Eat your way slim!

By Maridel Reyes

Diets are a drag. That's what you told us in our Facebook poll. Your biggest complaints: They leave you famished, rob you of energy and take too much time. So we asked SELF contributing experts Stephanie Clarke, R.D., and Willow Jarosh, R.D., to create one meal plan that obliterates all three of those weight loss obstacles by satisfying the three Fs: filling, fueling and fast. Plus, it had to taste great and, coupled with our workouts, deliver a 2-pounds-per-week loss. Lo and behold, they did it! Find out how our new *un*diet tackles your top gripe, nab proven get-trim tips, then flip the page for the best part—the food!

A strawberry smoothie can help you sizzle 30 percent more fat during exercise, thanks to its vitamin C. Blend and burn, baby!

DIET DERAILER

I'm always hungry.

You need more fiber and frequent feasting. Done!

Each day, you'll get ample calories (1,600) and an average of 25 grams of feel-full fiber. And because you're eating five times daily (three meals, a snack and a treat), there's no time to get peckish. To feel even more satiated...

- **Chew gum before lunch.** The habit might stimulate jaw nerves connected to the brain region responsible for satiety, says Kathleen Melanson, Ph.D., associate nutrition professor at the University of Rhode Island in Kingston.
- **Get hip to H_2O.** Water-dense fruit and veggies fill you up for few calories, and sipping plain water before or during meals may help curb hunger, too, Clarke and Jarosh say.
- **Move it.** Sixty minutes of aerobic exercise suppressed participants' hunger for up to an hour afterward, research at Loughborough University found. Exercise may lower hunger hormone levels and raise levels of an appetite-suppressing protein. Enjoy the no-munchies time zone!

DIET DERAILER

I'm low on energy.

The right carbs will keep you revved.

Each day of menus consists of 20 percent energizing lean protein, 30 percent satiating healthy fats and 50 percent carbs—mostly unrefined ones such as whole grains, beans and starchy veggies, which are your body's go-to fuel source. To keep on rallying...

- **B real.** Your body uses B vitamins to convert food into energy, Clarke and Jarosh say. Opt for meal-plan dishes with top B sources such as milk, peanuts, poultry and leafy greens.
- **Do something novel.** New experiences activate the brain's dopamine system to signal surprise, invigorating you, says Read Montague, Ph.D., director of the Human Neuroimaging Lab at Virginia Tech Carilon Research Institute. Try a new recipe, sport or route to work to hit full throttle.
- **Strut your stuff.** A brisk 10-minute walk provides a quick energy surge that lasts up to two hours, research from California State University in Long Beach finds. Walk hard!

DIET DERAILER

I'm way too busy!

Half our meals take five minutes or less to prep.

The other half? Fifteen minutes, max. You'll sit down to eat faster than you can say "Delivery!" What's more, many of the recipes use only one pot, which drastically cuts down on cleanup. To put more time on your side...

- **Double down.** Make a few batches of your favorite meals, and wrap up leftovers for the next day. Or freeze single servings of stir-fries and other entrées for light suppers to nuke on nights you're too wiped out to cook.
- **Map out your menu.** Sure, it takes a bit of time on the front end, but planning a week's worth of meals and shopping for them all at once saves you time deciding what to eat later and tearing up the pantry for ingredients.
- **Prep smarter.** Right after you get home from the grocery store, clean and trim veggies for later meal making, wash fruit and portion out snacks in resealable bags, Clarke and Jarosh suggest. The next time hunger hits, you'll have healthy eats on hand.

COLETTE DE BARROS: STYLING. LIDA MOORE MUSSO: HAIR. KRISTEN SHAW FOR THE MAGNET AGENCY: MAKEUP. JOY FENNELL FOR DIOR BEAUTY: PROP STYLING. CHARLOTTE MALMLOF. SEE GET-IT GUIDE.

Ready to dig in? This way!

The walnuts on these waffles may help fight belly fat. This breakfast: 366 calories

How it works Enjoy one breakfast, lunch, dinner, snack and treat daily, and feel free to repeat your favorites!

