

# LIL' KIM'S FRESHOLOGY MENU

## WEEK OF APRIL 13, 2009



Lil' Kim went glam during a recent L.A. shoot for her new single, "Download."

### MONDAY

**BREAKFAST:** Couscous w/ Dried Fruits, Soy Milk, Canadian Bacon & Mini Tangerine

**LUNCH:** Roasted Chicken & Eggplant Parmesan Panini w/ Side Italian Salad

**DINNER:** Espresso Rubbed Filet Mignon w/ Roasted Primavera Vegetables & Twice Baked Sweet Potato

**SNACK:** Grilled Asparagus & Crispy Prosciutto Salad

**DESSERT:** Apple Raisin Cobbler



FILET MIGNON

**DINNER:** Roasted Pork w/ Mango Sauce, Green Beans & Roasted Heirloom Baby Beets

**SNACK:** Wild Caught Grilled Prawns with Jerk Pesto Sauce

**DESSERT:** Marble Cheesecake Bar

### THURSDAY

**BREAKFAST:** "Green Eggs" & Ham w/ Sliced Tomatoes, Cucumbers & Toast Point

**LUNCH:** Thai Salad w/ Grilled Yellow Fin Tuna & Lemongrass Vinaigrette

**DINNER:** Italian Turkey Meatloaf w/ Pasta Rustica Caponata & Green Asparagus

**SNACK:** Brie & Grapes

**DESSERT:** Blueberry Bom Bom



BERRY BOM BOM

### SATURDAY

**BREAKFAST:** Swiss Chard & Caramelized Onion Egg White Omelet w/ Fresh Kiwi & Strawberries

**LUNCH:** California Cobb Salad w/ Roasted Turkey Breast, Avocado & Roquefort Dressing

**DINNER:** Pan Roasted Atlantic Salmon w/ Mediterranean Stewed Peas & Spring Vegetable Risotto

**SNACK:** Louleh Chicken Kebab with Creamy Garlic Sauce

**DESSERT:** Lemon Meringue Pie



ROASTED SALMON

### TUESDAY

**BREAKFAST:** Baked Eggs w/ Sun Dried Tomato Pesto, Gruyere Cheese & Italian Chicken Sausage

**LUNCH:** Sweet Chili Glazed Tofu w/ Vegetable Chow Mein & Buckwheat Soba Noodles

**DINNER:** Chilean Sea Bass w/ Spaghetti Squash & Spinach Stuffed Roasted Tomato

**SNACK:** Greek Meatball w/ Tzatziki Sauce

**DESSERT:** Lemon Cookie w/ Lemon Drizzle

### WEDNESDAY

**BREAKFAST:** Vanilla French Toast w/ Berry Ricotta Cream, Fresh Berries & Turkey Bacon

**LUNCH:** Grilled Chicken Caesar Salad w/ Parmesan & Flaxseed Tuille



DUCK WRAP

### FRIDAY

**BREAKFAST:** Whole Wheat Pancakes w/ Strawberry Papaya Butter, Fresh Fruit & Turkey Maple Sausage

**LUNCH:** Juniper Crusted Grilled Duck Breast Radicchio Wrap w/ Blue Cheese & Strawberry Balsamic Vinaigrette

**DINNER:** Veal Milanese with a Roasted Pepper & Onion Medley & Sautéed Broccolini

**SNACK:** Roasted Carrot & Ginger Soup

**DESSERT:** Strawberry Chocolate Bar

### SUNDAY

**BREAKFAST:** Roasted Pepper, Mushroom & Gouda Crepe w/ Melon Ball Salad

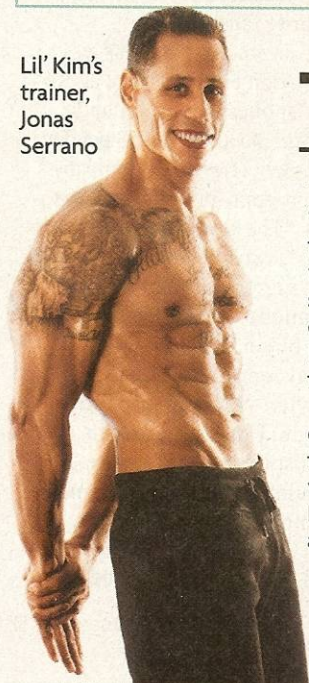
**LUNCH:** Southwest BBQ Chicken Pizza w/ Tex-Mex Side Salad

