



Keep losing weight

This easy seven-day plan has all the nutrients you need, so you can follow it for a week,

Want to look like a star this summer? Celebrity nutritionist Oz Garcia (ozgarcia.com) created a plan just for *In Touch* readers. The plan stabilizes blood sugar, so it controls cravings, while portion sizes are also key. For example, a serving of chicken should be palm-sized; fish, a whole hand. To prevent bloating, avoid flour-based carbs like bagels and crackers.

Garcia-approved snacks: low-fat yogurt, string cheese, nuts, fruit or a nibble of 70 percent semisweet dark chocolate. "It will help you burn fat, increase lean muscle mass, improve your skin and hair, give you more energy and a flatter stomach — and have you looking fantastic on the beach!" Garcia explains.



TIP: Trade your scale for a tape measure

Since muscle weighs more than fat, it's a more reliable way to see results.

Hollywood's latest diet secret!

Stars are hooked on seaweed! An all-natural appetite suppressant, CM3 Alginate pills act like a tiny sponge, expanding in the stomach to make you feel full and eat less. Combined with exercise and a smart diet, you could start losing weight in one to two weeks, says Garcia, who recommends three pills a day, an hour before meals.



How much can you lose?

On this 1,600-calories-per-day diet, in **10 days**, you can lose up to **five pounds**.

In **one month**, you can lose up to **10 pounds**.

If you follow it **all summer**, you can lose up to **15 pounds**.

This is for an average woman who's also working out at least 30 minutes, three to five days a week.

DAY ONE

BREAKFAST

One scoop of cottage cheese, along with a cup of fruit such as strawberries, berries, cantaloupe and grapes



LUNCH

Salad Nicoise with seared tuna and a sliced egg

DINNER

Seared white fish such as Dover sole or halibut, and a side of asparagus

DAY TWO

BREAKFAST

Three egg whites with chopped veggies and a cup of fruit

LUNCH

Poached salmon on a bed of mixed greens

DINNER

Broiled chicken with small portion of wild rice, salad and steamed broccoli



DAY THREE

BREAKFAST

Eight ounces of plain, active yogurt with a small amount of honey, blueberries and shaved almonds



LUNCH

Natural turkey burger (no bun) with salad on the side

DINNER

Broiled salmon, with rocket salad (arugula) and a tomato



TIP: Satisfy your ice cream craving with a frozen-fruit treat

Try grapes or chunks of bananas, watermelon or cantaloupe. Or, go for sorbet (160 calories per cup) instead.

DAY FOUR

BREAKFAST

One cup of steel-cut oatmeal with mixed nuts and mixed berries with a touch of maple syrup



LUNCH

Grilled chicken breast with roasted vegetables

DINNER

Six shrimp on a bed of mixed greens, and a peach



DAY FIVE

BREAKFAST

Egg-white omelet with smoked tuna or wild salmon, and fruit (such as melon, pineapple or berries)

LUNCH

Vegetable burrito with whole-grain rice, beans, skim-milk mozzarella cheese and stir-fried veggies

DINNER

Thai stir-fry with tofu, broccoli, carrots, cabbage and couscous



DAY SIX

BREAKFAST

Half of a grapefruit, a cup of multigrain cereal (such as Kashi Go Lean) with skim milk



LUNCH

Chicken Caesar salad, replacing croutons with two rice crackers or a slice of whole-grain toast

DINNER

Broiled fish (like bluefin or albacore tuna), stir-fried steamed vegetables and brown rice



DAY SEVEN

BREAKFAST

Smoothie made with two scoops of whey protein powder, berries and 8–10 ounces of skim milk or water



LUNCH

Beet salad with lemon, feta cheese, mixed lettuce and balsamic vinegar



DINNER

Broiled low-fat hamburger patty with steamed vegetables

