

God Bless America

Woman's World

THE WOMAN'S WEEKLY

\$1.49

June 14, 2005

Summer secrets for **GREAT HAIR every day!**

Marie lost 37 lbs in 3 months!

The cellulite cure!

Erase yours in minutes a day!

Beat high summer gas prices!

Research-proven diet breakthrough!

The sandwich that **MELTS BODY FAT!**

Eat four a day and **Lose 18 lbs in 6 weeks!**



Cool, sweet, creamy!

BREAKTHROUGH! Sunglasses that **Prevent headaches!**

Be a friend-magnet!

Make everyone like you—guaranteed!

Must-read health news!

- Avoid the *new* tampon threat
- Protect yourself from dangerous cold



It's candy!

Dad's Day fun!

- Sweet gift trick!
- Easy kid's present!



Try the yummy Pocket Diet!

Use the box below to determine your daily calorie target. Then simply choose any three meals per day—you can have breakfast for dinner if you like—and as many snacks as necessary to hit your target. "If you go over by 25 to 50 calories, that's fine," says Taggart. Create your own sandwiches (just use nutrition labels to determine calories) or go to www.pocketdiet.com for recipes. As with any new plan, be sure to get your doctor's okay before you begin.

HOW MANY CALORIES DO I GET?

IF YOU'RE ...	YOU GET ...
5'5" or less	1,500 calories per day
5'6" to 5'9"	1,800 calories per day
5'10" to 6'1"	2,000 calories per day
6'2" or more	2,200 calories per day

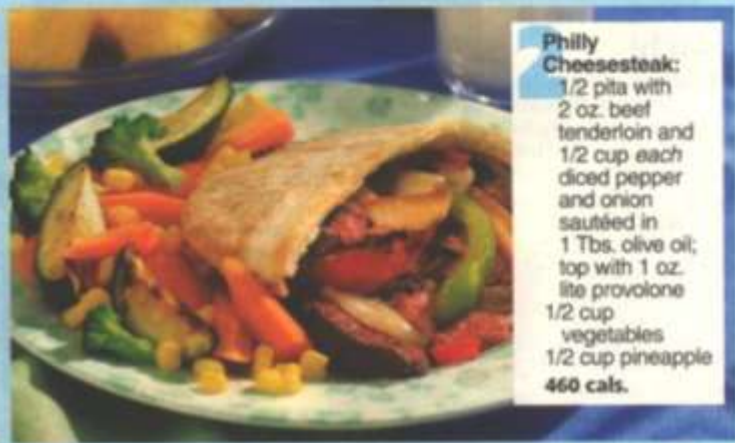
Pocket Diet rules

- Never skip breakfast. If you do, research shows you'll likely go overboard later, notes Taggart. Breakfast also revs metabolism.
- Space out meals and snacks so that you're eating once every 3-4 hours.
- Aim for three servings of dairy per day.
- Save your leftovers. You don't have to eat all the foods in any given meal in one sitting.
- Drink 8 cups of water every day. In addition, you may also have moderate amounts of diet soft drinks and tea or coffee (with artificial sweetener and low-fat milk, if desired).

8 meal options



1/2 pita with
1/3 cup
egg whites
scrambled
with
3/4 cup
mixed
vegetables
and 2 Tbs.
lite cheese
1 cup fat-free
milk or lite
yogurt
280 cal.



**Philly
Cheesesteak:**
1/2 pita with
2 oz. beef
tenderloin and
1/2 cup each
diced pepper
and onion
sautéed in
1 Tbs. olive oil;
top with 1 oz.
lite provolone
1/2 cup
vegetables
1/2 cup pineapple
460 cal.



1/2 pita with
1/2 cup
fresh
berries,
1 Tbs. each
whipped lite
cream
cheese and
sugar-free
preserves
1 cup fat-free
milk or lite
yogurt
255 cal.



1/2 pita with
4 oz. lean
deli meat,
1 slice
American
cheese, 1/4
cup lettuce
1 apple
380 cal.



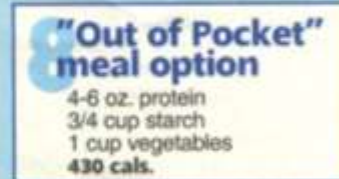
1/2 pita with 2 oz.
lite cheese, 2 oz.
Canadian bacon,
2 tomato slices
1 kiwi
370 cal.



1/2 pita with 1/2 banana,
1 Tbs. each low-fat
peanut butter and
sugar-free preserves
1 cup raw vegetables
285 cal.



1/2 pita with
4 oz. shrimp,
1 tsp. each plain
low-fat yogurt
and low-fat mayo,
2 Tbs. celery,
2 tsp. scallions,
1/4 tsp. fresh
dill and lemon
juice to taste
1 cup non-creamy
soup
355 cal.



**"Out of Pocket"
meal option**
4-6 oz. protein
3/4 cup starch
1 cup vegetables
430 cal.

Snack options

1/2 pita
2 Tbs. hummus
135 cal.

1/2 pita
1/4 cup fat-free salsa
100 cal.

1/2 pita cut into strips,
coat with cooking
spray, sprinkle
with garlic salt to
taste and broil
until brown
90 cal.

1 Tbs. peanut butter
1 apple
160 cal.

1 banana
110 cal.

1 cup air-popped
popcorn
2-3 sprays of cooking
spray
1/2 tsp. grated
Parmesan cheese
40 cal.