Breakfasts

350 CALORIES

5 minute meals

Go Yo
Jamba Juice Mango Peach Topper yogurt parfait; English breakfast tea with ¼ cup soymilk

A.M. Wrap
1 Cedarlane Scrambled Egg Whites, Vegetable & Cheese Burrito; ½ grapefruit

Egg and Cheese Sammy
In a microwave-safe bowl coated with cooking spray, whisk 1 egg, 1 tablespoon water and freshly ground black pepper; cover; microwave 1 minute. Serve on 1 whole-wheat English muffin topped with 1 slice Swiss cheese and 1 teaspoon ketchup. Serve with 10 grapes.

Apple-Walnut Waffles
Top 2 whole-grain waffles each with 1 tbsp part-skim ricotta, ¼ cup apple slices, 2 tsp chopped walnuts, ½ tsp maple syrup and a sprinkle of cinnamon.

Sweet Spoonfuls
In a microwave-safe bowl, combine ½ cup rolled oats, 2 tbsp raisins, 1 tbsp dried sweetened coconut, 1 tbsp chopped cashews and ½ cup 1 percent milk. Nuke for 1 minute and 45 seconds; stir in 1 tsp brown sugar.

Pineapple Parfait
In a bowl, combine 1 cup plain lowfat yogurt, ¾ cup pineapple chunks, ½ cup whole-grain cereal, 2 tbsp granola, 1 tsp honey and cinnamon to taste.

15 minute meals

Blueberry Oatcake
In a bowl, combine 4 egg whites, ½ cup rolled oats, 1 tsp cinnamon and 1 tsp water; whisk 1 minute. Stir in ⅓ cup blueberries and 1 tbsp sliced almonds. Heat a medium skillet coated with cooking spray over medium heat; cook batter until eggs are set on bottom, about 3 minutes; flip oatcake and cook 1 minute. Top with ¼ cup nonfat plain Greek yogurt and 1 tsp maple syrup.

Sunrise Tacos
In a medium skillet coated with cooking spray, scramble 1 whole egg, 2 egg whites, ¼ tsp chili powder and freshly ground black pepper, about 4 minutes. Place eggs on a plate. Brush sides of 2 corn tortillas (8 inches) each with ¼ tsp olive oil. In same skillet, heat tortillas, flipping once, 1 minute each side. Top each tortilla with ¼ cup shredded reduced-fat Mexican-blend cheese; cook 1 minute. Divide egg mixture, ¼ cup chopped tomatoes and 1 tbsp nonfat plain Greek yogurt between tortillas; fold and serve.

Pear and Cheese Quesadilla
Top ½ of 1 whole-wheat tortilla (8 inches) with ¼ cup shredded Swiss cheese, ½ cup baby spinach and ½ thinly sliced pear. Fold tortilla in half; cook in a medium skillet coated with cooking spray over medium-high heat, turning once, until tortilla is golden, about 4 minutes. Serve with 1 café au lait made with 4 ounces skim milk.

Breakfast BLT
Spread 2 slices whole-grain toast each with ½ tbsp light mayonnaise; place 2 slices cooked Canadian bacon, 2 slices tomato, 1 slice red onion and lettuce between bread.

Lunches

400 CALORIES

5 minute meals

Thai to Go
Half a Panera Bread Thai Chopped Chicken Salad; 1 cup Low Fat Garden Vegetable Soup with Pesto; 1 apple

Heat-and-Eat Chicken
1 Lean Cuisine Apple Cranberry Chicken; 1 string cheese

Black Bean and Tofu Salad
In a bowl, combine 1 cup arugula, ½ cup canned low-sodium black beans (rinsed and drained), ½ cup cubed extra-firm tofu, ½ cup halved grape tomatoes, 1 tbsp vinaigrette, ¼ tsp garlic powder and salt and freshly ground black pepper. Serve with one 4-inch whole-wheat pita.

