



Tricks the Stars Use to Lean Out Plus Meal Plan & Fat-Zapping Exercise Add-ons

When you see photos of Cameron Diaz's slim silhouette or Jessica Alba's flat post-pregnancy tummy you probably wonder just how Hollywood stars stay so lean or snap back into shape so quickly. Here, the skinny on exactly what the big names do to get red-carpet ready.

Celebrity trainer Gunnar Peterson (whose clients include **Jennifer Lopez**, **Leah Remini**, and **Penelope Cruz**) recommends popping something into your mouth within 30 minutes of waking. "You want to send your body a sign that you're not starving so it starts burning fat," Peterson says. His suggestion: a cup of oatmeal with some sliced fruit and 4 scrambled egg whites. The oatmeal and fruit pack a huge punch of filling fiber, and the egg whites are rich in protein, which is satiating.

Research shows breakfast eaters are more successful at long-term weight loss than those who skip this meal. "It jump-starts your metabolism and prevents you from getting so ravenous you overeat later in the day," says Bonnie Taub-Dix, RD, New York City-based a spokeswoman for the American Dietetic Association.

Trainer Teddy Bass, whose celebrity clients include **Cameron Diaz**, suggests ditching any carb that is white—bread, pasta, cookies, rice—when a star is trying to lose weight for a movie or a big event. "These foods are high in sugar, which means your body burns off the sugar first rather than the stored fat," he says. So is Diaz entirely carbophobic? No—she gets them instead in the form of low-glycemic fruits and veggies.

It's true that white processed carbs are high in calories and sugar, so limiting them is a healthy strategy. But don't just sub in a boatload of nonwhite foods. "I see clients who shun these foods but end up eating just as many calories by having a field day with whole-wheat products," Taub-Dix says. "Too many grains or whole-wheat flour are still loaded with calories and also elevate blood sugar enough to slow fat loss."

They're picky about veggies

A few days before a be-seen event, some Los Angeles nutritionists and trainers tell clients to put gas-producing produce like cauliflower and broccoli on the black list. Nutritionist Carrie Wiatt has **Denise Richards** and **Fergie** stock up on watery veggies and fruits instead like dark green lettuces, spinach, celery, cucumbers, watermelon, melon, oranges, and grapes, which help banish bloat by flushing out your system. And L.A. nutritionist Jackie Keller tells clients like **Charlize Theron** to pile their plates high with asparagus and green beans. "They're high in filling fiber, but less likely to expand in your stomach," Keller says.

Jennifer Crum, MS, RD, a nutritionist at New York University Langone Medical Center

suggests cutting out diet drinks, since carbonation and artificial sweeteners lead to bloat. Dandelion tea, a diuretic, is a safe drink option, Taub-Dix says. Don't like the bitter taste? Add a bit of stevia (Truvia) a natural sweetener, or try peppermint or chamomile, which have a similar effect.

They eat spicy

Supermodel trainer David Kirsch helps clients like **Anne Hathaway** and **Liv Tyler** stay in great shape by pushing them to add red pepper flakes, chopped jalapeños, and hot pepper sauce to their meals. "It makes food taste delicious and turns down hunger, so you eat less," he says.

A study out of Laval University in Quebec found that people who consumed hot red pepper ate less food and burned more calories (probably because the pepper increased their metabolism) than those who didn't. Just remember, more isn't necessarily better—and may leave you with steam coming out of your ears. A quarter teaspoon of red pepper flakes or a dash of hot pepper sauce (such as Tabasco) should do the trick. Salsa is a great topping, but watch out for high levels of sodium and fresh is always better. Other spices may help, too: "Anything that makes food more interesting, like paprika or garlic, will make you feel more satisfied so you're less likely to overeat," Crum says.

They snack

Trainer Valerie Waters has clients, including **Jennifer Garner** and **Elizabeth Berkley**, who tote 150-calorie snacks in coolers wherever they go. Favorite snack combos include apple slices and low-fat string cheese, a few crackers (like Wasa Crispbread) topped with tuna or chicken salad (mix Greek yogurt, mustard, chopped celery and/or onion), or a few slices of rolled-up deli turkey and a handful of grapes or cherry tomatoes. It's really important to eat something containing protein and healthy carbohydrates, even if it's just 150 to 200 calories, every two and a half to three hours. Blood sugar can drop quickly, taking you from just feeling kind of hungry to 'Omigod if I don't eat now I will kill somebody.

It's great to have snacks with you, so if you do suddenly become ravenous you're not tempted to grab the first high-cal thing you see. Your best bet is a snack that contains a little bit of carbohydrate (remember, fruits and veggies are great carbohydrate choices), to give you an energy boost, with some protein to make you feel satiated as well as supply your muscles with fat-burning ammunition.

Baby Bulge Be Gone

The Baby Bulge Be Gone plan from Hollywood trainer Ramona Braganza helped both **Jessica Alba** and **Halle Berry** get back in pre-pregnancy shape. They ate three meals, had three snacks, and drank a minimum of 1 liter of water a day. Their meals were as lean and clean as possible—they ate about 1,700 calories a day and completely avoided refined sugar, sauces, and sodium. Here's a sample of a day's menu: a breakfast of 4 egg whites, strawberries, and 1 slice of 100% sprouted grain toast; a midmorning snack of 1 cup of non- or low-fat plain Greek yogurt with fruit and nuts (with natural stevia sweetener, if desired); a lunch of green salad topped with wild salmon; an

afternoon whey protein shake or another Greek yogurt, and a dinner of baked chicken breast or fish drizzled with lemon juice and mustard, paired with a large helping of vegetables and/or salad.

