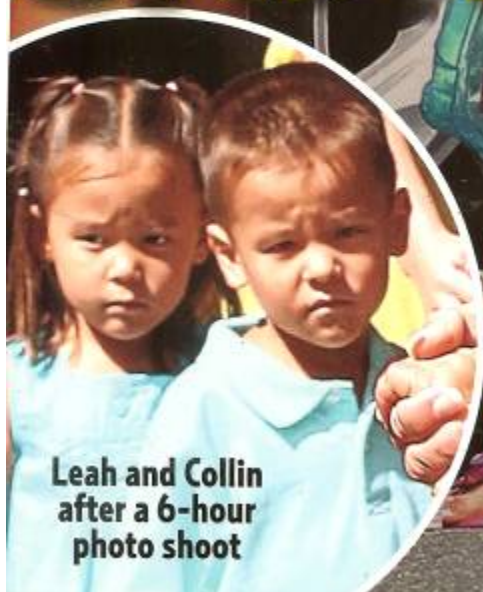


Issue 725
August 3, 2009

WEEKLY

KATE'S SAD KIDS



Leah and Collin
after a 6-hour
photo shoot

**SHAME ON THE
GOSSELINS!**

How the 8 are
suffering as Dad
humiliates the
family and Mom
keeps using them
for fame & money

LEANN & EDDIE
**Affair Is
Back On!**
NEW PICTURES
HIS WIFE LEAVES



**How Jess
Drove
Tony Away**



\$5.99US \$4.79CAN
0 73361 08551 1 31>

THIS MINUTE

YOU WANT TO KNOW ABOUT...



2007

Brown gained 60 pregnancy pounds.



The size-2, 5-foot-5 star joined the plan in August 2008.

Hollywood's Hot Meal Delivery Plan

BODY BUZZ

I WANTED HEALTHY FOOD I COULD BRING WITH ME every day," **Melanie Brown**, 34, tells *Us* of relying on food-delivery service Freshology (freshology.com) while she starred in Las Vegas' *Peepshow*. "It fuels your body, it's gourmet, it's perfect." Other fans of the 1,200-to-1,400-calories-a-day plan, comprised of five meals made with fresh ingredients by top chefs: **Jennifer Lopez**, **Ricki Lake** and **Brooke Sheen**, who recently shed more than 60 pounds of baby weight on the Fresh Mommy program and enthuses to *Us*, "It's a great way to lose weight!"



Sheen

No deprivation "When you enjoy what you eat, you're more inclined to stick with it and achieve your goals," CEO Todd DeMann tells *Us* of the plan, starting at \$43 a day, which just rolled out nationally. JESSICA MEHALIC



A DAY IN THE DIET

Breakfast Sun-dried tomato and caramelized-leek frittata with fresh fruit and grilled pita wedge.
Lunch Chef's salad with

smoked turkey and ham.
Dinner Herb crusted sea bass with sauteed asparagus and citrus segments.
Snack Teriyaki chicken satay and seaweed salad; coconut macaroons.

OPPOSITE PAGE: TONY D'EMILIO; THIS PAGE: JAMES HAMILTON/GETTY IMAGES; NORTH AMERICA, INC.