

Diets That Work!

Bikini season beckons! Here's the skinny on six winning weight-loss strategies that take Hollywood from flab to fab

BY JENNIFER O'NEILL



NOW

Jessica Simpson

"I watch what I eat," the five-foot-three star - who loves Chocolate Peanut Butter ZonePerfect bars - tells *Us*.



Courteney Cox

After giving birth to daughter Coco in June, the five-foot-five star, 40, turned to Garcia to help her purge pregnancy pounds. One of his tips: Down two to four liters of Fiji Water (fijiwater.com) a day.



The Paleotech Plan

EAT LIKE A CAVEMAN, LOSE WEIGHT? THAT'S the idea behind this diet, which has been popularized by New York City nutritionist Oz Garcia (ozgarcia.com).

■ **What it is** Three meals and three snacks that emphasize lean, high quality protein (think egg whites, chicken), lots of veggies, good carbs (brown rice, yams) and omega-3 fatty acids (found in salmon and walnuts).
■ **Why it works** "Eliminating wheat will reduce bloat and lethargy," Garcia tells *Us*. "Omega-3s help stabilize your appetite and, over time, your weight."

■ **Celeb testimonial** "He put me on a diet that was much better for me," **Kim Cattrall** told *Us* of Garcia, who also works with **Courteney Cox** and **Hilary Swank**.