

# Healthy Shape

**Health Promise:** ALL OF OUR ADVICE ON GETTING FIT AND REACHING A HEALTHY WEIGHT HAS BEEN APPROVED BY FITNESS AND NUTRITION EXPERTS.

WHY  
DEPRIVE  
YOURSELF?

## Lose 5 Lbs in a Week!

*Our Drop Pounds Fast Diet is safe, satisfying—and works.*

By **Shaun A. Chavis**

**STILL** carrying a few winter pounds? It's not

too late to lose them superfast, à la Hollywood's A-list. Our safe, no-hunger diet plan, developed specially for *Health* by Los Angeles-based nutritionist Jackie Keller, founder of NutriFit, is based on the advice she gives clients like Charlize Theron, Anna Paquin, and Susan Sarandon. Use this mix-and-match 1,200-calorie plan for seven days, taking your pick of our meals and yummy snacks. Pair this with our workout (page 54) and you'll see results in just seven days. ➡➡

# Choose Your Favorite Meals

*Our plan is not only supereasy—it lets you pick what you want to eat, too! Choose one breakfast, lunch, and dinner, and two snacks every day from these tasty choices.*

## Breakfast

(200 to 250 calories each)

### SMOKED SALMON AND A BAGEL

Smear **half of a small (3-inch-diameter) bagel** with **1 tablespoon fat-free cream cheese**; top with **1½ ounces smoked salmon**, adding **black pepper, herbs, sliced onion**, and a **squirt of fresh lemon juice**, if you'd like. Enjoy with **1 small orange**.

### HEARTY LEAN EGGS AND SAUSAGE

Scramble **½ cup liquid egg whites** (about 3 egg whites) in a skillet coated with **nonstick cooking spray**; remove from skillet, and top with **½ cup salsa**. Cook **1 turkey sausage** link. Serve eggs and sausage with **2 medium slices of melon**.

### BLUEBERRY-AND-ALMOND OATMEAL

Cook **1 package plain instant oatmeal** according to the directions. Stir in **1 teaspoon ground flaxseed**, **1 tablespoon chopped almonds**, and **¾ cup fresh blueberries**. Drink **½ cup fat-free milk**.

**Breakfast for two:** Top each bagel half with cream cheese and smoked salmon and share a luscious treat.



## THE SAFE WAY TO SPEED DIET

Do this one-week diet when you need to lose up to five pounds quickly—it's not recommended for repeating for longer time spans or bigger weight-loss goals. "This plan is just right if you need to drop a few pounds for a special event or something," Keller says. "For clients who want to lose more, I design plans that will help them drop one to two pounds a week, with a lifestyle of healthy eating, plus finding balance in all areas of their lives. This way they won't overeat because they're stressed or unhappy."

For best results on our one-week plan, get at least seven hours of sleep each night and stop smoking. Cut out alcohol, soda, and diet soda, and try these drink options instead:

- > Drink at least 8 (8-ounce) glasses of water every day.
- > Sip 2 (8-ounce) cups of green tea a day, preferably unsweetened. If you want a sweet taste,

then you can stir in a teaspoon of agave nectar or a bit of liquid or granulated stevia (available at natural-foods stores); they're natural and easy on your blood sugar.

## Lunch & Dinner

(250 to 300 calories each)

Choose one of these meals for lunch and one for dinner every day.

### LARGE GRILLED CHICKEN SALAD

Combine **3 ounces grilled chicken** (that's about the size of three of your fingers) with **salad greens** and as many of your favorite **veggies** (chopped tomato, carrot, onion, red

bell pepper, cucumber) as you want; drizzle with **2 teaspoons low-fat salad dressing**. Have **½ cup grapes**.

### SPICY TUNA SALSA SALAD

Combine **1 (3-ounce) can albacore tuna** in water, drained, with **¼ cup fresh salsa** (try regular, pineapple, or papaya). Serve tuna on top of **3 cups mixed baby greens** and **1 cup each sliced cucumber and red bell pepper**. Have **1 grapefruit**, too.

