

# OK!

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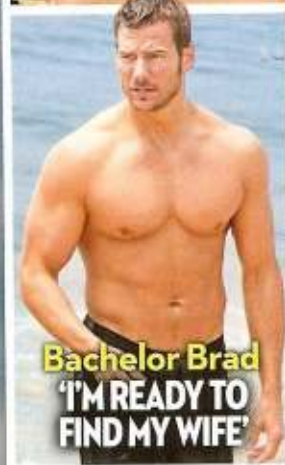
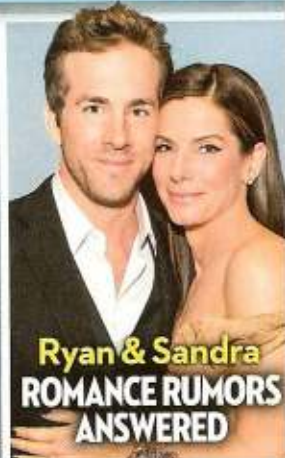
## TOP 10 DIETS

**KOURTNEY  
EXCLUSIVE  
INTERVIEW  
& PHOTOS**



# HOW I GOT SLIM

**Kourtney's  
lost 45 lbs!  
Her easy  
diet can help  
you get fit in  
the new year**



**PLUS: WIN A CANYON RANCH SPA STAY\***

\*NO PURCHASE NECESSARY. DETAILS INSIDE.

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# THE BEST DIETS IN HOLLYWOOD

## 4 JENNIFER LOPEZ

### The Delivery Diet

**J.Lo** will be one smokin' *American Idol* judge – a size smaller since bouncing back from having twins in 2008, says Dr. Jackowski.

**HOW IT WORKS:** She gets daily-meal deliveries from Freshology (like healthy Basil Crusted Salmon or Dark Chocolate S'mores), which are 1,200 to 1,400 calories. She also works out for an hour (up to six times a week). "We go from a

push-up, to a squat, to a lunge, to a pull-up, to the StairMaster," trainer Gunnar Peterson tells OK!.

Whew!  
**TRY IT IF:** You want the ease of gourmet delivery – and can afford it.

