

WEEKLY

Us



NEW PICS!

Brad & Angie's
Cute Twins

Hollywood's Diet Trends

Bring on the bikini! Stars reveal their spring shape-up secrets

As Seen In
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FRESHOLOGY

For a speedy slimdown, **Sofia Vergara** does two-week stints on this meal-delivery service.

The program (that **Kendra Wilkinson** tells *Us* is "so good!") recently rolled out a new plan: GetSlim With the Stars. The 1,100- to 1,350-calorie-per-day regimen provides lean meats, veggies and whole grains. (\$33 per day, freshology.com)



Vergara