



The head-over-heels couple are super committed to each other — and to getting in great shape. Here's how they're doing it!

Only In Life & Style

COUPLE WEIGHT WATCH

Ellen and Portia get

healthy EN SLIMS

together

HEALTHY LOVE

"Being able to walk down the red carpet holding her hand, that's exciting for me," Portia has said of Ellen. They now have another reason to smile: their new toned looks.

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COUCH POTATO

"I don't think I need buns of steel," Ellen once joked of her less-than-ripped bod. "I'd be happy with buns of cinnamon."

After nine months together, talk-show host Ellen DeGeneres and *Arrested Development* star Portia de Rossi are taking their relationship to the next level. They recently pledged their love to each other during a private ceremony in the backyard of their Los Angeles estate, according to an insider close to the couple. That's not the only

Since late July, the duo have been ordering daily meals from Fresh Dining, a gourmet-diet delivery service in L.A. "With my busy schedule, I'm always looking for a convenient but healthy way of eating," Ellen tells *Life & Style*. Every day, the stars pay \$53.95 each to have three meals and two snacks — all organic — delivered to their home.

(The 1,200-calorie-a-day program limits sugar and carbs.) "It provides me with the energy I need to make it through the day," says

Ellen of sinful-sounding meals like filet mignon and panna cotta for dessert.

The results are pretty exciting, too. Women on the program tend to lose five pounds in the first week and one to two pounds every week thereafter, says Mariana Rossano, president of Fresh Dining. (The moderate approach is a particularly good fit for Portia, who has with being too thin in the past.)

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are also amping up their the old-fashioned way — up a sweat. The two recently 7,000 mountain bikes en riding the trails in L.A, an insider. "I've never been as buff, but Portia is getting me into it," Ellen told the insider. Their interest in shaping up is more than skin-deep, though. Ellen told the friend, "I think the healthiest thing we do is just hang out together."

ELLEN AND PORTIA EAT THESE MEALS!



FRESH CRANBERRY SALAD

No boring greens for Ellen and Portia! This 330-calorie salad also includes wheat berries, walnuts and Gorgonzola cheese.



FILET MIGNON

Marinated in rosemary and thyme and served with purple Peruvian potatoes, this savory dish has only 392 calories!



PANNA COTTA

Fresh berries surround this tangy 125-calorie buttermilk dessert, which sits atop a splash of lime-spiked raspberry gelée.