Sample Fat-Loss Meal Plan

5 Fat-loss Guidelines:

- 1) Eat 6 meals, mixing order of meals is okay. 2) Do not substitute.
- 3) Eat every 2 ½ to 3 hours. 4) Drink water as indicated, plus more if needed.
- 5) Exercise 6 days a week. How do you do this? See below.

MEAL 1:

10-12 grams of vanilla or chocolate whey protein mixed with ½ cup of low-fat plain Greek yogurt (equal to 1 scoop of Propower) ...or 20-24 gram whey protein shake.

PLUS

½ of small apple, and 6 chopped walnuts or almonds

½ cup of cooked oatmeal (plain)

Notes: Cook oatmeal with water, add dash of cinnamon, diced apple and nuts. *Drink 1 cup of water before + 1 cup with meal.

MEAL 2:

3 hard-boiled eggs (only 1 yolk)

¼ cup of chopped celery

Mix with a 1 tsp mustard and/or 1 tsp of light mayo or Greek yogurt and a pinch of dill.

Spread on 1 slice of Ezekiel sprouted grain toast. *Drink 1 cup of water before + 1 cup with or after meal.

MEAL 3:

2 cups of raw spinach

4 or 5 strawberries

1 grilled or baked wild salmon fillet or chicken breast.

Note: Season salmon or chicken with Mrs. Dash garlic seasoning, olive oil and balsamic vinegar. *Drink 1 cup of water before + 1 cup with or after meal.

MEAL 4:

Handful of celery sticks or carrots

½ cup of fat-free cottage cheese

½ cup of cooked edamame beans (out of pods)

ground pepper to taste.

Mix cottage cheese, edamame and pepper.

Eat with celery and/or carrot sticks.

*Drink 1 cup of water

MEAL 5:

½ cup lean ground turkey, cooked

2 cups of dark green lettuce or spinach

1 cup of chopped tomato

2-3 Tbs. chopped cilantro

4 Tbs of low-fat grated cheese

½ of an avocado

Add any other raw veggies you like!

*Season meat with Mrs. Dash

Dressing: 2 parts plain Greek yogurt mixed with 1 part low-sodium salsa. Mix all

ingredients for Taco Salad. *Drink 1 cup of water before + 1 cup with or after meal.

MEAL 6:

½ cup of plain low-fat Greek yogurt mixed with 1 tsp of natural almond or peanut butter and 10 grams of whey protein. Stir until mixed, add chopped apple or berries if desired.

Exercise 6 days a week:

Boot Camp – don't miss a day of your regular workouts. If you are a 3-day camper, you will add 3 days of any of the following workouts. If you're a 4-day camper, add 2 days, 5-day campers add 1 day!

Take 1 day off each week: Without a full recovery you can run yourself down and even end up overtraining. Instead of feeling great, you feel like crud, gain weight, feel depressed and risk injury. Always rest for one complete day each week.

1) Run short hill sprints. 12 minutes

It's the best workout in terms of bang for your buck, the most effective and efficient cardio method for fat loss. What better way to get a quick and powerful cardio workout. The 12-minute Hill Sprint Workout. Sprints will improve your neuromuscular ability to produce force and power, delaying muscle fatigue and making you a stronger, faster runner.

How to do it: Warm up for 5-10 minutes with a light jog. Set your watch for 12 minutes. Pick a hill you can sprint up for 60 paces. Start watch, sprint 60 paces, jog back down, rest 10 seconds (breathe), then repeat for a total of 12 minutes.

2) Tabata Style Workout: 8 minutes

Created by Izumi Tabata, the Tabata Protocol is simply the best supra-aerobic cardio workout ever discovered. With only 8 minutes (give or take) every 3 days, you can turn your body into a fat-burning super-engine.

How to do it: Warm up by jogging in place, jumping jacks, walk-out thrusts for 5 minutes. You will be doing 1 full-body exercise and 1 core exercise. Both exercises also incorporate cardio – yippee!

Set your watch for 20 – 30 second intervals. Grab your weights.

Exercise #1: Jumpthrust with pushup, using dumbbells.

Perform as many as you can in 20 – 30 seconds (aim for 10+)

Take a 10-second break *Repeat Jumpthrust with pushup holding dumbbells for 3 more sets as above.

Exercise #2: Bicycle crunch – you know this one.

Elbow to opposite knee, twisting at torso, fast as you can for 20-30 seconds.

Take a 10-second break.

Repeat for 3 more sets!

3) **Long Easy Jog with 8 Tempo legs. 45 – 1 hour+**

There are two big downfalls to steady state cardio: slowed metabolism and breaking down of lean muscle mass. Of course this makes your fat stay on easier. A better way of performing cardio workouts to rapidly improve fat loss results is interval training (and of course those hills sprints). Get ready to shed a few pounds by substituting the long, slow, steady-state training (that is making you more efficient at storing fat) with some high-intensity intervals.

How to do it: Go jogging with a friend. Enjoy yourselves, chat away, breathe easy...for 8 minutes. Break into a tempo pace for 1 minute (few seconds slower than your sprint pace). Repeat 8 minutes slow + 1 minute tempo intervals 7 to 8 times for a great fat-burning workout.

4) **Saturday Camp:** 1 hour

Always a great fat-burning workout, if you can make it! Check calendar for dates.