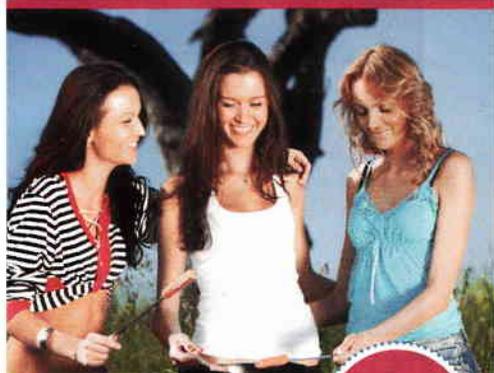


PRACTICE BACKYARD PATRIOTISM



SHAPE
style

Grab your girlfriends and enjoy the nice weather with a patriotic party. Try out these tips for a refined, better-for-you spin on the classics to make it an event to remember!

PATRIOTIC LEMONADE

Simmer water and blueberries to create a magenta mixture. Strain, let cool and combine with lemon juice. For an all-natural version, swap sugar for agave nectar (you only need half the amount). Freeze blueberries in your ice cubes and voilà, your red and blue refreshment is ready to be enjoyed!

DIY DIVA DASH

Grab a stopwatch and challenge your guests to some friendly competition. Test your talents (while burning calories) with a mini obstacle course that includes a nostalgic game of hopscotch, weighted-ball toss, and 50-yard dash to the finish line.

GRILL HAPPY

Light up the grill and celebrate summer with a no-fuss Ball Park® Lean Beef Frank.

Prepare a fun hot dog bar with out-of-the-box toppings like jalapeño ketchup or diced pineapple. But be sure to keep the classics like relish and mustard. You can't get any more American than that!



SO AMERICAN YOU CAN TASTE IT™

Eat Right

SUMMER SLIM-DOWN

MONTH

3



Open-Face
Mushroom Omelet

EXCLUSIVE
3-MONTH PLAN

THE BEACH BODY DIET

There's no time like midsummer for shedding pounds. Consider the inducements: long, warm days that are ideal for exercising alfresco; markets overflowing with fresh, healthy produce; and, of course, that swimsuit you're rocking at the shore or pool. "Hot weather can also tone down your appetite, making it easier to eat light," says Jackie Newgent, R.D.N., author of *1,000 Low-Calorie Recipes* and creator of our plan. Whether you're on the last lap of the diet or just getting started, you'll love these fast, tasty meals, devised with four different types of eaters (gourmet, gluten-free, vegetarian, and on-the-go) in mind. Pair them with the "Bikini? Bring It On!" workout on page 20 and you'll be looking good long after the season ends.

Breakfast

AIM FOR 360 TO 400 CALORIES

GOURMET

Open-Face Mushroom Omelet

1 egg and 2 egg whites prepared as open-face omelet in a small skillet (using **cooking spray**) topped with 1½ cups sliced **cremini mushrooms**

sautéed in 1 teaspoon **butter**, 1 minced **scallion**, **pepper** to taste, and 3 tablespoons shaved **Parmigiano-Reggiano**; ½ toasted **whole-grain English muffin** topped with 1 teaspoon **orange marmalade**; 1 cup **blackberries**; 12 ounces **unsweetened iced white tea** {380 CALORIES}

GLUTEN-FREE

Honey-Mustard Ham Steak

3-ounce piece pan-grilled **extra-lean ham** brushed with 1 teaspoon **honey mustard**; 1 slice **whole-grain gluten-free toast** topped with 1 teaspoon **butter**; ¾ cup **lowfat cottage cheese** topped with 1 sliced **apricot** {370 CALORIES}

VEGETARIAN

Raspberry and Chocolate Granola Yogurt Parfait

1 cup plain **lowfat Greek yogurt** layered in a beverage glass with 1 cup **raspberries** and ½ cup **chocolate granola** {370 CALORIES}

ON-THE-GO

McDonald's Fruit 'N Yogurt Parfait

paired with 2 packs **apple slices** and a large nonfat **McCafé latte** with 1 **sugar** packet {365 CALORIES}

SHAPE.COM BONUS! Score the previous two months' recipes at shape.com/summershapeup.

ATHENOS MORE WAYS TO FETA

APPROVED BY
Yiayia



YIAYIA'S GREEK OMELET

WHAT YOU NEED

Prep Time: 20 min. | Makes: 2 servings

- 1 cup tightly packed baby spinach leaves
- 2 tbsp chopped red onions
- ½ tsp minced garlic
- 2 tbsp chopped seeded tomatoes
- 2 eggs
- 2 tbsp fat-free milk
- ¼ cup ATHENOS Traditional Crumbled Feta Cheese, divided

MAKE IT

COOK spinach, onions and garlic in small nonstick skillet on medium heat 4 min. or until onions are crisp-tender, stirring frequently. Stir in tomatoes.

