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).



BREAKFAST (about 300 calories each)

HUEVOS RANCHEROS

Scramble 1 egg and 2 egg whites in 11/2 tsp canola oil in a nonstick skillet. Stir in 1/3 cup (either medium or hot) pico de gallo (drained of excess liquid) and 6 coarsely broken blue-corn tortilla chips. Top with 1/4 diced avocado, and sea salt and cilantro to taste.

SWEET 'N' SPICED APPLE OATMEAL

Combine 1 cup cooked oatmeal with 2/3 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, 1/3 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.

LUNCH (about 350 calories each)

CURRY TURKEY SALAD

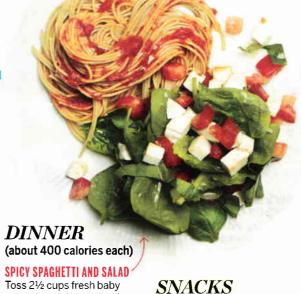
Poach 3 oz turkey breast in unsweetened green tea; drain, chill, and cut into cubes. Combine turkey with 2 TBSP plain fat-free Greek yogurt, 1 tsp each mayo and Major Grey's mango chutney, ½ tsp hot curry powder, ¼ cup diced English cucumber, 1 TBSP raisins, and sea salt and fresh cilantro to taste. Serve with a small (1-oz) whole-grain roll. Pair it with 34 cup fresh grapes.

BAKED POTATO TO-GO

Order a Wendy's sour cream and chive baked potato and garden side salad (without croutons); add 1/2 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 1/2 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.



spinach with 11/2 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 1/4 cup spicy marinara sauce.

GRASS-FED GREEK BURGER

Grill 4 oz lean, grass-fed ground sirloin beef. Stuff inside 1/2 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 1/2 cup steamed edamame (in pods) with sea salt to taste, and a 300calorie ready-made Asian meal of choice, like Amy's Asian Noodle Stir-Fry or Organic Bistro Sesame Ginger Wild Salmon Bowl.

(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 1/4 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
- ▶ 1/2-cup scoop vanilla frozen yogurt (about 100 calories) with a pinch of ground ginger and 34 cup fresh or thawed frozen raspberries ▶1 cup bell-pepper strips with 1/4 cup spicy black bean dip and 2 TBSP guacamole ■

Keep Your Metabolism Humming!

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.



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