

EAT TO LOSE

Jackie Newgent, RD, author of the upcoming *1,000 Low-Calorie Recipes*, designed this plan using metabolism-boosting foods (**in bold**) that studies suggest may help you burn an extra 200 calories a day. Just pick one breakfast, lunch, dinner, and snack a day (add a second snack after Week 1).

LUNCH

(about 350 calories each)

CURRY TURKEY SALAD

Poach 3 oz turkey breast in unsweetened **green tea**; drain, chill, and cut into cubes. Combine turkey with 2 TBSP plain fat-free Greek **yogurt**, 1 tsp each mayo and Major Grey's mango chutney, ½ tsp **hot curry powder**, ¼ cup diced English cucumber, 1 TBSP raisins, and sea salt and fresh cilantro to taste. Serve with a small (1-oz) whole-grain roll. Pair it with ¾ cup fresh grapes.

BAKED POTATO TO-GO

Order a Wendy's sour cream and chive baked potato and garden side salad (without croutons); add ½ packet fat-free French dressing and season with **black pepper**. Enjoy with a 16-oz **green tea**.

PEAR AND PROVOLONE PANINI

Between 2 slices whole-grain or fruit-nut bread, arrange 2 ultra thin slices (40 calories each) natural provolone cheese, thin slices from ½ small pear, and **black pepper** and fresh rosemary to taste; spritz with cooking spray and grill on medium-high until well toasted. Savor with 1 cup butternut squash (or other vegetable) soup (about 100 calories) with pinch of **crushed red pepper** and rosemary.

BREAKFAST

(about 300 calories each)

HUEVOS RANCHEROS

Scramble 1 **egg** and 2 **egg whites** in 1½ tsp canola oil in a nonstick skillet. Stir in ⅓ cup (either medium or hot) **pico de gallo** (drained of excess liquid) and 6 coarsely broken blue-corn tortilla chips. Top with ¼ diced **avocado**, and sea salt and cilantro to taste.

SWEET 'N' SPICED APPLE OATMEAL

Combine 1 cup cooked oatmeal with ⅔ cup diced apple; sprinkle with 1 TBSP chopped **walnuts** and a pinch each of **cinnamon** and **cayenne**. Enjoy with a light coffee made with 1 cup of **black coffee**, ⅓ cup fat-free milk, 1 tsp honey, and a pinch of **cinnamon**.

GRAPEFRUIT & GRANOLA

Eat ½ large pink **grapefruit**, drizzled with 1 tsp honey, along with a granola bar (about 160 calories), like Cascadian Farm Organic sweet and salty mixed nut bar. Sip 1 cup **spicy vegetable juice**, like Campbell's Spicy Hot V8.

DINNER

(about 400 calories each)

SPICY SPAGHETTI AND SALAD

Toss 2½ cups fresh baby spinach with 1½ oz diced part-skim mozzarella, 1 chopped fresh plum tomato, 2 TBSP torn basil leaves, 1 tsp olive oil, and balsamic vinegar to taste. Enjoy with 1 cup whole-grain spaghetti and ¼ cup **spicy marinara** sauce.

GRASS-FED GREEK BURGER

Grill 4 oz lean, grass-fed ground sirloin beef. Stuff inside ½ large whole-wheat pita with ½ cup chopped romaine, 2 slices red onion, and a mix of 3 TBSP plain fat-free Greek **yogurt**, 1 minced **garlic clove**, and fresh mint to taste. Serve with 1 cup mix of steamed green peas and brown rice; add sea salt and mint to taste.

ASIAN MEAL IN MINUTES

Enjoy ½ cup steamed edamame (in pods) with sea salt to taste, and a 300-calorie ready-made Asian meal of choice, like Amy's Asian Noodle Stir-Fry or Organic Bistro Sesame Ginger Wild **Salmon Bowl**.

SNACKS

(about 150 calories each)

- ▶ 1 whole-grain snack or dessert of choice (about 150 calories), like a Kashi Chocolate Soft-Baked Square or a Nature's Path Peanut Buddy granola bar
- ▶ 4 fresh grilled fig halves (2 whole) on ¼ cup part-skim ricotta, sprinkled with sea salt to taste
- ▶ 1 (6-oz) container of flavored **Greek yogurt**, like Chobani Passion Fruit Low-Fat Greek Yogurt
- ▶ **Energy drink** (about 90 calories), like 1 (8.4-oz) can of Jamba Blueberry Pomegranate All Natural Energy Drink, plus 10 unsalted almonds
- ▶ ½-cup scoop vanilla **frozen yogurt** (about 100 calories) with a pinch of ground **ginger** and ¾ cup fresh or thawed frozen raspberries
- ▶ 1 cup bell-pepper strips with ¼ cup **spicy black bean** dip and 2 TBSP **guacamole** ■

Keep Your Metabolism Humming!

Brew up a pot of Jackie Newgent's slimming tea and sip it all day long. Simply fill a 2-quart pitcher with brewed green tea or jasmine green tea, then add very thin slices from 1 jalapeño pepper, a 1-inch piece of ginger, and 1 lime. Keep chilled in the refrigerator. To sweeten, use a zero-calorie sweetener, like stevia.