

WEEKLY

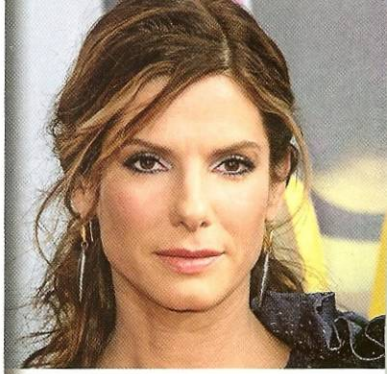
Us

**MY BEST
BODY EVER**

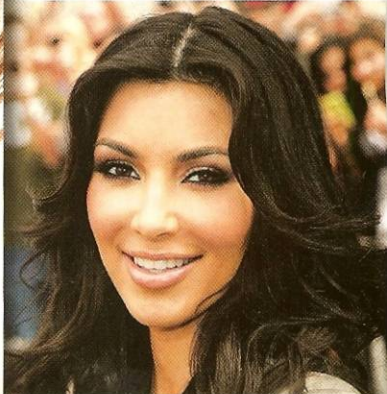
HOW I DID IT!

JENNIFER LOPEZ
talks baby
weight battles,
her stay-sexy
secrets and life
with the twins

**Us Hot
Hollywood
STYLE
STAR**



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Her Healthy Diet

Lopez makes sure to keep bites light

When you're going to be on camera, you've got a responsibility to look good," the *Back-up Plan* star says of ditching bread and sugar to slim down for the film. Lopez, a self-described "portion-control person," shed 50 pounds of baby weight with meal-delivery service Freshology (starting at \$40 per day, freshology.com) and still follows the plan. (New mom Kendra Baskett is also a client.) Here, a sample menu from her 1,200- to 1,400-calories-a-day diet.



BREAKFAST

Blueberry pancakes with turkey sausage, maple syrup and fresh blueberries



LUNCH

Pan-seared whitefish with a seasonal vegetable medley



DINNER

Black pepper and balsamic glazed pork chop with roasted Brussels sprouts



SNACK

Fresh mozzarella cheese salad with cherry tomatoes, mixed peppers and black olives



DESSERT

Dark chocolate brownie

Fierce Fitness!

"Getting back into shape after the twins was challenging," admits the 5-foot-5 star, who lost the baby weight over the course of about a year — and kept getting fitter. She grinds out 60-minute workouts up to four days a week with her pro Gunnar Peterson. Her plan:

Cardio A devoted runner, Lopez also boxes and hits the Stair-Master. But she really kicks her calorie-blasting up a notch by doing lateral side shuffles and squats walking backward — all on a treadmill on an incline!

Strength training "We do a million variations of lunges and squats," Peterson says. And the secret to her flat abs: three sets of up to 100 bicycle crunches.



Six months after giving birth, Lopez did a 2008 triathlon in Malibu.