

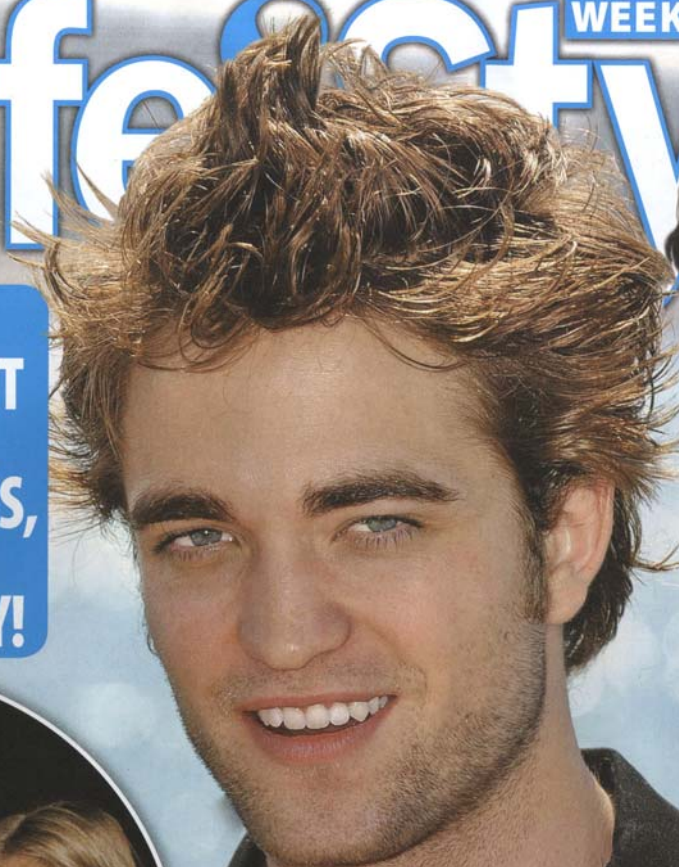
Life & Style Weekly
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Do stars eat less than we do?



WHAT I REALLY EAT

America's *Next Top Model*'s cycle-seven winner, CariDee English, shares her go-to slim-down menu with *Life & Style*

She's a model, but CariDee English, 24, says even she has to modify her menu when she wants to drop a few pounds. How does she do it? By nixing carbs! "I've lost about 10 pounds, but inches have come off really quickly," CariDee tells *Life & Style*. "I just want to feel confident." Here's CariDee's get-slim solution and what nutritionist Oz Garcia thinks of it.

BREAKFAST

about 100 calories for four eggs

"I'll have egg whites or a hard-boiled egg in the morning," says CariDee. But rather than having just plain eggs, Garcia suggests making an omelet with egg whites and one yolk for those added nutrients found only in the yellow part. He recommends adding fresh veggies, herbs and mozzarella cheese, as well as a side of protein-filled turkey bacon.



LUNCH

about 215 calories

CariDee says she has a salad for her midday meal. "Salads can be the perfect lunch dish," says Garcia. "But dress them up for added health benefits and flavor." That means incorporating lean protein, fresh tomatoes for their antioxidant benefits and walnuts, which are rich in omega oils, essential fatty acids that the body doesn't produce.



DINNER

about 292 calories

For dinner, CariDee says she has salmon (or some other type of meat) and veggies. "Salmon is richer in omega oils than most other fish," notes Garcia. He adds that while cutting complex carbs is a smart idea, "whole grains are digested slowly and are filling."



SNACKS

about 160 calories for two cheese snacks

"String cheese is a good on-the-go snack," says CariDee. Explains Garcia, "It's an excellent snack as it's low in calories and high in protein and calcium." But CariDee's not always so healthy: She can't resist Oreos!



WHAT'S IN HER KITCHEN

CariDee says she stocks soup at home "because it's not too fattening." Garcia agrees: "Soups with lean protein are a great treat, but be mindful of the sodium content in canned soups."

THE EXPERT'S FINAL WEIGH-IN

"Each meal should be well-rounded," says Oz Garcia. That means including lean protein, fruits, veggies and whole grains. "Carbs make the body retain water," he says, "but a small portion of whole grains can curb a carb craving."



Life & Style's diet rating



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