Tuna Salad Sandwich
In a bowl, combine 1 can drained chunk light tuna in water, 2 tbsp hummus, 1 tbsp chopped dill pickle, 1 tsp reduced-fat mayonnaise and freshly ground black pepper. Place tuna mixture, 1 slice (1 oz) reduced-fat cheddar and lettuce between 2 slices whole-wheat bread. Serve with 10 baby carrots.

Chicken and Spinach Minestrone
In a microwave-safe bowl, combine 1 can lower-sodium minestrone soup, 1 cup torn baby spinach and ½ cup chopped cooked chicken (such as Perdue Short Cuts Carved Chicken Breast, Original Roasted); nuke until hot, about 3 minutes. Serve with ½ toasted whole-wheat English muffin topped with 1 tsp butter. *(continued on next page)*

MEET THE EXPERTS

Jarosh (left) and Clarke do diets right.

Can I "cheat"? Absolutely!

This diet allows doughnuts—and other foods you thought were off-limits, say the R.D.s.

Q On most diets, I can't have doughnuts and other foods I love. Does that mean they are off-limits here?
—120 *SELF* fans in our Facebook poll

A No! Depriving yourself only ups cravings and the odds of bingeing, and one big calorie-fest can do more damage than a daily splurge. So have that doughnut! Depending on its calorie count, log it as a treat (i.e., worth 150 calories) or snack (200). Or combine today's treat and snack, and have a big *350*-calorie doughnut!

click! **DIET QUESTIONS?** Jarosh and Clarke will answer them when they host our Facebook page the week of August 29 (www.facebook.com/selfmagazine). Plus, enter for a chance to win cool prizes!

FROM TOP: RAYMOND HOM; FOOD STYLING, VIVIAN LUI; PROP STYLING, TARA MARINO. GEORGE BARBERIS.

Lunches
CONTINUED

Roast Beef Sandwich
Spread 2 slices whole-wheat bread each with 1 tsp Dijon mustard. Place 3 oz roast beef, ¼ cup roasted red peppers, 2 lettuce leaves, 2 thin slices red onion and 2 tsp vinaigrette between bread.

15 minute meals

Veggie Meatball Sketti
In a microwavable bowl, combine 1 cooked, chopped veggie burger; ⅔ cup cooked whole-wheat pasta; ½ cup steamed broccoli; ½ cup marinara; and 2 tbsp Parmesan. Nuke, stirring once, until heated, about 3 minutes.

Seven-Layer Bean Burrito
Top 1 whole-wheat tortilla (8 inches) with 1 tbsp reduced-fat cream cheese; ⅓ cup refried beans; ½ cup chopped lettuce; ¼ cup each shredded cheddar, chopped onion, chopped tomato; 2 tbsp salsa; and 2 tbsp nonfat plain Greek yogurt. Roll up; serve.

Greek Chicken Salad Wrap
In a bowl, combine 3 oz grilled chicken breast, 1 cup chopped romaine, ¼ cup chopped cucumber, ¼ cup chopped tomato, 2 tbsp crumbled feta and 3 sliced olives. Toss with 2 tsp balsamic vinegar and 1 tsp olive oil; wrap inside 1 whole-wheat tortilla (8 inches).

Southwest Salad
In a bowl, combine 2 cups salad greens, 2 oz sliced turkey breast, 1 sliced hard-boiled egg, ½ cup corn, ½ cup sliced red bell pepper, ½ sliced cucumber, 3 crumbled tortilla chips and 2 tbsp shredded reduced-fat cheddar. Toss with 2 tsp olive oil, 1 tsp fresh lime juice and 1 tsp red wine vinegar.

