

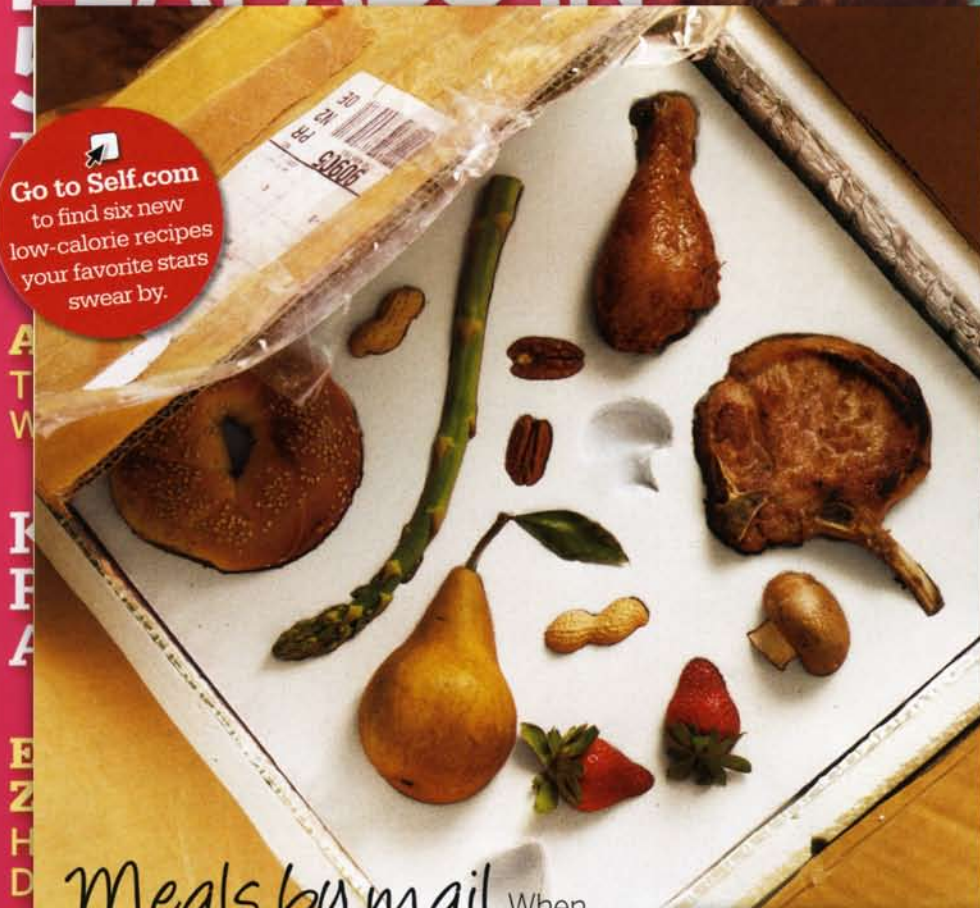
SECRETS FOR A NATURAL GLOW P.142

LIV TYLER
Sleek,
Sexy and
Healthy,
Her Way

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Meals by mail When celebs order in, it's not for pizza—they dig in to gourmet light dishes from elite delivery services. And we have their best tips!

NEW!
Celebs'
Slimming
Recipes at
Self.com

Sizzle

Fresh Dining FreshDining.com

Celeb clients Giuliana Rancic and Debi Mazar

What you get Chef Michael Weldon serves up rich-tasting meals such as French toast with turkey bacon and filet mignon salad for only 1,200 to 1,400 calories per day.

Take-home tip Use small amounts of indulgent ingredients like beef or butter to add a lot of taste for few calories.

Service specifics Southern California; \$50 to \$65 per day

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