WHISK eggs and milk until blended. Add to skillet; tilt skillet to evenly coat spinach mixture. Cook 2 to 3 min. or until eggs are almost set, occasionally lifting edge with spatula and tilting skillet to allow uncooked portion to flow underneath. Top with 3 tbsp cheese; cook 1 to 2 min. or until eggs are set but top is still slightly moist.

SLIP spatula underneath omelet, tip skillet to loosen and gently fold omelet in half. Remove from heat. Sprinkle with remaining cheese; cut in half.



ATHENOS

Eat Right

SUMMER SLIM-DOWN

Lunch

AIM FOR 420 TO 450 CALORIES

GOURMET

Spinach Pesto Pasta Salad

1½ cups cooked **whole-wheat farfalle** tossed with 1 tablespoon jarred **pesto sauce**, 1½ cups **baby spinach**, 1 tablespoon crumbled **feta**, and a squeeze of **lemon**; 1 cup **gazpacho** or other (50-calorie) chilled soup

{430 CALORIES}

GLUTEN-FREE

Chili-Stuffed Potato

1 medium **baked potato** split and then topped with 1¼ cups **gluten-free chili**, ½ cup diced **green bell pepper**, 3 tablespoons chopped **sweet onion**, and fresh **cilantro** and **pepper** to taste

{420 CALORIES}

VEGETARIAN

Italian Antipasto Sub

5-inch piece of **whole-grain baguette** spread with 1 ounce soft **herbed goat cheese** and filled with 2 slices grilled **eggplant**, 2 tablespoons chopped **pepperoncini**, and 2 1-inch-thick slices grilled **red bell pepper**; 2 cups mixed **salad greens** tossed with 1 teaspoon **olive oil** and **balsamic vinegar** to taste