A classic busy girl's lunch: tuna on wheat. This lunch: 408 calories

Salmon is a great source of vitamin D. This dinner: 495 calories

Dinners
500 CALORIES

5 minute meals

Tex-Mex Bowl
1 Chipotle Burrito Bowl with black beans, chicken, cilantro, lime, rice, lettuce, fajita vegetables and tomato salsa

Fish on the Fly
1 Organic Bistro Alaskan Salmon Cake; ⅔ cup cooked shelled edamame

Veggie Chili
In a medium pot, cook 1 cup reduced-sodium tomato soup, ⅓ cup canned reduced-sodium kidney beans (rinsed and drained), ½ tsp chili powder, and salt and freshly ground black pepper over medium-high heat, about 4 minutes. In a small nonstick skillet, sauté 4 oz thinly sliced tempeh and ¼ cup chopped onions in 1 tsp olive oil until onions are golden brown, about 2 minutes. Combine soup and tempeh mixture; top with 2 tbsp nonfat plain Greek yogurt.

Supper Smoothie
In a blender, puree 1 cup frozen strawberries, 1 cup chopped kale, 1 cup skim milk, ½ banana, ½ cup nonfat plain yogurt, 1 tsp maple syrup and ½ tsp cinnamon until smooth. Serve with 1 slice whole-wheat toast topped with 1 tbsp almond butter.

Lemony Salmon
Cook 1½ cups microwavable brown rice as directed on package. Top rice with 1 packet Bumble Bee Prime Fillet Pink Salmon Steak Lemon & Dill. Mix with 1 cup steam-in-the-bag plain veggies such as snow peas or broccoli.

15 minute meals

Nutty Quinoa With Shrimp
In a medium pan, sauté ¼ cup each chopped onions, chopped carrots, chopped celery in ½ tsp olive oil for 5 minutes. Add 1 cup water, ⅓ cup uncooked quinoa, 1 tbsp peanut butter and ¼ tsp reduced-sodium soy sauce. Bring to a boil, reduce heat, cover, and simmer until water is absorbed, about 10 minutes. In a second pan, sauté 2 cups baby bok choy, ½ tsp chopped garlic, and salt and freshly ground black pepper in 1 tsp olive oil. Add 3 oz extra large raw, peeled, tail-off shrimp (about 6); cook until shrimp are pink, about 5 minutes. Serve shrimp mixture over quinoa mixture.

Mediterranean Pizza
Top a 6-inch whole-wheat pita with ⅓ cup marinara sauce and ¼ cup shredded part-skim mozzarella. Broil until cheese is melted and golden, about 3 minutes. Serve with 2 cups chopped lettuce tossed with 4 sliced black olives, ⅓ cup chopped tomato, ⅓ cup canned white beans (rinsed and drained), 1 tbsp balsamic vinegar and ½ tsp olive oil.

Pork Chop With Chutney
In a small pan, sauté one 4-oz boneless pork loin chop in 1 tsp olive oil, turning once, until internal temperature reaches 160°, about 5 minutes on each side. Remove pork. In same pan, sauté ½ sliced apple, ¼ cup sliced yellow onion, ¼ tsp dried thyme and salt and freshly ground black pepper in ½ tsp olive oil until apples are soft, about 6 minutes. Top pork with apple chutney; serve with 1 medium baked sweet potato topped with ½ tsp olive oil mixed with ½ tsp dried dill and ½ tsp maple syrup.

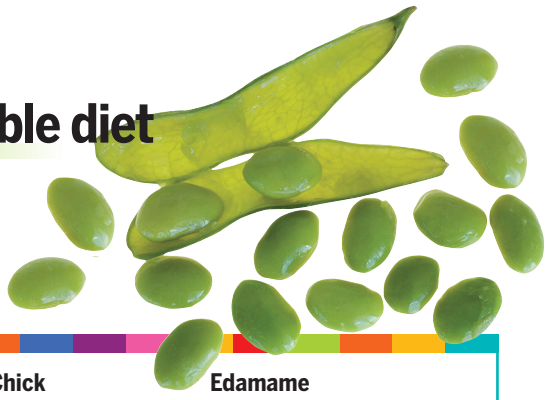
Pasta With Sausage
In a medium pan, sauté 2 cups chopped Swiss chard, one 3-oz sliced chicken sausage, ½ cup sliced onion and 1 tsp chopped garlic in 1 tsp olive oil until onion is tender and sausage is brown, about 5 minutes. Add ⅓ cup reduced-sodium chicken broth; simmer 3 minutes. Stir in 1⅓ cups cooked whole-wheat penne. Top with 2 tsp Parmesan.

