

Jen & John  
**BIG FAT  
GREEK WEDDING!**

Their secret church visit

J.Lo & Marc  
**WHO KEEPS  
THE TWINS?**

**WIN!**  
\$5,000  
**BAHAMAS  
VACATION  
FOR 2**

Guess Who  
Cheesiest  
Butt

**Star**

BREAKING NEWS!

**ALL  
NEW  
PHOTOS**

Audrina  
Best  
Cleavage

**40 Best  
& Worst  
WINTER  
BEACH  
BODIES!**

Brooke  
Mueller  
Best Beach  
Bump

Guess Who  
Thigh Alert

Star  
Worst  
Tummy  
Surgery  
Scars

Lindsay  
Best  
Rehab  
Bod

Jen  
Most  
Overexposed

Josh  
Hottest  
Hunk

\$4.49 US / \$4.99 CANADA



JANUARY 5, 2009



## Meals On Wheels

These stars get their diets delivered!



### Charlize Theron

The Oscar-winning actress has premade meals sent to her home by a food-delivery service called NutriFit. The menu focuses on a selection of balanced meals that include veggies, lean proteins, carbs and healthy fats.

**Ellen DeGeneres**  
The talk show host and her partner, **Portia de Rossi**, use Fresh Dining, an L.A.-based diet service that delivers organic gourmet food to their home for \$54 (per person) a day.



### Jennifer Aniston

How did Jen get that bod? She's been a proponent of the Zone diet — which includes premade meals, each divided into 40 percent carbs, 30 percent protein and 30 percent fat — for years.

### Joely Fisher

The former *Ellen* star is just one of the many celebrity fans of the Jenny Craig plan, which stresses low-calorie food choices. Plus, the company's pre-packaged meals come relatively cheap — between \$11 and \$17 a day.

