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# Healthy Shape

- GET GREAT LEGS
- GROCERY GUIDE
- BUST STRESS
- SPICY SNACKS
- BEST SNEAKERS

## EAT WHAT YOU CRAVE AND DROP 10 POUNDS

Sounds too good to be true? It's not! This plan gives you pancakes, paninis, even filet mignon.

*diet developed by* JACKIE NEWGENT, RD, CDN

**IF YOU FIND IT HARD** to swear off chocolate and brie, here's the best news yet: You don't have to. Labeling indulgent foods as off-limits only sets you up for diet disaster, says Cynthia M. Bulik, PhD, author of *Crave: Why You Binge Eat and How to Stop*. Total elimination will eventually trigger a rebellion, which could send you into a munch-fest.

That's why we've created a decadent 1,350-calorie-a-day diet plan with no deprivation and filled with smart portions of foods we all crave—from burgers to sushi. Our options are rich in monounsaturated fatty acids (MUFAs), resistant starch (a type of fiber), and conjugated linoleic acid (CLA), natural fat-burners that research shows help you lose. Just use our color-coded Cravings Key to work your favorite types of indulgences into every meal. Exercise regularly; see "Match Your Workout to Your Mood," page 50. And you're on your way to losing big.

*(Continues on page 46)*

## YOUR MIX-AND-MATCH PLAN

### Enticing breakfasts

ABOUT 350 CALORIES EACH (PICK ONE EACH DAY)

**DOUBLE-APPLE PANCAKES:** Prepare batter for 2 (5-inch) pancakes from a buckwheat-pancake mix, and add 1 finely diced apple; cook according to package directions. Combine 2 teaspoons apple butter and 1 teaspoon honey; drizzle over pancakes. Sprinkle with 1 teaspoon chopped walnuts.

● **360 CALORIES**

**PANERA BREAD STRAWBERRY GRANOLA PARFAIT:** Enjoy with a cup of freshly brewed coffee with 2 tablespoons whole milk and 1 teaspoon sugar (about 1 packet).

● ● **350 CALORIES**

**EGGS ARUGULA:** Top 1 slice whole-grain toast with a ¾-ounce slice provolone cheese, 6 leaves fresh arugula, and 1 egg cooked over easy in 1 teaspoon butter; drizzle with 1 teaspoon fresh lemon juice, and add sea salt, to taste. Serve with 1 cup red grapes.

● ● ● **360 CALORIES**

**AMY'S BREAKFAST SCRAMBLE WRAP:** Zap this wrap in the microwave; enjoy with a cup of unsweetened green tea.

● **380 CALORIES**

**MINI FRENCH PANINIS:** Toast 6 (1/3-ounce) slices from a crusty French baguette. Spread with 1¼ ounces (total) Camembert. Top 3 with very thin slices of a small Bartlett pear; top with the other toast slices, cheese side down.

● **360 CALORIES**



### Indulgent lunches

ABOUT 400 CALORIES EACH (PICK ONE EACH DAY)

**ASIAN TAKE-OUT:** Order edamame with sea salt (about ½ cup shelled beans) and an 8-piece sushi platter, such as a California or tuna-avocado roll, with soy sauce, wasabi, and ginger to taste.

● **420 CALORIES**

**KASHI MAYAN HARVEST BAKE:** Enjoy this microwaveable entrée with a cup of raspberries or a fresh kiwifruit.

● ● ● **400 CALORIES**

**PLT SANDWICH:** Stuff 1½ ounces prosciutto, ½ cup microgreens (miniature greens, such as micro-arugula), 3 thick slices tomato, and 1½ teaspoons each balsamic vinegar and olive oil in 2 ounces whole-wheat ciabatta bread. Serve with 1 cup cubed cantaloupe.

● **390 CALORIES**

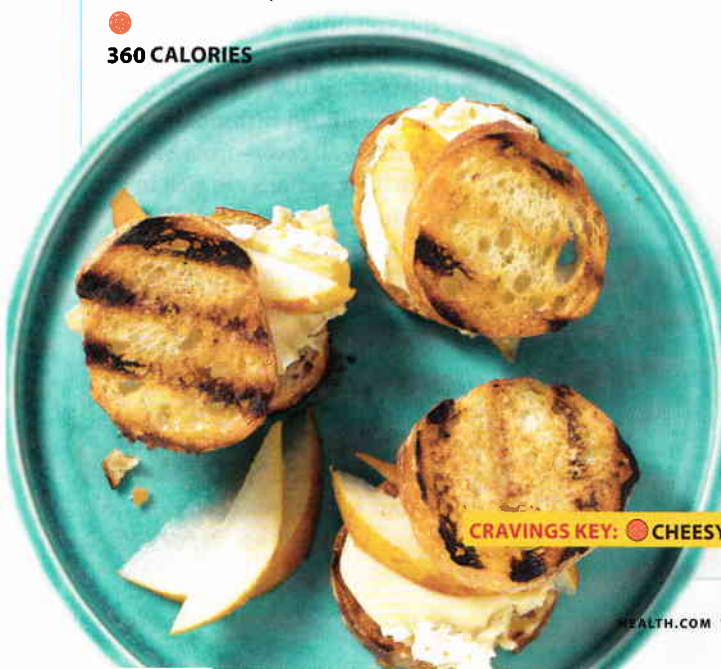
**CHEESE AND STAR FRUIT PLATTER:** Arrange on a platter 1 ounce each brie or aged goat cheese, feta, and Cheddar; slices from 1 star fruit; and 5 whole-grain crackers.