(Continues on page 51)

## Lose 5 Pounds Fast!

### ITALIAN GRILLED PORK CHOP WITH STEAMED ASPARAGUS AND BAKED POTATO

Grill or broil a **3-ounce pork chop** until it reaches an internal temperature of 160°; top with **1 teaspoon tomato sauce**. Serve

pork chop with **1 cup steamed asparagus**, drizzled with **1 teaspoon balsamic vinegar**, and **half of a small baked potato**.

### LEMON-AND-HERB SALMON

Marinate a **3-ounce salmon fillet** in **2 tablespoons lemon juice**, **1 dill sprig**, and **1 minced garlic clove** for 30 minutes. Grill fish just until it turns opaque. Prepare  $\frac{3}{4}$  **cup microwaveable brown rice**. Steam **1 cup sliced zucchini**. Garnish cooked fish and zucchini with additional **1 teaspoon chopped dill**; serve with brown rice.

*(Continues on page 53)*

### Shop to Drop

Shop only *once* this week. Use a list to get everything you need, so you won't have to go into dangerous territory—the supermarket—during your diet week. For a complete shopping list for our Drop Pounds Fast Diet, go to [Health.com/drop-pounds-fast-diet](http://Health.com/drop-pounds-fast-diet).



**Quench your thirst with green tea:** It helps your body burn fat, too!

Soft on gums.  
Tough on plaque.\*



Oral B Pro-Health Gentle Clean has the softest Cross Action bristles ever and still removes up to 90% of hard-to-reach plaque.

**Oral-B**  
**CrossAction**  
**PRO-HEALTH**

\*vs. ordinary manual toothbrush.

© Procter & Gamble, Inc., 2010

## Lose 5 Pounds Fast!



**Satisfying snacks:** Edamame's not only tasty, but it's also filled with fiber and protein to help keep you full.

### GRILLED STEAK

Combine **2 tablespoons balsamic vinegar**, **½ teaspoon Dijon mustard**, **¼ teaspoon each salt and black pepper**, and **1 sliced garlic clove**. Marinate a **3-ounce sirloin steak** (or 3 ounces tofu) in the mixture at room temperature for 15 minutes. Microwave **half of an ear of corn** for 3 minutes or until tender. Grill steak until medium-well (or to the desired degree of doneness). Serve corn smeared with **1 teaspoon trans fat-free margarine**, and **1 cup steamed green beans** tossed with **1 minced garlic clove**.

### MEDITERRANEAN CHICKEN WRAP

Fill **1 (6-inch) whole-wheat tortilla** with **2 ounces chicken breast** (you can use the skinless meat from a rotisserie chicken), **2 romaine lettuce leaves**, **¼ cup diced tomato**, and **1 tablespoon diced onion**. Drizzle chicken and vegetables with **2 teaspoons light Italian dressing**; roll it up. Have **½ cup baby carrots** on the side.

## Snacks

(100 to 150 calories each)

Choose two snacks a day to enjoy whenever you like.

- > **1 cup edamame with sea salt**
- > **1 pear with 1 light string cheese**
- > **1 (6-inch) corn tortilla** filled with **¼ cup black bean dip**
- > **½ cup sliced strawberries** with **½ cup nonfat vanilla yogurt**
- > **3 cups plain popcorn**
- > Mini-trail mix made of **2 tablespoons almonds** and **3 tablespoons raisins**
- > **½ cup baby carrots** with **2 tablespoons fat-free veggie cream cheese**

### THIS WORKOUT WORKS!

Follow our eating plan with the **"Get Slim All Over—Superfast" boot-camp workout** (page 54) three times a week, and add a 40-minute interval cardio workout on two other days.

© Procter & Gamble, Inc., 2010

Flossing  
doesn't have  
to be a pain.



Glide Pro-Health for Sensitive Gums is the softest Glide ever. It slides easily into tight spaces for a more gentle flossing experience.