Turkey Cheeseburger
Grill one 4-oz turkey burger, flipping once, until internal temperature reaches 165°, about 4 minutes each side. Grill 1 small zucchini cut into 4 long strips, 2 thick slices red onion, 1 portobello mushroom cap brushed with 2 tsp olive oil directly on grill grates, turning once, until tender, about 3 minutes each side. Place burger, zucchini, onion and 3 tbsp crumbled goat cheese on a whole-wheat hamburger bun. Serve with portobello drizzled with 1 tbsp balsamic vinegar. *(continued on next page)*

SHOP ON THE RUN
Snap this icon and your Goals grocery list will be sent straight to your phone.
Get the free app for your phone at http://gettag.mobi.

RAYMOND HOM (2)

lose 8 LBS the doable diet



Snacks

200 CALORIES

Liquid Fuel
1 Starbucks tall skim Tazo Green Tea Latte without syrup

Creamy Tomato Thins
Top both halves of a whole-wheat sandwich thin with 1 tbsp reduced-fat cream cheese, 2 thick slices tomato and freshly ground black pepper.

Quick Chick
1 Evol Chicken, Bean & Rice Mini Burrito

Honeyed Grapefruit
Drizzle ½ grapefruit with 1 tsp honey; broil on high for 4 minutes. Scoop out fruit; combine in a bowl with ¾ cup nonfat plain Greek yogurt, 1 tsp honey and a sprinkle of cinnamon.

Edamame
Toss ¾ cup cooked shelled edamame with 1 tsp toasted sesame oil and 1 tsp rice wine vinegar.

Midday Medley
1 part-skim string cheese; 6 olives; 1 cup baby carrots

Top Pop
Combine one 100-calorie-bag 97 percent fat-free microwave popcorn with 2 tbsp pistachios and 1 tbsp dark-chocolate chips.

Vanilla-Plum Crème
Mix 6 oz nonfat vanilla Greek yogurt with 4 chopped dried plums and 1 tsp pumpkinseeds.

PB and Banana Smoothie
In a food processor, blend ½ cup 1 percent chocolate milk, 2 tsp peanut butter and ½ sliced banana.

Sugar and Spice
1 carrot-cake-flavored Lärabar

Carotenoids in corn help protect skin from UV rays. This treat: 186 calories

Treats

150 CALORIES

Soft Serve
1 McDonald's reduced-fat vanilla ice cream cone

Wine With Kisses
One 4-oz glass red wine; 2 Hershey's Kisses

Ice Cream Sandwich
2 Chips Ahoy cookies; ¼ cup Edy's/Dreyer's Light Slow Churned vanilla ice cream

Brownie à la Mode
One 2-inch square dark-chocolate brownie, 2 tbsp raspberry sorbet

Barbecue Crisps
One 1-oz bag barbecue potato chips

Vodka-Cranberry Cocktail
1½ oz vodka, 2 oz cranberry juice, 4 oz soda water

Cheery Chocolate
2 snack-sized Almond Joy candy bars

Tart Bites
16 Sour Patch Kids Soft & Chewy candies

Cheese Fix
27 Cheez-It crackers

Cinnamon-Sugar Toast
1 piece white toast topped with 1 tsp butter, 2 tsp sugar and ¼ tsp cinnamon

Cheers! Cranberry juice is a disease-fighter. This sip: 148 calories

THE freshdiet

Don't have time to grocery-shop or cook?
Get meals that slip easily into the Reach Your Goal diet plan delivered right to your door. Look for designated dishes at Self.com/Goal.

FROM TOP: BEYOND FOTOMEDIA GMBH/ALAMY. HOMYDESIGN/VEER. GABE PALMER/ALAMY.