

# fitr **SS**

20th Anniversary  
Special!

**Elle Macpherson**

How She's Still  
"The Body" at 48

## LOSE 10 POUNDS

Your 20-Minute Plan  
to Get Sexy, Slim and  
Summer-Ready

The New  
Skinny Foods  
You Should  
Be Eating

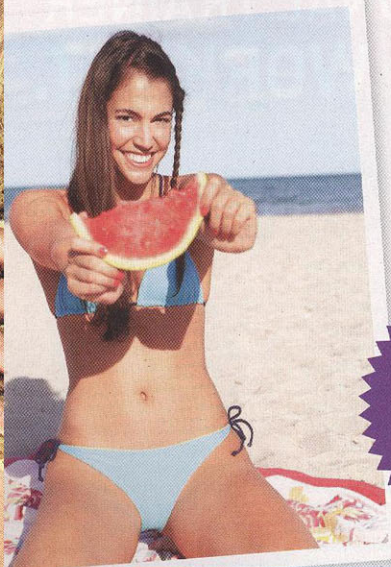
Pretty  
Simple  
Hair

Fresh Styles for  
Every Hair Type

**BURN**

### SNACKS

(About 150 calories each; eat two a day.)



Red, white and green kabobs: Skewer 1 cube watermelon, 1 small cube feta and 1 slice cucumber on each of five toothpicks.



8 halved grape tomatoes stuffed with a mixture of ¼ cup part-skim ricotta, 1 tablespoon diced black olives and pinch of black pepper, plus 2 whole-grain crackers

Nibbling on healthy noshes between meals helps keep your appetite in check—and binges at bay.



4 pot stickers dipped in 1 teaspoon reduced-sodium soy sauce

### HEALTHY TAKEOUT

#### LUNCH

**Au Bon Pain** Half Roast Beef and Brie sandwich with a small fruit cup (400 calories)

**California Pizza Kitchen** Half Roasted Vegetable Salad with grilled shrimp (394 calories)

**Chipotle** Soft Corn Tacos with carnitas, fresh tomato salsa and lettuce (395 calories)

**Subway** Six-inch Steak and Cheese sandwich on wheat bread with provolone, tomato, lettuce, onions and green peppers (380 calories)

#### DINNER

**Boston Market** Quarter White Rotisserie Chicken without skin with fresh steamed vegetables and Cinnamon Apples (489 calories)



Orange smoothie: Blend 1 peeled seedless orange with 1 cup ice cubes, ½ cup low-fat milk, 1 teaspoon honey and ½ teaspoon vanilla extract.



½ cup low-fat plain Greek yogurt mixed with 2 teaspoons honey and 1 teaspoon unsweetened cocoa powder and topped with ½ cup raspberries



½ apple topped with 1 slice cheddar cheese, broiled 3 minutes and sprinkled with ½ teaspoon chopped chives



31 Simply 7 Sea Salt Lentil Chips