**DINNER:** Herbs de Provence Crusted Lamb Loin w/ Roasted Tomatoes & Beluga Lentils

**SNACK:** Zucchini & Basil Dip

**DESSERT:** Angel Food Bom Bom w/ Orange

Lil' Kim's trainer, Jonas Serrano



## THE EXERCISE PLAN THAT GOT HER FIT FOR DWTS



"Since I started training for *DWTS*, I've noticed a big difference in my body, and I am so happy with the changes my body is going through right now!" says Kim. And that transformation got a jump-start with the help of personal trainer Jonas Serrano, who worked with Kim for six months prior to the show. "We were training six days a week, from one to three hours a day," Jonas, 43, who owns the NYC company Phyt Condition, tells *Star* in an exclusive interview. "My main goal was not only to help her lose weight but also to make sure her body was able to endure the rigorous workout she was going to take on once *DWTS* began."

Jonas' routine for Kim was anything but repetitive and boring! "We always mixed it up, with the goal of working her muscles as much as possible," he says. "We used Muay Thai boxing, which gave her a full body workout and challenged her balance, reflexes and coordination. We used Russian kettlebell weight training for overall toning and body conditioning, and calisthenics for overall body awareness. I also wrote out a cardio program for her to do on her own, which included one hour of high-intensity aerobics, 12 to 15 minutes jumping rope and a high-speed session on an elliptical machine."

The results? "She always gave more than 110 percent, and I think she looks terrific," says Jonas. "She got a certain glow, and her energy went through the roof. Kim was one of the best students I've ever had!"



**STAR  
EXCLUSIVE**

Lil' Kim has muscled her way (literally!) into contention for the *DWTS* crown. *Star* has the exclusive details on how the hip-hop hottie went from flabulous to fabulous!

**JULY 2007  
125 lbs.**

Lil' Kim flashed extra skin during a party at L.A.'s Museum of Contemporary Art. A year earlier, she completed a 10-month prison sentence for lying to a Federal grand jury, after her friends were involved in a shooting outside a NYC radio station.

**HOW  
KIM GO  
LIL' AGA**

APRIL 2009  
105 lbs.

Her fantastic dancing —  
and sexy new physique —  
has won Lil' Kim raves  
from the *DWTS* judges!

W  
O  
T  
A  
I  
N

TURN THE PAGE  
FOR LIL' KIM'S  
PERSONAL DIET  
AND EXERCISE  
PROGRAM ▶

**T**HE transformation of Lil' Kim goes way beyond her evolution from hard-core rapper to mainstream TV star. The *Dancing with the Stars* favorite

has also embraced a healthy new lifestyle that's helped her lose weight, firm up and sculpt an impressive new hard body!

Kim bulked up so dramatically during nearly a year in jail that a New York paper dubbed her "Big Kim" when she was released. "It's not like they're feeding you grapefruit and blueberries in there," she explained at the time.

But now the 4'11" dynamo has lost 20 lbs. and is down to a perfect 105. "When I started gaining weight a couple of years ago, the only way I could lose it again was to put on music and dance, because I don't like going to the gym," she admits.

So when Kim got the thumbs-up to become a celebrity contestant on *DWTS*, she knew it would take a lot more than fancy footwork in her living room to get into shape for competing week after week on the smash series. Like it or not, she had to go to the gym — and she hit it with a vengeance. Personal trainer Jonas Serrano tells *Star* that Kim "dropped 10 lbs., and probably even more" once they were deep into the rigorous exercise program he set up for her.

#### FOOD FOR THOUGHT

Kim, 34, also made the move to change her diet. She signed up for Freshology (freshology.com), a food preparation and delivery service that counts **Jennifer Lopez** and Spice Girl (and *DWTS* alum) **Melanie Brown** among its many celebrity fans.

"Freshology is not a fad diet; it's less about what you don't eat and more about what you do," spokeswoman Amanda Brocato tells *Star*. At a cost of \$53 per day, Kim gets daily deliveries of the company's Fresh Dining program, providing 1,200 to 1,400 calories. "The key to losing weight," says Amanda, "is correct portion sizes, using the best ingredients and making smart substitutions for ingredients like heavy cream, butter, salt and sugar."

Kim's a total convert to her new healthy lifestyle. "Now I'm inspired to go to the gym, I'm inspired to eat healthy, I'm inspired to dance more. I think it's a lifetime commitment for me. My career is moving in a whole other direction, and I like it!"

—ALEX BURTON & ILYSSA PANITZ ★