● ● **410 CALORIES**

**SMOKY STUFFED POTATO:** Microwave a large potato until done. Halve potato. Remove pulp; save skin. Mix pulp with 1 tablespoon crème fraîche and sea salt, to taste. Stuff skin with potato mix. Top with ½ ounce shredded smoked Gouda; reheat and top with ⅓ cup sliced leeks sautéed in 1 teaspoon canola oil until brown.

● **420 CALORIES**

(Continues on page 50)



**CRAVINGS KEY:** ● CHEESY ● SWEET ○ CREAMY ● CRUNCHY ● SALTY ● CHOCOLATY

## To-die-for dinners

ABOUT 450 CALORIES EACH  
(PICK ONE EACH DAY)

**GRILLED WILD SALMON CAESAR SALAD:** Grill or pan-grill 4 ounces wild salmon to desired doneness. Slice into 6 pieces. Toss 3 cups chopped romaine lettuce with 2 tablespoons Caesar dressing and 4 large croutons. Top salad with salmon,  $\frac{3}{4}$  ounce shaved Parmesan cheese, and black pepper, to taste. Serve with a skewer of 8 grilled cherry tomatoes or bell pepper pieces and a lemon wedge.



460 CALORIES

**VEGGIE BURGER MEAL:** Serve a veggie burger, such as Morningstar Farms Classic Burger, on a toasted whole-wheat bun with 1 cup mixed greens and 2 teaspoons spicy Dijon. Enjoy with 1 cup butternut squash soup, such as Pacific Natural Foods Organic Creamy Butternut Squash Soup, and 2 cups mixed-greens salad with 2 tablespoons light vinaigrette and 2 teaspoons chopped pecans.



460 CALORIES

**QUIZNOS ITALIANO FLATBREAD SAMMIE:** Enjoy with a 1-ounce serving of Sun Chips on the side.



445 CALORIES

### TAKE-OUT ROTISSERIE-ROASTED CHICKEN

**BREAST:** Have with 12 microwave-steamed baby carrots. Sprinkle meal with fresh parsley, to taste. Serve with 2 cups baby spinach salad topped with  $\frac{3}{4}$  ounce shaved Asiago cheese, 2 teaspoons each pine nuts and raisins, 1 tablespoon aged red wine vinegar, and 1 teaspoon extra-virgin olive oil.



440 CALORIES

### COCOA-SPICED PETITE STEAK

**AND POTATOES:** Rub  $4\frac{1}{2}$  ounces lean filet mignon with  $\frac{1}{2}$  teaspoon each unsweetened cocoa powder, cinnamon, and black pepper. Grill or pan-grill until medium-rare; add sea salt, to taste. Serve with  $\frac{1}{2}$  cup plain nonfat Greek yogurt. Enjoy with 1 cup roasted potatoes with rosemary and  $1\frac{1}{2}$  cups roasted Brussels sprouts.



420 CALORIES

## MATCH YOUR WORKOUT TO YOUR MOOD

Feeling good about your activity can actually help you drop poundage, according to Harvard research. Use this mix-it-up fitness plan with our diet to lose up to 10 pounds in a month. Do five workouts a week—choose one activity each time you exercise.

### If you're feeling stressed

Run at a 6 mph pace for 30 minutes, then cool down with a 5-minute walk.

**BURN 361 CALORIES**

### If you're feeling lazy

Play tag, catch, or something active with children or your dog for an hour.

**BURN 340 CALORIES**

### If you're feeling rushed

Ride a stationary bike vigorously for 30 minutes.

**BURN 357 CALORIES**

### If you're feeling social

Take a ballroom dance class for 1 hour.

**BURN 374 CALORIES**



## Super-tasty snacks

ABOUT 150 CALORIES EACH  
(PICK ONE EACH DAY TO ENJOY ANYTIME)

**DECADENT GRILLED FIGS:** Lightly grill or pan-grill 3 figs, halved. Top with 1 tablespoon finely crumbled blue cheese and  $\frac{1}{2}$  teaspoon honey.



150 CALORIES

**ALMOND BUTTER AND JAM CROSTINI:** Toast 1 slice whole-grain bread, cut into 4 pieces diagonally. Top each piece with  $\frac{1}{2}$  teaspoon each almond butter and raspberry jam.



160 CALORIES

**CHIPS AND GUAC:** Enjoy a 100-calorie pack of guacamole with 6 blue or red corn tortilla chips.



150 CALORIES

**DARK CHOCOLATE:** Enjoy 1 ounce of a semisweet or bittersweet (about 59% or more) bar, such as Dagoba Organic Dark Chocolate.



140 CALORIES

**CHEESY POPCORN:** Munch on  $1\frac{1}{2}$  cups white Cheddar cheese popcorn.



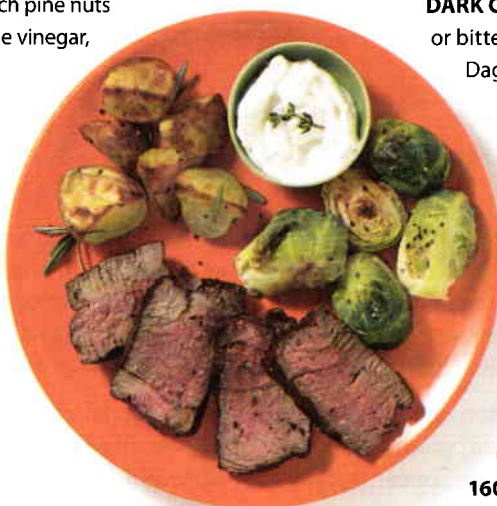
140 CALORIES

### CHOCOLATE COVERED BANANA:

Drizzle 1 banana with 1 tablespoon chocolate syrup.



160 CALORIES ●



**CRAVINGS KEY:** ● CHEESY ● SWEET ● CREAMY ● CRUNCHY ● SALTY ● CHOCOLATY