

SELF

3,815
FREEBIES
INSIDE!

FLATTEN YOUR BELLY

And Speed Up Weight Loss
(This Easy Trick Does Both!)

**5 MINUTES TO
PRETTIER SKIN**
Fresh-Faced Beauty Secrets

MEDICAL ALERT
Symptoms you should
never ever ignore p.126

**SLASH YOUR GROCERY BILL
AND STILL EAT HEALTHY!**

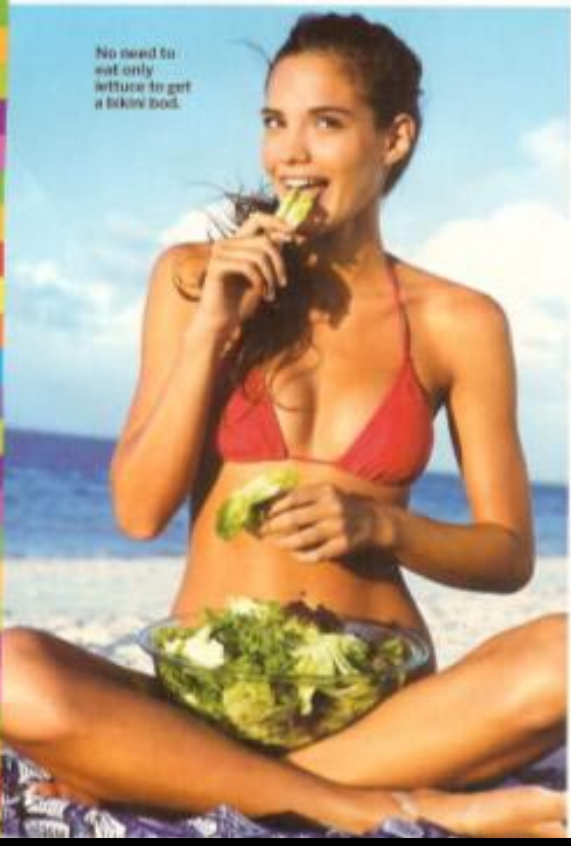
Make today happier

4 steps to more joy, deeper calm

THE
SKINNY
JEANS
WORKOUT
**Minka
Kelly's
Hot-Body
Moves**

\$3.99 US
MARCH 2011
\$4.99 FOREIGN





No need to eat only lettuce to get a bikini bod.

Diets at your door

If there's a weight loss strategy easier than having delicious, healthy food waiting each morning in your mailbox, we can't think of it! Consider your taste, temperament and budget, then choose the right slim-down option for you.

FOR FOODIES *Freshology* Top-notch chefs whip up gourmet yet low-cal offerings, such as tea-soaked Atlantic salmon, roasted lamb and chocolate-cream pie, making this plan a celeb favorite. Save some cash by opting for flash-frozen dishes over fresh. \$33 to \$53 per day; Freshology.com

FOR PICKY EATERS *Diet-to-Go* This 1,200- or 1,600-calorie-a-day plan has a slew of decidedly nondiet-seeming foods, including curried shrimp and meatball fettuccine, plus fixings—rolls, sides and fruit—so you hardly have to hit up the grocery store. Don't like an entrée? Swap it out. You can also choose between lowfat and low-carb menus, or dig in to vegetarian or diabetic-friendly dishes. \$18 per day; DietToGo.com

FOR THE SCIENTIFIC TYPE *Optimal Nutrition* A specialist helps you craft a menu, basing your food formula on your body stats, activity level and weight loss goals. You'll receive fare such as organic, free-range turkey burgers and pasta primavera. \$11 to \$57 per day; OptimalNutritionInc.com

FOR FAMILIES *Healthy Chef Creations* This plan provides organic cuisine for the whole brood, tailored to the number of adults and kids in your clan. Think filet mignon and lemon-basil shrimp for you, chicken fingers with baked fries for the little ones, plus mini-desserts like peach cobbler. Select vegetarian or gluten- and dairy-free items, or tweak any dish (hold the onions!) for no charge. \$48 to \$57 per day; HealthyChefCreations.com —*Allison Baker*