



**BACHELORETTE
WEDDING
DETAILS!**



**LADY GAGA'S
BAD BOYFRIEND**



EXCLUSIVE

**AT HOME WITH THE
ROYAL COUPLE**

Life WEEKLY **Style**

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\$2.99**

**SPLIT
EXCLUSIVE**

SINGLE AGAIN

Kim's plans for marriage and kids are on hold. Turning 30, she admits: 'I never thought this would be my life'



KIM KARDASHIAN
WITH NFL
STAR MILES AUSTIN

AUGUST 23, 2010

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DO STARS EAT LESS THAN WE DO?

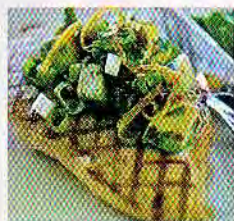
Julie Benz, who plays Rita Bennett on *Dexter* and Stephanie Powell on ABC's upcoming sci-fi series *No Ordinary Family*, maintains a healthy diet but still feels the pressure to slim down even more for big events. "I'll make myself have fish and veggies and water with lemon juice, and that's what I'll live on," she tells *Life & Style*. Here, Julie shares her daily menu, and nutritionist Oz Garcia weighs in.



BREAKFAST

About 155 calories

Julie says she usually starts the day with egg whites, veggies and a protein. While eggs are a great choice, Julie shouldn't toss the yolks, says Garcia: "Egg yolks are nutrient-rich, antioxidant-dense and loaded with an enormous amount of vitamins and minerals."



LUNCH

About 515 calories

"For lunch, I love to do brown rice with either tuna or chicken, avocado, tomatillo sauce and lime juice," says Julie. This is a good option for the middle of the day, Garcia says, because lean protein provides energy and keeps blood-sugar levels stable.



DINNER

About 315 calories

During the week, Julie eats fish or chicken and veggies ("My new obsession is tomatoes, cucumbers, olives, avocado, basil and a glaze that I drizzle over it all") but splurges on the weekends. Her dinners are smart, says Garcia, but letting loose on weekends could lead to diet disaster.



SNACK

About 150 calories

"I do a lot of vegetables and hummus," says Julie, who also loves apples with almond butter. Garcia approves of the actress' healthy snacks. "They sound delicious and satisfying," he says, though the star should consider adding nuts and dried fruit for a little more variety.

TOTAL CALORIE COUNT: About 1,135

THE EXPERT'S FINAL WEIGH-IN

"Julie eats exceptionally well. I noticed that she doesn't eat wheat, which is a great decision," Garcia says, adding that even whole wheat can slow metabolism.



Life & Style's diet rating ★★★★★

WHAT I REALLY EAT...



SHE'S A CHOCO-HOLIC!

"I tweet about chocolate nonstop," Julie says about her fave splurge. Opt for dark varieties, which promote heart health.

