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WEEKLY

RICKI LAKE
EXCLUSIVE

HALF MY SIZE!

FROM SIZE 24 TO 4 WITHOUT SURGERY

- Her diet & workout
- 'It's a time of self-acceptance right now'

You were at 150. Did you have a goal?

I wanted to get to 135 pounds, and then I kept losing. When I started, I didn't even want to get on the scale because I didn't want to know how much I weighed. Now I get on it every day. I weighed myself this morning.

And . . .

One-twenty-three! My size 10s were tight when I started. I had a pair of pants that I couldn't get up and now they're swimming on me. My body changed quickly. I went shopping for the premiere thinking I was a 6. I was told I'm a 4. I'm like, When am I going to wake up?

How did you do it?

I started on a food delivery program, Fresh Dining [freshdining.com]. I like that it's easy. I get my meals delivered in the morning and I don't have to worry. Calorie restriction is so much healthier than starving myself and over-exercising. I eat 1,200 calories per day. [For her detailed diet plan, see page 61.]

I think losing weight is 80 percent what you put in your mouth. I just try to practice portion control off the program. More salads. I may have a glass of wine, that's it. The hardest thing to give up was bread. Now I'll eat one piece instead of the whole basket.

"It is so much more than my body — I feel like it is something internal. This is as good as it gets."

LAKE

THEN
250 lbs



TEARS OF
HER KID

"People think I had a nose job because my face has changed," Lake (wearing Mervé Léger at home with Jeffie, her poodle-golden retriever mix). "I don't know if that's a compliment!"



FOUR DAYS IN RICKI LAKE'S DIET

Lake has been on Fresh Dining's 1,200–1,400 calorie-a-day plan since February

Day One

BREAKFAST Pastel frittata with shiitake mushrooms, Gruyère and fresh herbs
LUNCH Chicken tandoori wrap with an apple and jicama salad
SNACK Whole wheat toast with crunchy roasted-garlic jam
DINNER Beef stew with Sarda-rustic handmade Sardinian pasta
DESSERT Raspberry mousse



Day Two

BREAKFAST Strawberry banana pancakes and a side of cottage cheese
LUNCH Lentil and goat cheese salad
SNACK Moorish fava bean dip with crudités
DINNER Baked rosemary turkey breast with peach and pecan stuffing and roasted green beans
DESSERT Classic Napoleon pastry



Day Three

BREAKFAST Flaxseed cranberry crunch granola with fresh berries and soy milk
LUNCH Mozzarella red pepper melt on whole grain bread
SNACK Vegetable hummus with crudités
DINNER Honey balsamic glazed salmon with lemon asparagus
DESSERT Strawberry charlotte cake

Day Four

BREAKFAST Scrambled eggs with low-fat Swiss cheese and Canadian bacon
LUNCH Ahi tuna niçoise salad with ginger miso dressing
SNACK Stuffed endive with apples, Gorgonzola and toasted hazelnuts
DINNER Chicken breast Marsala with grilled eggplant and sauteed mushrooms
DESSERT Pineapple mousse cream with almond chiffon cake



PHOTO: JAMES FOSTER; FOOD: FRESH DINING; STYLING: JESSICA WILSON; HAIR: JESSICA WILSON; MAKEUP: JESSICA WILSON; PROP STYLING: JESSICA WILSON

