

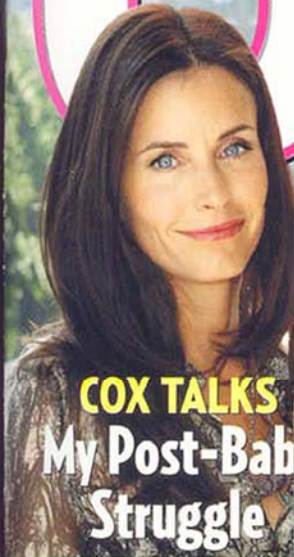
Hot Mama

Denise's Diet

Already trim after delivering baby Lola, **Richards** is melting more pounds with new meals, regular workouts and a hectic work schedule

BY CAROLINE SCHAEFER

Before and After Pregnancy



COX TALKS
My Post-Bab
Struggle

SKINNY IN
SIX WEEKS



"The secret to getting your body back in shape is consistency in working out and, of course, genes," Richards says. "My mom and my sister both lost their baby weight very quick."



What baby weight? "I now have two little girls to focus on," Richards (at home with Lola on June 16) tells *Us*.

One element of her weight-loss plan? Fresh Dining (*freshdining.com*), a new, L.A.-based diet delivery service she has been getting since July.

"Her goal is to lose 30 pounds

total," the president of Fresh Dining, nutritionist Mariana Rossano, tells *Us*. "She said she wants to get back to her fighting weight." Seven days a week, the actress receives three meals and two snacks worth of "very

clean, very healthy food," Fresh Dining CEO Todd DeMann tells *Us* of the low-sugar, carbohydrate-controlled plan that's also being delivered to Sheen (who was inspired by his ex to sign on) and *O.C.* ac-

tress Melinda Clarke. (For a sample meal plan, see page 58.) Adds Rossano, "An average day for Denise would be between 1,300 and 1,600 calories. We will add a few hundred calories because she is breast-feeding." (The average woman must cut 500 calories a day to lose one pound a week.)

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Denise's Get-Slim Diet Details

Fresh Dining delivered these meals to Richards the week of July 18

DAY 1

Breakfast

- Banana rum French toast
- Chicken apple sausage

Lunch

- Peppers with chicken, corn and quinoa stuffing and coriander vinaigrette

Snack

- Flaxseed chips with pistachio dip

Dinner

- Grilled halibut with gremolata
- Chopped summer vegetable salad

Snack

- Roasted peaches with honeyed yogurt

DAY 2

Breakfast

- Basil, egg and mozzarella scramble

Lunch

- Glazed citrus pork on mango, raspberry and snap pea salad

Snack

- Ginger chicken soup with wonton dumplings

Dinner

- Filet mignon with figs, ratatouille and balsamic sauce

Snack

- Fruit salad with gingered cottage cheese

DAY 3

Breakfast

- Steel-cut oats with maple pecan butter

Lunch

- Chicken salad with lemon, arugula and roasted peppers

Snack

- Corn and cilantro ravioli with red pepper coulis

Dinner

- Turkey breast with peas, morels and madeira sauce

Snack

- Choco bar with walnuts and dried cherries

DAY 4

Breakfast

- Greek feta cheese scramble with spinach

Lunch

- Indian chicken salad with carrot raita

Snack

- Turkey meatball soup with tortilla chips

Dinner

- Beef bourguignon with carrots and parsley

Snack

- Pistachio carrot cake

DAY 5

Breakfast

- Granola with yogurt and berries

Lunch

- Poached salmon with dandelion and daikon sprout salad and tahini dressing

Snack

- Beef skewers with peanut sauce

Dinner

- Buttermilk-battered chicken breast with mustard greens and corn sauce

Snack

- Strawberry preserves with cheese and homemade crackers

DAY 6

Breakfast

- Asparagus omelet with cream cheese and herb salad

Lunch

- Oregano chicken with Greek dipping sauce

Snack

- Spinach and dill party dip with raw vegetables

Dinner

- Hazelnut-crusted halibut with pineapple sauce and wild rice

Snack

- Chilled berry soup with pirlouine cookie

DAY 7

Breakfast

- Raspberry crepes with nutmeg crème fraiche and fresh fruit

Lunch

- Coconut chicken with basil and sesame sprinkle

Snack

- Toasted whole-wheat pita with red pepper and walnut spread

Dinner

- Beef filet with apple bourbon sauce and smashed Peruvian potatoes

Snack

- Chocolate-orange muffin

DENISE'S
DIET DETAILS

\$3.49US \$4.79CAN

