

WEEKLY

HOT HOLLYWOOD

Secret Star Diet

RYAN PHILLIPPE'S NEW GOAL: CUTTING OUT THE FAT. Over the past three weeks, the actor has been shedding weight with food delivery program Fresh Dining (freshdining.com), which has been sending low-calorie meals, such as smoked-turkey wraps, pomegranate pancakes and pot roast, to his door every day. "He's doing this to gain muscle mass," a Fresh Dining rep tells Us of Philippe, 33, who is training for his roles in the upcoming Viking epic Last Battle Dreamer and the 2008 drama Franklyn. But he isn't the only one in Hollywood to have taken advantage of the low-carb, low-sodium and low-sugar program (from \$42 to \$59 a day). Starting in February, former talk show host Ricki Lake, 49 (who once was a size 24 and is now a size 4), shed 25 pounds in two months thanks to exercise and Fresh Dining. "It's easy," Lake told Us.



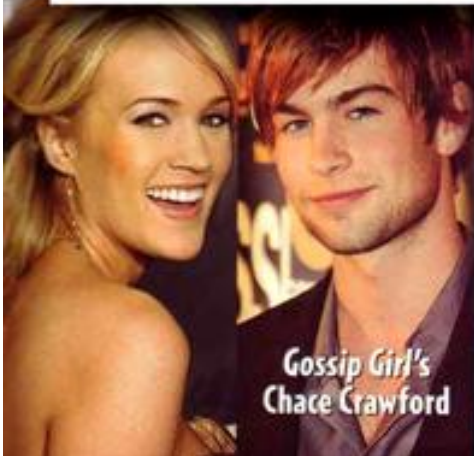
Lake's diet consists of nigiri sushi (top), along with low-cal desserts such as raspberry mousse (bottom).



"I try to practice portion control," Lake (in NYC Oct. 5) told Us.



"He's getting extra protein," says a Fresh Dining rep of Phillippe (in Santa Monica, CA, March 2).



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