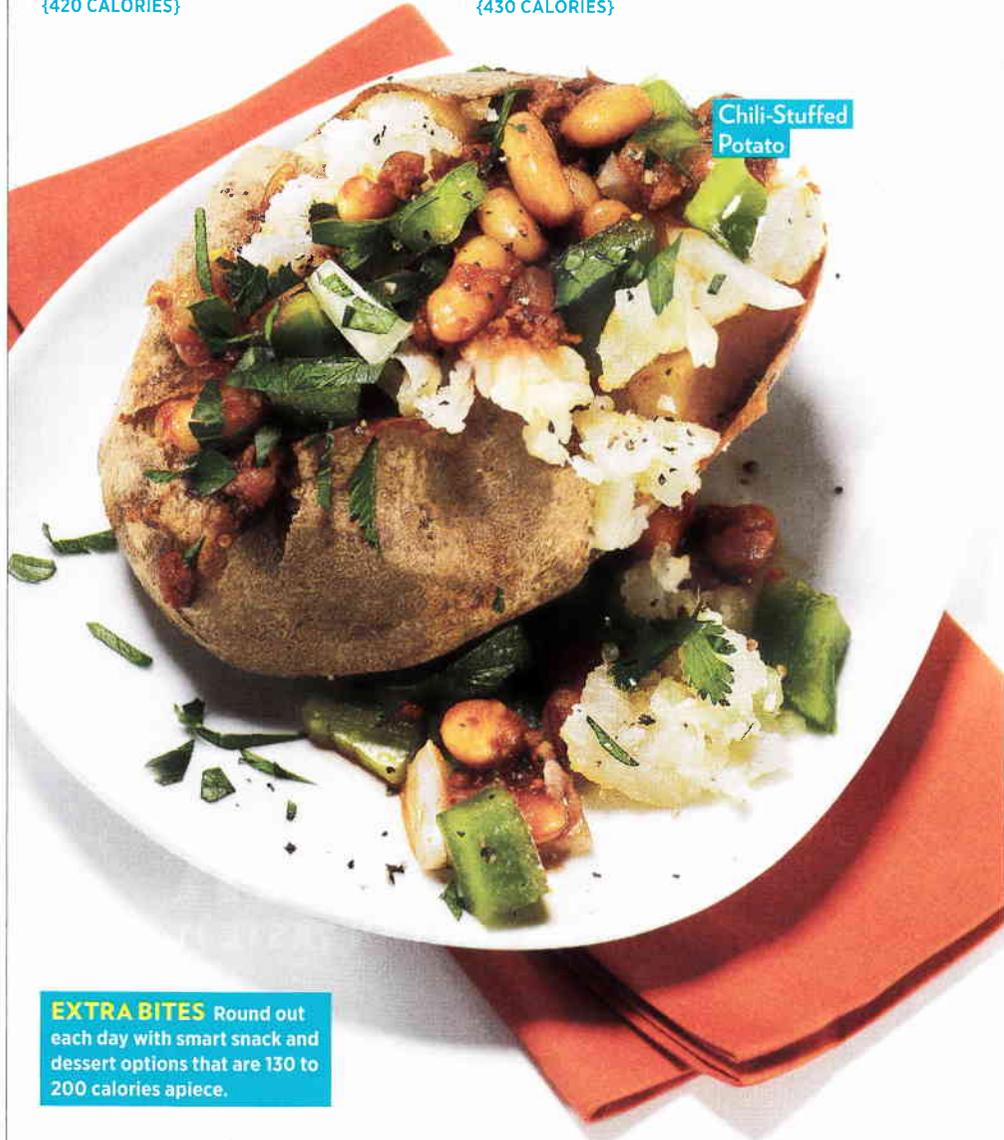
{420 CALORIES}

ON-THE-GO

Panera Bread Power Steak Lettuce Wraps

paired with **Bistro Onion Soup** (without the croutons and cheese topping)

{430 CALORIES}



Chili-Stuffed Potato

EXTRA BITES Round out each day with smart snack and dessert options that are 130 to 200 calories apiece.

Eat Right

SUMMER SLIM-DOWN

Dinner

AIM FOR 450
TO 500 CALORIES

GOURMET

Black Bean and Papaya Quesadilla

¼ cup rinsed and drained
canned **black beans**,
¼ cup diced **papaya**, ¼ cup
shredded **Monterey Jack**,
and 1 ounce diced **smoked
deli turkey**, sandwiched
between 2 8-inch **whole-
wheat tortillas**, coated
with **cooking spray** and
prepared in skillet, then
cut into wedges and topped
with 2 tablespoons
jarred **salsa verde**

{460 CALORIES}

GLUTEN-FREE

Curried Turkey With Kale and Corn

1 grilled **turkey patty** (made
with 4 ounces **lean ground**

Zucchini Fettuccine



VEGETARIAN

Zucchini Fettuccine

1 large **zucchini** cut (using
a vegetable peeler) into
fettuccine-like strips, steamed
until soft, then tossed with
½ cup jarred **marinara sauce**,
2 tablespoons grated
Pecorino Romano, and
2 teaspoons toasted **pine nuts**;
1½-inch piece of **whole-grain
baguette** with 2 teaspoons

turkey and ¼ teaspoon
Madras curry powder) served
over 1 cup steamed **kale**
topped with 1 teaspoon
olive oil, ⅔ cup cooked **corn**,
and fresh **cilantro** to taste;
1 cup cubed **mango** blended
into ¼ cup **plain unsweetened
almond milk** with a pinch
sea salt

{450 CALORIES}

garlic-infused olive oil;
5-ounce glass **red wine**
{460 CALORIES}

ON-THE-GO

Boston Market 3-piece Dark Rotisserie Chicken (skinless)

paired with **garlic dill potatoes**
and **fresh steamed vegetables**
{460 CALORIES}

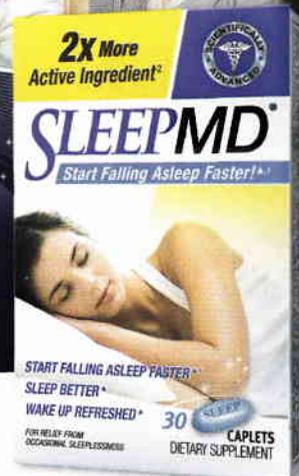
The Restful Way to a GREAT DAY!

You Deserve a Great Night's Sleep



Make tomorrow a great day.
Sleep MD tonight. Wake up refreshed tomorrow.

Your day will be better if you've had a great night's sleep. You'll feel revitalized, rejuvenated, and ready for anything! So don't let occasional sleeplessness stand in your way. New scientifically advanced Sleep MD[®] features 2x more of an active ingredient than the leading brand.² Rest assured, Sleep MD can help you fall asleep faster, sleep better, and wake up refreshed.



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¹ In a detailed analysis of multiple studies conducted by sleep researchers (where objective testing measures included polysomnography [PSG] and actigraphy), it was found that the primary ingredient (melatonin [N-acetyl-5-methoxytryptamine]) in Sleep MD[®] significantly advanced sleep onset.

² A serving of Sleep MD[®] delivers 5mg of the key ingredient, melatonin, while the leading brand delivers 1.5mg. Read label before use. © 2013