacamole

Fruit-and-nut bark: Microwave 2 tablespoons chocolate chips until melted, pour onto parchment paper, sprinkle with 5 chopped pistachios and 5 golden raisins and refrigerate until hardened.

Berry bruschetta: Spread 2 toasted whole-grain baguette slices with 2 tablespoons part-skim ricotta and top with a mixture of ¼ cup blueberries, ¼ cup chopped strawberries and 2 chopped mint leaves.

TOP LEFT: DENISE CREW. HAIR: JOSHUA BARRETT FOR JOSHUA BARRETT SALON. MAKEUP: COLLEEN STONE FOR DIOR SHOW/FORD ARTISTS. MANICURE: MAR Y SOL FOR ARTISTSBYTIMOTHYPRIANO.COM. BASTA SURF BIKINI