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# Life & Style



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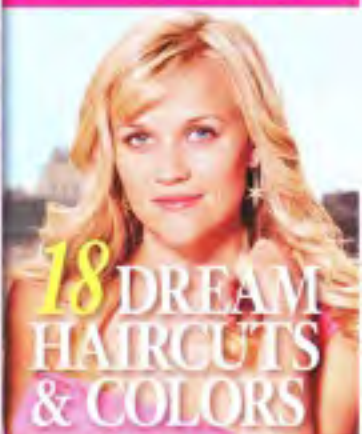
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# Do stars eat less than we do?

## WHAT I REALLY EAT

*Rules of Engagement* star Megyn Price, 39, has her own rules for staying svelte. Her secret? "I don't eat anything processed," she tells *Life & Style*. "I eat food that you have to cook, food that looks like food." Here, Megyn shares her daily regimen, and nutritionist Oz Garcia weighs in on the actress' menu.

### BREAKFAST

*about 435 calories*

"I always have oatmeal — but the Irish kind mixed with an apple, a tablespoon of black seed [a spice thought to boost the immune system] and a teaspoon of crushed walnuts," says Megyn, who washes down her meal with an espresso. Garcia says Megyn may want to swap out oatmeal for Greek yogurt. "Oatmeal tends to sit in your stomach for a long time and make you lethargic," he says. "Yogurt has more health benefits and is easier to digest."



### DINNER

*about 530 calories*

Megyn says she opts for a piece of fish and a big salad. "Arugula is my favorite green," says Megyn. "And I usually have white balsamic vinegar on my salad." Megyn whips up the perfect dinner, says Garcia. It's wise to incorporate fish into your menu several times a week, he adds, but if you're concerned with mercury levels, choose varieties that are on the small side, like tilapia, flounder, sole and sardines.



### LUNCH

*about 550 calories*

Megyn usually pairs brown rice or pasta with a combo of white beans and sautéed vegetables — think carrots, kale and celery root. Garcia gives her choice the thumbs-up! "Veggies are great for lunch, especially when they're sautéed in olive oil," he says. "But I'd suggest staying away from the pasta completely — it can accelerate the aging process and cause bloat."



### SNACKS

*about 300 calories*

"I compete in triathlons, so I do a pretty big workout before breakfast," says Megyn. "Super early in the morning, I have half a banana and a spoonful of peanut butter." Later on, she eats the rest of the banana and another spoonful of peanut butter. If she's craving variety, Garcia has other good snack suggestions: hummus, rice crackers, berries, sunflower seeds, cheese, almonds and dark chocolate.



**TOTAL CALORIE COUNT: About 1,815**

### THE EXPERT'S FINAL WEIGH-IN

"Megyn eats very well by staying away from processed foods and cooking with fresh ingredients," says Garcia. But cutting out the oatmeal and pasta from her diet would give her a lot more energy.



### WHAT'S IN HER KITCHEN

Megyn always stocks up on Fuji apples, olive oil, good cheeses and popcorn, which she makes on the stove with olive oil and truffle salt for a healthy late-night treat.



*Life & Style's* diet rating ★★★★★