Ben & J. Lo BACK TOGETHER!
WHO MADE THE FIRST MOVE
Inside their secret plans as the exes rekindle their relationship 12 years later

More Exclusives Inside
Scott & Kourtney: HOOKING UP
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Reality Star Jasmin’s Winning Formula:
The Superfood Swap Diet

When Jasmin Queen won ABC’s My Diet Is Better Than Yours competition by losing 53 pounds in 14 weeks, she brought home more than the $50,000 prize. She and her family gained a new, healthier lifestyle and her husband, Kevin, dropped 75 pounds as well. Jasmin’s secret weapon? Dawn Jackson Blatner’s Superfood Swap diet, which involves exchanging processed foods for natural superfoods. “You eat what you crave,” explains Blatner, R.D.N., the head dietitian for the Chicago Cubs, “but you make it without C.R.A.P. — an acronym for chemicals; refined sugar and flour; artificial sweeteners, flavors and colors; and preservatives.”

EASY ALTERNATIVES
Jasmin chose Blatner’s Superfood Swap plan because “it was more about self-love than punishing or depriving yourself.” Jasmin, 38, loves chicken parmesan over pasta, so Blatner had her make it by sautéing the chicken (without breading it), melting a thin slice of mozzarella on top and serving it over zucchini noodles. “I can have what I want,” explains Jasmin, “and I just have to find a healthy way to cook it.” Exercise is part of the equation, too, with run-walk interval training, Zumba and weight-lifting classes five to six days per week. Fun fact: During the show’s finale in January 2016, Jasmin was the first contestant to finish a half-marathon. Since dropping from a size 16 to a size 8, Jasmin, who lives in Lawrenceville, Ga., has stayed steady at 147 pounds. She now shares her success story at conferences around the country. “I have so much more energy and confidence now,” she says. “This experience completely changed my life!”

EAT LIKE JASMIN AND MAKE WEIGHT LOSS YOUR REALITY*

**Breakfast**
8 banana-bread cookies (mashed banana, oats, walnuts, coconut oil); black coffee or tea (300 cal.)

*The oats contain resistant starch, which helps you get full,* diet guru Dawn Jackson Blatner notes.

**Lunch**
Sunflower Caesar: romaine, tomato, chickpeas, whole-grain croutons, Caesar dressing (400 cal.)

*Eating veggies midday is energizing because they’re packed with water, vitamins and minerals,* Blatner says.

**Dinner**
4 lentil “meatballs” on ½ cup quinoa, ½ cup marinara, plus 1 cup broccoli (400 cal.) (see recipe at right)

*Lentils are a protein-, nutrient- and fiber-rich superfood that’s low in fat, filling and great for your heart.*

**Snack**
A.M.: Green (spinach) lemonade, 20 almonds (150 cal.)
P.M.: Chocolate yogurt with berries (100 cal.)

The perfect bridge between meals? Produce that fills you now and protein that keeps you full, Blatner says.

*For more info and recipes, check out The Superfood Swap by Dawn Jackson Blatner (Rux Martin/Houghton Mifflin Harcourt, December 2016).*

**Other Options**
Superfood breakfast bowl: 2 scrambled eggs, ¼ cup quinoa, 2 cups spinach, ¼ sliced avocado, lemon wedge (300 cal.)

Collard green burritos: 2 large collard green leaves stuffed with ½ cup black beans, ½ cup brown rice, ½ sliced avocado, pico de gallo (400 cal.)

Cauliflower “fried rice”: Stir-fry chopped cauliflower, peas, egg, cashews, sliced green onions, tamari sauce, sesame oil, herbs, spices, lime (400 cal.)

*Cashew ranch dressing (see recipe at right) with carrot and celery sticks (100 cal.)
*Banana skinnies (frozen banana, cocoa powder, walnut) (150 cal.)
### Lentil Meatballs

Makes 12 meatballs

- 2 tablespoons ground flaxseed
- 2 tablespoons warm water
- ⅛ cup cooked lentils
- ½ onion, very finely chopped (about ⅓ cup)
- 2 garlic cloves, minced
- 6 brown rice crackers, smashed into crumbs (about 2 tablespoons)
- ¼ cup chopped fresh flat-leaf parsley
- ½ teaspoon Italian seasoning
- ¼ teaspoon cayenne pepper
- ¼ teaspoon sea salt

Add:
- ⅛ teaspoon freshly ground black pepper

- Mix ingredients thoroughly and form into equal-sized balls.
- Bake for 20 minutes at 400°F until browned.

### Cashew Ranch Dressing

Makes 1 cup

- 1 cup raw cashews
- ⅛ cup near-boiling water

Add:
- Juice of 1 lemon (about 3 tablespoons)
- 1 garlic clove, minced
- 1 teaspoon sea salt
- 1 teaspoon freshly ground black pepper
- ¼ teaspoon dried oregano
- ¼ teaspoon dried dill
- 2 tablespoons finely chopped fresh chives

- In a food processor, purée the cashews, water, lemon juice, garlic, salt, pepper, oregano and dill until smooth.
- Stir in the fresh chives.
- Store in an airtight container with a lid for up to 7 days in the refrigerator.

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**Star Swap**

**Swap: French Fries for Baked Carrot Fries**

Feel less guilty about your favorite guilty pleasure by trading the potato variety for a carrot version. You'll save 400 cals and loads of fat — plus gain lots of immunity-boosting vitamin A.