

# DO YOU WANT TO DROP 10 POUNDS?

## eat like this

**Name your issue. Belly fat that won't budge? Hunger? Annoyingly slow metabolism? This diet's for you.**

### Start with 1,600 calories

If that sounds like a lot, that's because it is. **We don't believe in starving ourselves—it doesn't work long-term, and it makes you miserable and cranky!**—and neither do our meal-plan creators, SELF contributing experts Stephanie Clarke, R.D., and Willow Jarosh, R.D. Which is why Drop 10 is designed so you get to actually eat: three main meals (breakfast, about 350 calories; lunch and dinner, roughly 450 calories each) plus a snack (around 150 calories) daily. Sign up at [Self.com/drop10](http://Self.com/drop10) and you'll get dozens of yummy recipes.

**Choose how you lose** Every Drop 10 dish has at least one superfood scientifically proven to build a better bod by targeting belly flab (eggs, yogurt), quelling hunger (apples, olive oil) or revving a sluggish metabolism (steak, lentils). **Pick the dishes that tackle your biggest obstacle**—or, better yet, eat 'em all (not at once, obv!) to wage a triple-whammy war on fat.

### Don't eat what you don't love

Because the dishes have practically equal calories (e.g., all breakfasts are around 350), **you can mix and match**

**and repeat your favorites as often as you like.** Not into cooking? That's cool—there are tons of store-bought and fast food restaurant options, too.

### Live a little (or a lot)

In addition to the core meal plan, **you get an extra 200 calories a day to spend on whatever you want**—cheese, wine,

chocolate, an extra snack, seconds. **We call these happy calories (for obvious reasons).** And if it makes you happier to save up your free calories for one big blowout, go for it: You can bank up to four days' worth, 800 calories total, for a b'day dinner, boozy brunch, whatever. Doing Drop 10 means never having to say, "I can't—I'm dieting."



#### SELF PLUS

Hold your device over the page to nab this delish beef chili recipe from our new cookbook. Get the app—details, page 12.

## they're "super" for a reason

**Eggs** have choline, a compound that may block fat absorption.

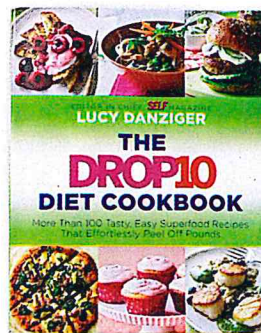
**Yogurt's** calcium may reduce belly-flab storage.

**Apples** fill you up on few cal with their 4 to 5 grams of fiber.

**Olive oil** increases the release of the appetite-regulating hormone CCK.

**Steak** helps build muscle mass, stoking your calorie burn.

**Lentils** contain resistant starch, a smart carb that may boost fat burning.



#### SELF

#### GET THE DROP 10 DIET COOKBOOK

Want even more fat-fighting eats? Our book's got tons. Buy it at [Self.com/drop10diet](http://Self.com/drop10diet).