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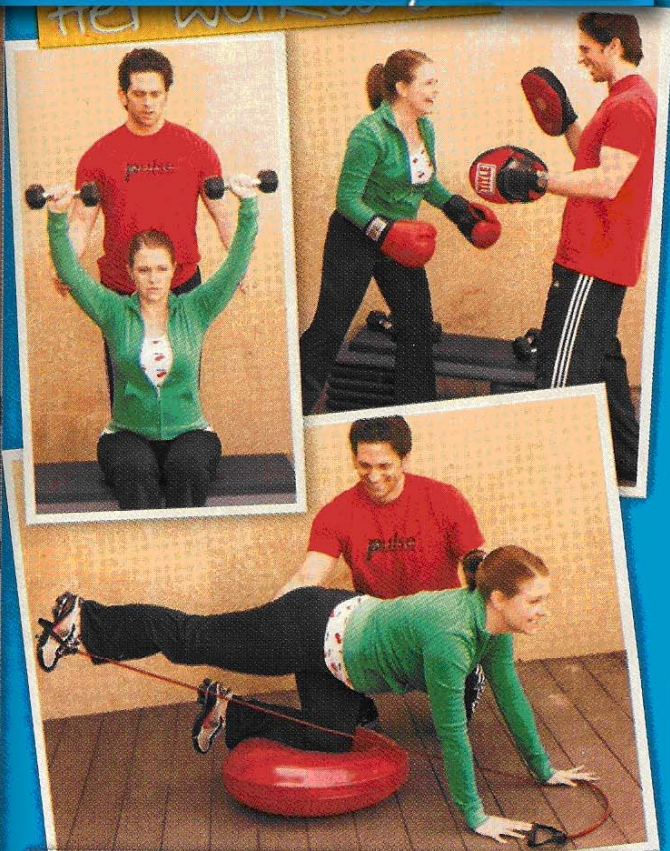
Keep reading OK! to see Melissa's post-baby weight loss!

Her Fresh Mommy diet

"I was interested in the Fresh Mommy program because all the meals are balanced to give mummies what they need while breast-feeding," Melissa explains. "I think a lot of post-pregnancy diet plans focus on losing weight, but this one keeps my first priority straight: staying healthy to breast-feed my baby." Melissa has three meals, three snacks and a small dessert delivered daily.



Melissa Joan Hart tells *OK!* how she's shedding the pounds



"I'm creating a workout plan with my trainer Mark Harari," says Melissa. "We're trying to balance how much I hate cardio with things I enjoy a bit more. I really want to focus on muscle tone. Last time, I lost weight chasing after Mason, but I didn't have any sort of definition. It's all a matter of being careful with breast-feeding as well — I need to make sure I'm eating enough and not working out too much so I can be healthy enough to breast-feed."