

+DROP10

SELF

Kate!
Try her fun get-fit tips.

Burn More Calories
In a lot less time. New thinking to ramp up results

Great skin, Pretty hair
Your guide to looking naturally beautiful

Need energy?
Everyday things that can drag you down. Nix them.

Drop 2 Pounds a Week
Moves & meals to take it off

Carbfest!
Our favorite foods made healthy and delicious
Bonus: They're gluten-free!

The fitness benefits of caffeine

SUMMER SEXY STARTS NOW
The best swimsuit style to flatter your body. And feel awesome in it!

Steak kebabs with bok choy slaw



DINNERS

Make It

Rosemary chicken tenders and fries

Heat oven to 450°. Place 2 tbsp whole-wheat flour in a dish. In a second dish, beat 1 egg. In a third dish, combine 3 tbsp whole-wheat panko breadcrumbs, 2 tbsp grated Parmesan, 1 tsp finely chopped almonds and ¼ tsp each kosher salt, pepper and crumbled dried rosemary. Dredge 4 oz chicken tenders in flour, dip in egg and coat with panko mixture. Lay chicken on half a baking sheet coated with olive oil cooking spray. On the other half, toss ½ sweet potato, cut into strips, with 1 tsp olive oil and ¼ tsp rosemary. Bake until chicken is cooked through, flipping once, 12 to 15 minutes. In a bowl, combine 1½ tbsp 2-percent-fat plain Greek yogurt, 1 tsp Dijon mustard and ¾ tsp honey. Dip chicken in yogurt sauce.



- **Califone** Grilled salmon + side broccoli + 12 oz light beer
- **Califone** Kitchen shaved mushroom flatbread + one 6-oz glass Pinot Grigio
- **Amy's** Pad Thai with an egg over easy
- **EVOL** Butternut squash and sage ravioli (1½ servings) tossed with 1 cup skinless rotisserie chicken breast + 1 cup sliced cucumber tossed with 1 tsp each olive oil and red wine vinegar
- **Ruby Tuesday** Grilled salmon + side broccoli + 12 oz light beer

SELF

THERE'S MORE AT SELF.COM Head to Self.com/drop10 and sign up to see 10 snacks and so much more (it's free!).