

Eat to beat the clock

The right foods can recharge your skin—and everything within! Try our one-day diet that defies age and pounds, then keep enjoying the key ingredients like there's *always* tomorrow. By Kelly Mickle



Diet is only one component of a healthy beauty routine: Learn how stress, sleep and more factor in at YouBeauty.com.

Breakfast

Berry-Walnut Cereal

- ¾ cup cooked bulgur wheat ♥♦♣
- ½ cup blueberries ♣♦♥✂
- ½ cup 1 percent milk
- 2 tbsp chopped walnuts ♣♦♣
- 1 tsp maple syrup
- ½ tsp cinnamon ♥♦

In a bowl, combine all ingredients. THE DISH 363 calories, 12 g fat (2 g saturated), 58 g carbs, 12 g fiber, 13 g protein



Snack

Double Nutty Toast

- 1 slice whole-wheat bread ♥
- 1 tbsp natural peanut butter ♥
- 1 tbsp chopped dried cherries ♦♥✂
- 2 tsp chopped pistachios ♥♦

Toast bread; top with last 3 ingredients.

THE DISH 207 calories, 12 g fat (2 g saturated), 22 g carbs, 4 g fiber, 8 g protein

Lunch

Curried-Chicken-Salad Sandwich

- ½ cup diced grilled boneless, skinless chicken breast ♦
- ½ cup chopped celery ♥
- 2 tbsp nonfat plain Greek yogurt ♥♦
- 2 tsp raisins ♦♣
- 1 tsp reduced-fat mayonnaise
- ½ tsp curry powder ♣
- 1 whole-wheat pita (6 inches) ♥
- 1 cup chopped kale ♦♥✂♣
- 2 tsp rice wine vinegar
- 2 tsp toasted sesame oil ♥
- 1 tsp sesame seeds ♦
- 16 oz brewed black tea ♦♥
- 1 lemon wedge ♦✂

In a bowl, mix chicken with celery, yogurt, raisins, mayonnaise and curry; stuff inside pita. In another bowl, toss kale with vinegar, oil and sesame seeds. Serve sandwich with kale salad and tea with lemon wedge.

THE DISH 449 calories, 16 g fat (3 g saturated), 40 g carbs, 7 g fiber, 33 g protein

Dinner

Cheesy Stuffed Pepper

- 1 large poblano pepper, seeded ✂♦
- 2 tsp olive oil, divided ♥
- ½ cup cooked quinoa ♦♥♦♣
- ½ cup shredded reduced-fat Mexican-blend cheese ♥
- ½ cup chopped onion ♦
- 3 tsp chopped garlic, divided ♥
- ½ tsp cinnamon ♥♦
- ½ tsp ground cumin
- ½ cup low-sodium chicken broth
- 2 tbsp marinara sauce ♦♦♥♦♣✂
- ½ tsp chili powder
- ½ oz chopped dark chocolate ♥
- Vegetable oil cooking spray
- 2 cups baby spinach ♦♦♥♦♣♦
- ¾ cup sliced onion ♦
- ½ cup sliced portobellos ♥
- ½ cup black beans, rinsed and drained ♥♦
- 4 oz red wine ♦♥

Heat oven to 375°. Brush poblano with 1 tsp oil. Mix quinoa with cheese; stuff inside poblano; cook in a baking dish 20 minutes. In a pan, sauté chopped onion, 2 tsp garlic, remaining 1 tsp oil, cinnamon and cumin over medium heat 5 minutes. Stir

in broth, marinara and chili powder; bring to a boil; reduce heat and simmer 15 minutes. Add chocolate; stir until melted, 2 minutes. In a second pan coated with cooking spray, sauté spinach, sliced onion, portobellos, beans and remaining 1 tsp garlic. Pour sauce over poblano; serve with spinach and glass of wine.

THE DISH 555 calories, 19 g fat (6 g saturated), 59 g carbs, 14 g fiber, 23 g protein

Snack

Fruit Salad and Spritzer

- 1 sliced kiwifruit ♦✂
- ½ cup sliced strawberries ♦✂
- 2 tsp sliced almonds ♥♦♣
- 1 cup sparkling water
- ¼ cup pomegranate juice ♣♥

Mix kiwi, strawberries and almonds. Serve with sparkling water mixed with juice.

THE DISH 142 calories, 3 g fat (0 g saturated), 30 g carbs, 5 g fiber, 2 g protein

FUN FOOD FACTS
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CRACK THE YOUTH CODE Discover what our symbols mean to eat well for life.

BRAIN FOOD
Antioxidants in certain fruit and spices, and omega-3 fatty acids in some nuts (walnuts) and oils (flax) may curb inflammation linked with age-related dementia. Smart choice.

CANCER PREVENTER
You're never too young to guard against this killer. Vitamin C (in berries, peppers) may cut the risk for several cancers, as can antioxidants in red wine, black tea and onions.

ENERGY SOURCE Who doesn't need more pep? Iron in lean proteins and some plants fuels organs and tissues so they function smoothly. We digest whole grains slowly, which promotes long-term energy.

HEART HEALTHY High-potassium foods (yogurt, spinach) help keep blood pressure in check, and antioxidants, whole grains and healthy fats may work to prevent cholesterol buildup in arteries.

PAIN RELIEVER
Vitamin E in almonds and more may reduce muscle damage during a workout, so getting plenty can help you make it to the gym tomorrow. That's a good thing, because exercise is vital to longevity.

SKIN SMOOTHER Fruit and veggies that contain lycopene and beta-carotene help block UV rays to thwart aging. And vitamin C stimulates the production of collagen, helping prevent fine lines.

BODY SLIMMER
Foods high in fiber or protein keep you satiated, so you're less likely to overeat later. Fiber and cinnamon also help regulate blood sugar levels, preventing weight gain and obesity-related illness.