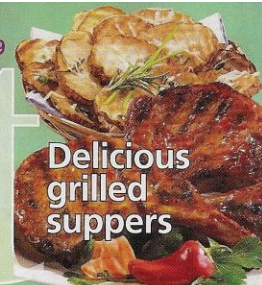


Memorial Day  
mmm...

summer  
healthy living made easy

May 11, 2009

# First



Delicious  
grilled  
suppers

## THYROID BOOSTER

**TIRED?** Try this all-natural, inexpensive way to send energy and fat loss soaring

## YOUR BODY WORRIES SOLVED

- ✓ Most flattering swimsuits
- ✓ Pro hair-removal tips
- ✓ Genius trouble-spot fix

## STRESS CURES

**Nancy O'Dell** reveals her smart strategies to feel happier every day

## SURPRISE ALLERGY

**GI problems?** What your doctor may miss

**LOSE BELLY FAT FIRST**

# DROP 47 LBS

*by Memorial Day*

## HEALTH SECRETS

- ✓ Restless sleep
- ✓ Heartburn
- ✓ Nonstop sniffles
- ✓ Headaches

**News from Johns Hopkins:** The phytonutrients that increase liver function by 244% to melt off fat FAST



Barbara lost 53 lbs using the food plan on pg 22

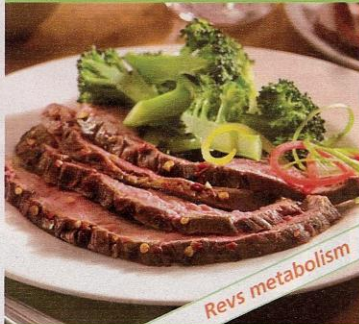


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# Summer favorites made slimming

FOR MEAT



Revs metabolism

Stir up a spicy marinade

"Ribs and brisket are traditional for barbecues, but I prefer healthier cuts of meat," says Ariane Duarte, co-owner and chef at CulinAriane restaurant in Montclair, New Jersey, and a contestant on season 5 of Bravo's *Top Chef*. "Since lean beef like flank steak tends to cook up tough, I tenderize it in an easy teriyaki marinade, which also pairs well with chicken breasts and salmon."

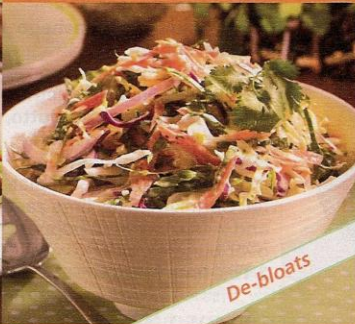
**To do:** In bowl, whisk together ¼ cup each soy sauce, prepared teriyaki sauce, like Kikkoman, and honey and 1½ tsp. red pepper flakes until blended. Place 6 flank steaks (4 oz. each), trimmed of visible fat, in large resealable plastic bag; add soy sauce mixture. Let marinate in refrigerator 2 to 4 hrs. Grill steaks 5 to 7 min. on each side.

**Slimming perk:** The fiery *capsaicin* in red pepper flakes induces thermogenesis, a heat-producing process that speeds metabolism by 25 percent, according to British researchers. What's more, the fructose that gives honey its sweetness digests slowly, keeping blood sugar on an even keel to deliver sustained energy and prolonged satiety.



Chef Ariane Duarte

FOR SALAD



De-bloats

Toss with a yogurt dressing

"Coleslaw is usually made with tons of fattening mayonnaise," laments Devin Alexander, author of *The Biggest Loser Family Cookbook* (Rodale, 2008). "I mimic that creamy texture and tang with a blend of light mayo and fat-free yogurt. And the dressing's bold cilantro and orange flavors make it a delicious match for diced cooked potatoes, too."

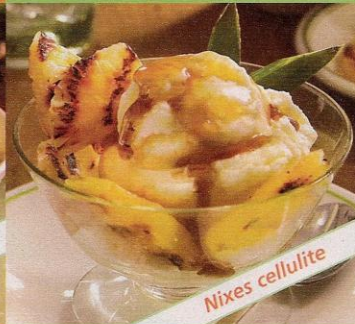
**To do:** In large resealable plastic container, whisk together ¼ cup fat-free plain yogurt, ¼ cup light mayonnaise, ½ cup chopped fresh cilantro, ¼ cup orange juice, 3 Tbs. white vinegar and 1½ tsp. honey. Add 7 cups (10 oz.) shredded green cabbage, 1 cup shredded carrots and ½ cup sliced red onions; stir until combined. Season with salt and pepper to taste. Cover and refrigerate 3 hrs. before serving.

**Slimming perk:** Cilantro is rich in *limonene*, a potent plant oil proven to soothe bloat-causing indigestion. Plus, the herb's *caffeic acid* stimulates the kidneys to flush excess water from the body. And yogurt populates the gut with healthy probiotic bacteria, which destroy gas-producing yeast.



Chef Devin Alexander

FOR DESSERT



Nixes cellulite

Top with grilled pineapple

"Instead of serving heavy ice-cream sundaes, I dish out low-fat ice cream with grilled pineapple or other firm fruit like bananas," says Ellie Krieger, author of *The Food You Crave: Luscious Recipes for a Healthy Life* (Taunton, 2008). "The heat caramelizes the fruit's natural sugars and concentrates its flavor. Add a drizzle of sweet rum sauce, and you're good to go."

**To do:** Grill 8 canned pineapple rings, blotted dry, 2 min. on each side, or until they develop grill marks. In small saucepan over low heat, cook 2 tsp. butter and ¼ cup each brown sugar and rum 2 min., or until sugar has dissolved and sauce has thickened slightly, stirring constantly. Remove from heat. Place pineapple rings in bowls and serve each with ¼ cup light vanilla ice cream and 2 tsp. rum sauce.

**Slimming perk:** The *bromelain* in pineapple dissolves the toxins under the skin that slow circulation of lymph fluid, thereby smoothing cellulite. But any fruit can slim: In one study, women who ate a few daily servings cut their overall caloric intake by 10 percent, thanks to fruit's filling insoluble fiber.



Chef Ellie Krieger