

MAIN MEALS

Take your pick of these lunches and dinners with easy-add-in ingredients that'll help you feel full and drop pounds.

ZAP THIS: **Organic Bistro Jamaican Shrimp Cake** (at right)

ADD THAT: 2 tablespoons sliced natural almonds

BLAST FAT: The fiber, monounsaturated fat (MUFAs), and protein in the nuts boost your feeling of fullness, and MUFAs also help you shed belly fat.

386 CALORIES

ZAP THIS: **Healthy Choice All Natural Entrées Sweet Asian Potstickers**

ADD THAT: 1 cup microwave-steamed chopped broccoli

BLAST FAT: By adding a low-cal, high-fiber veggie like broccoli, you'll eat more and feel super-full on fewer calories.

432 CALORIES

ZAP THIS: **Kashi Frozen Entrées Pesto Pasta Primavera**

ADD THAT: 2 ounces shredded rotisserie chicken breast without skin

BLAST FAT: Adding high-quality protein from chicken helps create an even more balanced meal that will keep you feeling full.

374 CALORIES

ZAP THIS: **Amy's Kitchen Indian Spinach Tofu Wrap**

ADD THAT: 1 sunny-side up egg cooked in 1 teaspoon canola oil

BLAST FAT: Eggs are one of the best sources of hunger-squelching protein out there.

420 CALORIES

ZAP THIS: **Seeds of Change Spicy Thai Peanut Noodles**

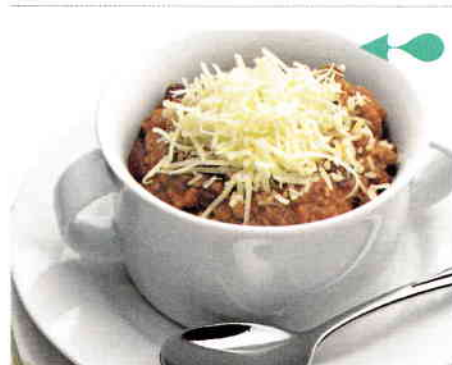
ADD THAT: ½ teaspoon Asian chili-garlic sauce

BLAST FAT: The spicy sauce contains capsaicin, which boosts metabolism.

354 CALORIES



Crunch check: Just sprinkling on almonds makes an instant dinner more satisfying.



GRAB AND GO!

Try these take-out choices for lunch or dinner on the go.

•1 bowl of **Subway Chili Con Carne** (at right) with ¼ cup shredded Monterey Jack cheese **450 CALORIES**

•2 slices of a 12-inch **Pizza Hut Medium Thin 'N Crispy Hawaiian Luau Pizza** **440 CALORIES**

•**Panera Bread Smoked Turkey Sandwich**, no mayo **460 CALORIES**



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Zap This & Lose

QUICKIE BREAKFASTS

- 2 frozen **toasted whole-wheat waffles** topped with ½ cup part-skim ricotta cheese and ½ cup frozen thawed strawberries **320 CALORIES**
- ¼ cup **Bear Naked All Natural Heavenly Chocolate Granola**, layered with ½ cup plain fat-free yogurt, and 1 medium sliced banana **304 CALORIES**
- **Starbucks Egg White, Spinach & Feta Wrap** and 1 medium tangerine (below) **327 CALORIES**



SWEAT AND SHRINK

Pair our diet with some calorie-torching workouts to lose up to 10 pounds in a month. Five days a week, pick an activity from this list.

- Do a 40-minute circuit-training workout.
- Walk at a brisk pace for about an hour.
- Hop on a stationary bike and pedal for 45 minutes.
- Jog on a treadmill at a 5-mph pace for 36 minutes.
- Swim laps for 40 minutes.
- Take a step-aerobics class that's 40 minutes or longer.

Calculations based on a 150-pound woman.




PICK TWO SNACKS ...

Choose two of the following 50-calorie snacks each day to stay full and get more veggies.

- 1½ cups grape tomatoes or halved cherry tomatoes with 2 teaspoons balsamic vinegar (above)
- ¼ cup lightly salted shelled edamame
- 1 cup jicama sticks with 2 tablespoons spicy salsa or salsa verde
- 1½ cups fresh mini multicolored bell peppers, raw or oven-roasted
- 1¾ cups cucumber slices sprinkled with 1½ teaspoons sesame seeds and ½ teaspoon soy sauce

PLUS, ONE OF THESE!

Bonus: You also get to eat one of our 100- to 120-calorie snacks a day.

- ¾ cup raspberries with ½ cup plain fat-free yogurt
- 13 dry-roasted almonds or 30 dry-roasted pistachios
- 1 Laughing Cow Mini Babybel Original cheese with 10 grapes
- 3 tablespoons hummus with 1 cup each fresh bell pepper strips and broccoli florets
- ½ large pink grapefruit with 1 large graham cracker (below) 



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