

BUZZ

'I'VE ONLY LOST 4 POUNDS, BUT I'M TAKING OFF INCHES!'

As any fan of *The View* knows, **Sherri Shepherd** shares. And on May 27, the comic announced plans to whip herself into bangin' beach-ready shape by Aug. 6. "I dumbly said I was going to get into a bathing suit in front of 4 million people," says 167-pound Sherri, 42. She's following the Fresh Diet program (see sidebar) and has enlisted a support team — trainer Don Scott (she calls him the "Evil One") and nutritionist Rovenia "Dr. Ro" Brock. So, it's hello, fruits, veggies, fish and turkey; goodbye, bacon and eggs and other faves, like "Cheeseburgers, fries, onion rings, milk shakes — everything," she rues. To stay honest, Sherri's keeping a food diary and charting her progress on Twitter — which got her busted when Scott caught her confessing June 7, "Messed up a little last night... had fried calamari and fried catfish." Another weakness? White Castle, where Sherri once cheated with six cheeseburgers. "You and White Castle," Dr. Ro told her, are like "a crack addict walking through a crack house."

How's the regime working? "I've only lost 4 pounds," she admitted June 8. "But I'm taking off inches!" We're with you, Sherri.



A slimmed-down Sherri on June 6.

HOW SHERRI'S SHEDDING IT

- **SWEAT:** "I think my trainer [Don Scott] just despises me," she Tweeted June 9. "Stairs... planks... treadmill... ball... crunches..."
- **TAKEOUT:** Sherri signed with Fresh Diet — which home-delivers three gourmet meals and two snacks daily, for less than \$30 a pop.
- **THE GOOD STUFF:** Fresh Diet uses "good" carbs — sweet potato, asparagus and quinoa, and fats, like omega-3, olive oil and nuts.
- **SPLASH OF COLOR:** "Fill your plate three-quarters with colorful vegetables and fruits," says Sherri's nutritionist Dr. Rovenia Brock. "The final quarter with lean protein."

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