

self—and lose 10 lbs a week!



More Purdue University breakthroughs!

✔ Peanuts protect your heart!

Purdue's Richard Mattes, Ph.D., found that people who eat peanuts daily typically have 24% lower triglyceride levels—key to good cardiovascular health!

✔ Tea with lemon fights cancer!

Green tea has long been known to provide antioxidants with power to fight cancer. Now a recent Purdue study has shown that adding a spritz of lemon helps us absorb a whopping 80% more of these amazing disease-fighting substances!

✔ Boost bones with honey!

To get the most from your multi-vitamin or calcium supplement, try taking it with a spoonful of honey. Exciting Purdue research suggests that honey makes calcium much easier to absorb—so it can provide maximum bone-strengthening benefits!

protein increases levels of a key fat-burning amino acid, triggering significantly more fat burn and keeping metabolism naturally higher. Translation: less hunger, less stored fat and greater calorie burn. Wow!

Just to be clear, we are not talking about the Atkins Diet here. At a 600-calorie dinner, you only need 150 calories from protein—the amount in about five ounces of chicken breast. That leaves 450 calories for other stuff, including the carbs and fat your body craves. No wonder cravings disappear!

You can do it!

To many diet veterans, the Purdue approach may sound too simple to work. Which is exactly why we had readers test it. Not only does it work, it blows more complicated plans out of the water. (Worth noting: Research shows that the simpler a diet is, the better our odds of sticking with it are!) With help from Leidy, our nutrition team has created menus exclusively for *Woman's World* readers. So get ready to spend less time in the kitchen, less time feeling hungry—and a lot more time wearing your skinny jeans!



"We lost 19 lbs in 7 days!"

Struggling with constant urges to eat, Wisconsin mom Carrie Kaczor, 42 (seated in photo), and her daughter Amanda Garcia, 25, thought there was no way they'd stick to the snack-free plan, below. But were they in for a surprise! After a few days adjusting, "I was eating lunch, and I realized I wasn't hungry enough to finish," marvels Amanda. Adds Carrie: "My husband's snack foods are all over, and I'm not tempted!" Both women got their best diet results ever. In a week, Amanda shed nine pounds and Carrie shed 10!

Carrie and Amanda's best tip:

• Try our favorite tortillas! La Tortilla Factory brand is packed with protein, fiber and flavor!

Snacks and mini-meals aren't bad, are they?

Despite new Purdue findings, snacks and mini-meals are not villains, Leidy confirms. Just be cautious if using them. "We found that eating more frequently led to reduced feelings of fullness," she notes. There is evidence that mini-meals may rev metabolism a bit, but unchecked hunger can cancel out this boost. For serious food lovers, three squares is likely a better choice.



Lunch choose one daily

- 2 hard-cooked eggs mashed with 2 tsp. each lite mayonnaise and veggies to taste
- 1 whole-wheat pita
- 2 cups tossed salad, 1 Tbs. each Parmesan and lite dressing
- 1 stick string cheese
- 1 cup veggie sticks
- 4 oz. water-packed tuna, 3 cups baby spinach, 1/4 cup each black beans, mushrooms,
- tomatoes and low-fat cheese, 2 Tbs. lite dressing
- 1 slice whole-wheat toast or 1/2 pita, 1 tsp. margarine
- 1 fat-free pudding cup
- 3 slices deli turkey, 2 slices fat-free cheese, 2 tsp. lite mayonnaise, 1/8 avocado in 1 flour tortilla
- 1/3 cup hummus, 1 cup raw veggies



Dinner choose one daily

- 4 oz. lean steak, broiled
- 1 baked potato, 2 Tbs. each low-fat sour cream and chives
- 1 cup green beans, 1 Tbs. sliced almonds and 1 tsp. margarine
- 4 oz. pork loin chop baked with 1 tsp. each spicy mustard and honey
- 2/3 cup cooled brown rice tossed with
- 2 Tbs. each cucumber, onion and golden raisins
- 1 cup broccoli, 1 Tbs. low-fat cheese
- 4 oz. baked salmon topped with 2 Tbs. each tomato, onion and cilantro
- 1 cup whole-wheat pasta, 1 tsp. olive oil
- 1 cup steamed squash, 1 Tbs. Parmesan

Lead photos: Pat Hill. Hair: Algene/Sally Harlor. Makeup: Berta Camal/Jed Roof. Stylist: Meg Goldman. Photos: Rick Gomez/Corbis; Food Collection/StockFood; FoodPix/Getty Images; Jon Edwards Photography/StockFood; Dreamstime.com (2); Darren Hauck/Zuma Press.

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