

Splurge smart:
Indulge in
something rich
that truly satisfies.



How to Cheat—and Still Lose Weight

Go ahead and splurge. With these tricks, you can eat what you want and stay sleek. By **SHAUN CHAVIS**

WHO SAYS YOU HAVE TO DEPRIVE YOURSELF of all deliciousness to stay fit? You can enjoy foods you love without adding pounds. Here's how to pull it off, from nutritionist Marissa Lippert, RD, author of *The Cheater's Diet*.

1 | Eat treats. “Allow for two mouth-watering sweets each week,” Lippert says. “Try a scoop of real ice cream, a rich cookie or coffee drink.” Budget about 200 to 300 calories for each.

2 | Dine out. Give yourself two nice “cheat” meals a week. “This is your time to have foods you thought were off-limits,” she says. The only caveat: Use portion control. Limit yourself to two small slices of pizza with a side salad, small cuts of meat, and half of any creamy, cheesy sides.

3 | Give yourself cocktail tickets. You can still enjoy wine, beer, or a Cosmopolitan, but you'll need to cut back if you're trying to lose a pound or two a week. Figure out your weekly average, and cut that by one-fourth; that's your maximum number of drinks each week.

4 | Cut cravings ... with chocolate. To ease a yen for sweets, enjoy a small amount of high-quality chocolate every day—have two or three tasting squares (about 75 calories worth). A little of the good stuff will satisfy your sweet tooth and prevent you from overeating.

5 | Go ahead—add on to your salad. Who wants a bowl of naked lettuce? Instead, load your plate (not a bowl) with dark greens, some protein to fill you, and whatever fresh fruit and veggies you like. Cheat by adding two or three one-tablespoon servings of the fattening stuff (nuts, seeds, cheese, croutons, or avocado). Dress your salad with one tablespoon of a real vinaigrette or oil and vinegar—fat helps satisfy you.

6 | Party with a plan. At a soirée, scan the buffet, making note of your favorite hors d'oeuvres. Go back, and choose only two or three higher-calorie appetizers. (Want chips and dip? Count out seven chips, and then dip—don't scoop—into the guacamole.) Fill up on veggies and fresh fruit, and save room for one sweet treat. You deserve it! **D**