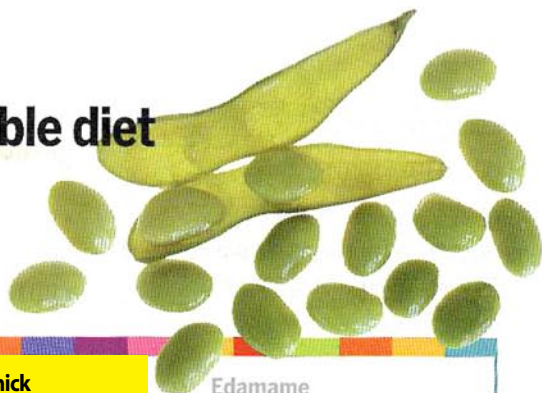


lose 8 LBS the doable diet



Snacks

200 CALORIES

Liquid Fuel

1 Starbucks tall skim Tazo Green Tea Latte without syrup

Creamy Tomato Thins

Top both halves of a whole-wheat sandwich thin with 1 tbsp reduced-fat cream cheese, 2 thick slices tomato and freshly ground black pepper.

Quick Chick

1 EVOL Chicken, Bean & Rice Mini Burrito

Honeyed Grapefruit

Drizzle ½ grapefruit with 1 tsp honey; broil on high for 4 minutes. Scoop out fruit; combine in a bowl with ¾ cup nonfat plain Greek yogurt, 1 tsp honey and a sprinkle of cinnamon.

Edamame

Toss ¾ cup cooked shelled edamame with 1 tsp toasted sesame oil and 1 tsp rice wine vinegar.

Middy Medley

1 part-skim string cheese; 6 olives; 1 cup baby carrots

Top Pop

Combine one 100-calorie-bag 97 percent fat-free microwave popcorn with 2 tbsp pistachios and 1 tbsp dark-chocolate chips.

Vanilla-Plum Crème

Mix 6 oz nonfat vanilla Greek yogurt with 4 chopped dried plums and 1 tsp pumpkinseeds.

PB and Banana Smoothie

In a food processor, blend 1 banana, 1 percent chocolate



Carotenoids in corn help protect skin from UV rays. This treat: 186 calories

Treat

150 CALORIES

Soft Serve

1 McDonald's reduced-fat vanilla ice cream cone

Wine With Kisses

One 4-oz glass red wine
2 Hershey's Kisses

Ice Cream Sandwich

2 Chips Ahoy cookies
¼ cup Edy's/Dreyer's Light Slow Churned vanilla ice cream

Brownie à la Mode

One 2-inch square dark chocolate brownie,
2 tbsp raspberry sauce

Barbecue Crisps

One 1-oz bag barbecue potato chips

SELF
The #1 Way to Erase 8 Pounds
 Meals That Melt Fat Daily
 Moves for Your Personality
YOUR HAPPY LIFE PLAN
DO WHAT YOU LOVE AND GET PAID FOR IT!
 The 2-Minute Trick to Have More (and Better!) Sex
GUILT-FREE BURGERS
 Go Ahead, Say Yes to the Fries
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THE freshdiet

Don't have time to grocery-shop or cook? Get meals that slip easily into the Reach Your Goal diet plan delivered right to your door. Look for designated dishes at Self.com/Goal.