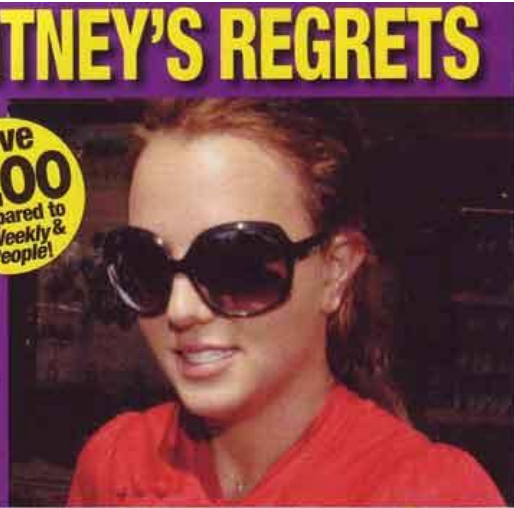


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**BRITNEY'S REGRETS**

**OK!**



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**RICKI  
LAKE**  
SINGLE GIRL  
TELLS ALL

# Ricki's easy diet

**\*BREAKFAST**

Ricki uses Fresh Dining food program. "I had French toast this morning and two pieces of turkey sausage," she says. "My stomach has shrunk, so that's enough." She adds, "The meals add up to 1,200 calories and are beautifully packaged, all fresh, all organic."

**\*LUNCH**

"Mainly salads with a little steak," says Ricki. The *Hairspray* star says her food downfall is bread: "I'd rather have bread than a piece of cake, even though I'll take cake, too. Now I'll have just one piece of bread instead of the whole basket."

**\*DINNER**

Fish with brown rice and vegetables. "This is the longest I've been on a program," smiles Ricki. "I'm surprised."



# THIN, 39 & LOOKING FOR A MAN

'I'm lonely,' RICKI tells *OK!* Why a dream body won't find you MR. RIGHT

## wedding album

When did you start losing weight?

February 2. It was a conscious decision to get some attention for my documentary [The Business of Being Born] that got into the Tribeca Film Festival. I weighed 160. I had been staying out of the limelight. I looked at the calendar, I had nine weeks, and I signed up for this food plan and started working out. I wanted to reinvent myself.

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