

our fastest-ever

SWIMSUIT DIET



Pools? Beaches? You say: "OMG!"
We say: **Lose 10 pounds in four weeks** with our
never-be-hungry flavor-packed meals
and easy fat-blasting plan

250-CALORIE BREAKFASTS

Kale Smoothie

Whirl 1 c. baby kale, 1½ c. frozen pineapple chunks, 1 tsp. honey and ½ c. each plain nonfat Greek yogurt and fat-free milk in a blender.

Spicy California Egg-wich

Spread ⅓ avocado over ½ toasted 100% whole wheat English muffin. Top with 1 hard-cooked egg, sliced, and 1 tsp. sriracha.

Open-Faced Waffle Sundae

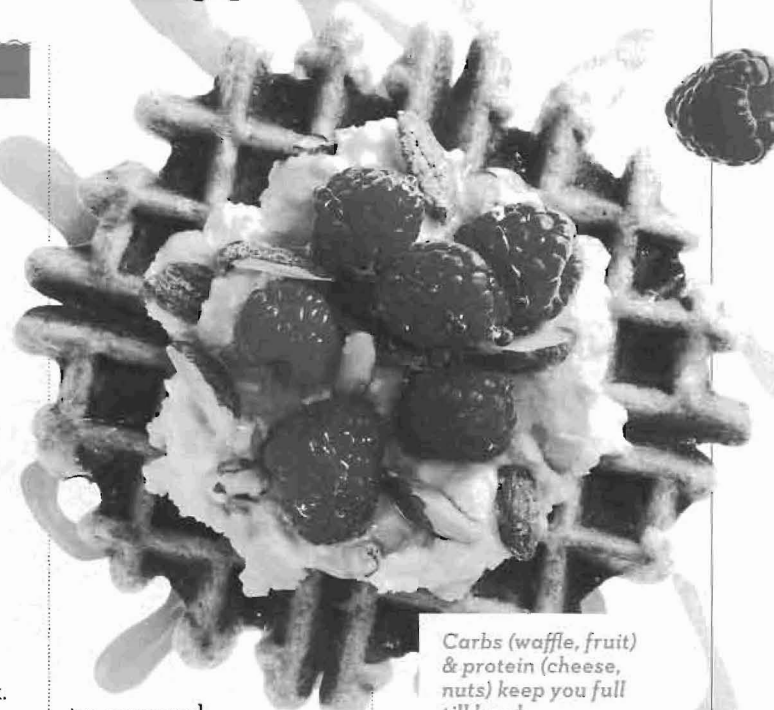
On one 4-in. waffle made from Quaker pancake mix (see page 112) or 1 toasted whole-grain Van's waffle, spread ¼ c. part-skim ricotta. Top with ¼ c. raspberries and 1 Tbsp. Emerald Vanilla Roast Almonds. Drizzle with 2 tsp. sugar-free syrup.

Chai Chia Pudding

Steep 1 chai tea bag in ⅔ c. hot fat-free milk. Add 2 Tbsp. chia seeds; cover and refrigerate 4 hrs. or overnight. Top pudding with 5 strawberries, chopped, and 1½ Tbsp. sliced almonds.

Spiced Oatmeal

Cook 1 package plain instant oatmeal in chai



Carbs (waffle, fruit) & protein (cheese, nuts) keep you full till lunch.

tea prepared using tea bag. Mix in ½ chopped pear, 1½ Tbsp. walnuts, 1 tsp. maple syrup and a pinch of salt.

Greek Yogurt Bowl

Top 1 c. plain nonfat Greek yogurt with 1 unsweetened shredded-

wheat biscuit, crumbled; 6 strawberries, chopped; and 1 tsp. honey.

Busy A.M. Eggs

Pop a Lúvo Farmer's Market Frittata frozen entrée in the microwave.

