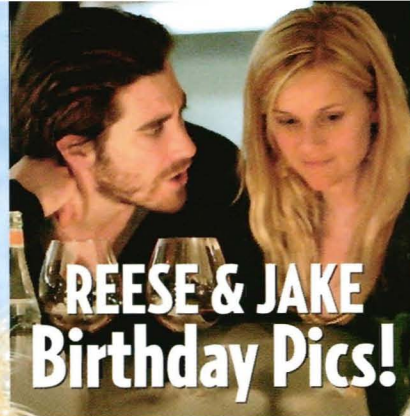


WEEKLY

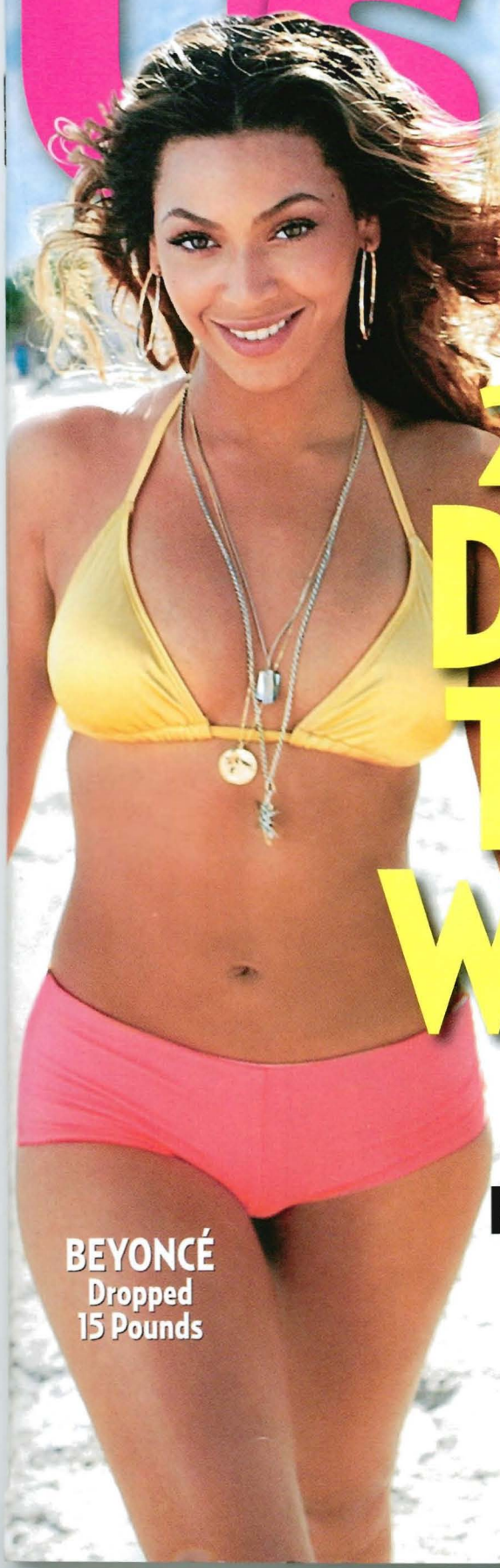
US



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BRITNEY
Lost the
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WHAT DIET IS Best FOR YOU

Too many holiday treats? Jump-start your slim-down with one of these Hollywood-favored eating plans BY SARAH GROGAN

IF YOU... Have the Cash

TRY The Fresh Diet
meal delivery service

WHAT IT IS Meals based on the Zone principle of 40 percent carbs, 30 percent protein and 30 percent healthy fat are delivered daily. (From \$35 a day, thefreshdiet.com)

IF YOU... Like to Cook

TRY The Eat-Clean Diet
by Tosca Reno

WHAT IT IS Say goodbye to sugar, white flour, alcohol and processed foods on this straightforward plan. Focus is on fresh ingredients, proper portion sizes and eating regularly.

IF YOU... Love Fruits and Veggies

TRY Eating in the Raw and The Raw 50 by Carol Alt

WHAT IT IS The supermodel lauds the benefits of consuming food not heated above 116 degrees. The uncooked food contains more enzymes, which may help you lose weight.

IF YOU... Can't Give Up Carbs

TRY The 5-Factor Diet
by Harley Pasternak

WHAT IT IS This plan (about 1,300 calories per day) mixes low-glycemic carbs, low-fat protein, healthy fats and fiber. Follow it six days a week; on day seven, eat whatever you want.

IF YOU... Want to Go Veg

TRY Skinny Bitch in the Kitchen
by Rory Freedman and Kim Zurn

WHAT IT IS This sassy tome is off animal products (including chicken and dairy), caffeine and simple carbs. But there's no counting and you can eat delectable



CELEB FANS
Paula Abdul,
Brooke Hogan,
Dean McDermott



CLEAN-EATING FANS
Nicole Kidman,
Halle Berry,
Emmanuelle Chriqui



CELEB FANS
Demi Moore,
Pierce Brosnan,
Alicia Silverstone



CELEB VEGANS
Natalie Portman,
Lake Bell, Pam
Anderson

Sample Menu

Breakfast Lychee-stuffed whole wheat French toast with fresh berries

Morning snack Carrot cupcake muffin with cream cheese frosting



Lunch Whole wheat vegetable pizza with broccoli, tomato and mozzarella cheese

Afternoon snack Mushrooms stuffed with mozzarella cheese, bell pepper and garlic

Dinner Grilled sea bass over morel mushrooms and creamy onion sauce with sweet potatoes, carrots and radish leaves

Sample Menu

Breakfast Egg white and ground turkey (or tofu) scramble with tomatoes and shredded spinach

Morning snack Blueberry buzz smoothie with flaxseed, applesauce and nonfat yogurt

Lunch Stir-fried chicken, broccoli, mushrooms and carrots over brown rice

Afternoon snack Almond-date biscotti with a cup of tea

Dinner Caribbean style swordfish with ginger tahini sauce on soba noodles



Sample Menu

Breakfast Oatmeal with almonds, raisins, cranberries and fresh berries drizzled with honey

Morning snack Hummus served with flaxseed crackers

Lunch Guacamole and lettuce burritos, chili, and raspberry sorbet

Afternoon snack Raw corn chips with mango salsa or guacamole

Dinner Squash spaghetti with garlic, oil and pine nuts, Tuscan bread, field green salad with creamy black pepper and sage dressing and lemon cream pie



Sample Menu

Breakfast Smoked salmon omelet with cream cheese, whole-grain toast and orange segments

Morning snack Strawberry oatmeal bars dipped in yogurt

Lunch Mediterranean-style chicken salad with quinoa, plum tomatoes, fresh parsley and lemon juice

Afternoon snack Multigrain pesto crisps topped with sliced tomatoes, basil and nonfat ricotta cheese

Dinner Bison steak served over cauliflower-carrot mash with brown rice on the side



Sample Menu

Breakfast Whole wheat English muffin sandwich with tofu Canadian bacon and veggie

Morning snack Whole wheat cranberry orange muffin

Lunch Whole wheat Mediterranean pasta salad with sun-dried tomatoes and olives

Afternoon snack Fruit and nut bars full of organic nuts

Dinner Tofu stir-fry with mushroom

Dessert "Bitchin' in the Kitchen" brownie (using whole wheat flour)