



AS SEEN IN

Women's Health

Slim-Down Strategies

Your Flat-Belly Day

A 1,500-calorie eating plan designed to help you stay trim and satisfied

By Keri Glassman, R.D.

1/ **BREAKFAST** YOGURT AND GRAPEFRUIT PARFAIT

- 8 oz Fage Total 0% yogurt
- 1 Tbsp wheat germ
- ½ tsp honey
- 1 tsp ground flaxseed
- 1 medium grapefruit*

* MOST OF GRAPEFRUIT'S THREE GRAMS OF FIBER IS FOUND IN THE WALLS (the thin skin between segments). So keep the walls intact for a more filling meal.

Total: 252 calories



Snack

Stuff a La Tortilla Factory Smart & Delicious whole-wheat tortilla with...

- ½ cup nonfat cottage cheese
- ½ cup diced pineapple (fresh or canned in water)*

* PINEAPPLE CONTAINS MANGANESE, an essential nutrient that helps control metabolism.

Total: 221 calories

2/ **LUNCH** TUNA AND BEAN SALAD

- 3 oz chunk light tuna packed in water
- ½ cup cannellini beans
- ¼ cup diced tomatoes
- ¼ cup diced red onion
- ¼ cup canned corn
- 2 hearts of palm (canned), sliced
- 1 tsp fresh parsley
- 2 tsp olive oil*

* MONOUNSATURATED FAT, the kind that's found in olive oil, can increase fat oxidation.

Total: 353 calories



Snack

Make trail mix with...

- 3 dried apricot halves
- 15 raw almonds*
- ½ cup Health Valley organic oat bran flakes

* TAKE YOUR TIME ENJOYING THIS TREAT. A study found that the longer you chew almonds, the more satisfying they are.

Total: 224 calories

3/ **DINNER** BUTTERNUT SQUASH SOUP

- ½ cup Pacific Natural Foods organic light-sodium butternut squash soup

BEEF STIR-FRY WITH BULGUR

- 3 oz steak tenderloin fillet, sliced thin
 - ½ cup sliced shiitake mushrooms
 - ½ onion, sliced
 - 2 tsp olive oil
- Serve stir-fry over ½ cup cooked bulgur.*

* BULGUR IS A QUICK-COOKING, NUTTY-TASTING WHOLE GRAIN that's lower in fat than...

Total: 450 calories

INDULGE WITHOUT BULGE

- > Add: Chocolate VitaMuffin (100 calories)
- > Subtract: The tortilla wrap from your a.m. snack (100 calories)



Daily total: 1,500 calories

Note: For optimal weight management, combine this nutrient-dense meal plan with exercise.

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