

EAT THIS PAGE!

Hilary Swank's STAY-FIT DIET

Dr. Oz Garcia, Swank's nutritionist, tells clients to avoid red meat and wheat. Though we've printed calorie counts, Garcia emphasizes that this is not a calorie-based plan

BREAKFAST



1 egg, 2 egg whites, feta, tomato and spinach omelet
189 calories



1 cup fresh blueberries
83 calories

SNACK



12-oz. protein shake
230 calories

LUNCH



6 jumbo shrimp with mixed greens
85 calories



1/2 small avocado, sliced
121 calories

SNACK



1 slice 9-grain bread with 2 1/2 tbsp. peanut butter and 1 tbsp. all-fruit jam
350 calories

DINNER



4 oz. broiled chicken with rice and beans
404 calories



1 cup steamed mixed vegetables
36 calories

DESSERT



1 1/2 cups fresh fruit salad
149 calories

Total calories consumed in one day: 1,647