

GET SLIM

In study after study, shake diets blow other plans out of the water. And now our exclusive plan helps you get amazing results while you stretch your grocery budget!

Here's great news for anyone who likes skinny jeans and fat wallets: A good old-fashioned shake diet can speed fat loss *and* slash grocery bills at the same time! According to the latest findings, meal-replacement shakes help the average woman double her weight-loss results compared with a typical calorie-counting plan. At the same time, shakes save \$2, \$5, even \$10 every time we use them! "Make your shake using powdered mix and fat-free milk, and you have a nutritionally complete meal for about 70 cents," notes Dallas-based nutrition pro Neva Cochran, R.D. By contrast, a healthy brown-bag lunch costs \$3 or more and a healthy takeout meal \$6 or more. "There are additional savings, too—savings on all those prescriptions and doctor visits you won't need once you're at a healthy weight!" notes Baltimore-based shake expert Joni Rampolla, R.D., who has seen folks lose up to 14 pounds in a single week.

Try this at home!

To make a shake approach even more slimming and economical, our nutrition team has created a special plan, *below*. It'll help you make shakes for less and ensure your other meals and snacks are perfectly portioned and budget-friendly. There's also lots of flexibility built into the menus, so you can choose items that are on sale.

Worried you'll be hungry? Let us put your mind at ease. Your appetite may take a day or two to adjust—but after that, no growl!

Tip!
 In a new study of folks getting one-on-one help from nutritionists, those using a shake-diet approach lost an average of 30 pounds before traditional dieters had even dropped 15!

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Your money-saving "shake off" menus!

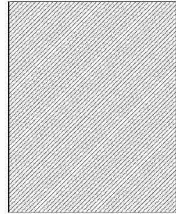
Want to shrink your bottom line? Then dig into this smart plan featuring meal-replacement shakes and other low-cost superfoods. Drink as much water as you like. Add other low-cal herbs and seasonings as desired. As always, get a doctor's okay to try any new plan.

Breakfast & lunch

1 shake prepared with fat-free milk at each of these meals

Shake bargains

At about \$7 for a 12-serving canister, no-sugar-added Carnation Instant Breakfast "meets your nutritional needs, has significantly fewer calories than other meal replacements and provides the many benefits of reduced sugar intake," notes nutrition pro Susan Burke March, R.D. We found 14-serving canisters of Slim-Fast on sale for as little as \$6; Walmart also offers their Equate brand ready-to-drink shakes for about \$.77 apiece.



eating on \$3.97 a day!

Eat healthy for le\$\$!

Whether you're watching your weight or not, these food-shopping tips will help you save big!

✔ Limit market trips.

Experts say the more often we shop, the more we spend. So plan a week's worth of meals (using sale fliers and coupons) and get everything at once.

✔ Stick to a list.

Pros say it's the best way to avoid buying excess food—especially fresh produce—that ends up going to waste.

✔ Get the right amount of meat.

"We tend to eat far more than we need," notes University of North Florida's Judith C. Rodriguez, R.D. "Shrink serving sizes to 3-4 oz. per adult, and you'll cut your food bill by about 15%."

✔ Make your own packaged snacks.

Portion out a bulk pack of, say, almonds or raisins, into plastic zip-top bags, and you'll end up with cheaper and more nutritious treats.



ing tummy! "Your stomach essentially shrinks when you're using a meal-replacement program, and you quickly feel comfortable eating smaller portions," notes Rampolla. Bonus: Experts add that once you see how fast weight comes off, you'll feel a huge surge of motivation—and sheer delight!

• They have the "X-factor"!

After Oprah famously gained back weight lost on a shake diet, many have questioned whether shakes fail in the long term. But study after study has shown that shakes are actually better at keeping weight off than other diets. One, published in *The Journal of the American Dietetic Association*, found shake dieters kept off six times more weight than the non-shake dieters! Though scientists can't pinpoint exactly why, "the majority of people stay with the meal-replacement plans longer and have more success," says Rampolla.

Tip!

"For the biggest savings, prepare your meal-replacement shake using fat-free powdered milk," suggests March.

Why shake diets work magic

• They're mistake-proof!

Studies have found that when we prepare our own food, we underestimate calories by up to 47% per meal. "With meal-replacement shakes, this problem is entirely eliminated," notes Northwestern University's Robert F. Kushner, M.D.

• They're better than fast food!

We're talking cheaper, faster and all-around easier. "A shake takes one or two minutes to prepare. There's no guesswork, no stress," notes Rampolla. "When something is that convenient, it automatically leads to success."

Go for it!

When we asked readers to test a low-cost shake plan for us, they shed up to 10 pounds in a single week! "I lost a lot more weight, and yet I also spent a lot less money than on other diets!" raves New York mom Carrie Henick, down eight pounds in seven days. "If you want to lose weight fast, this is a great way to do it!"



"Huge savings, huge results!"

Not long ago, Carrie Henick was spending "at least \$5 per meal."

Then she tried the plan, *below*. "The shakes were delicious. And a \$6 can of Slim-Fast powder got me through breakfast and lunch for a week," smiles the Long Island mom, 37. "It was a huge savings!" Also huge: Carrie's results. She dropped eight pounds and four inches in a week!

Carrie's best tip:

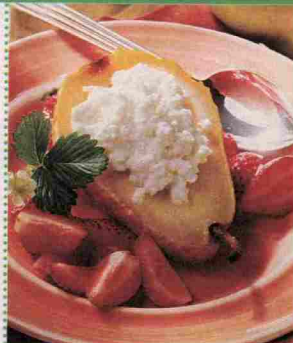
• Add ice! "When I was home, I made my shakes with ice so they'd be thicker and more filling," she says.

Dinner choose one daily

3 oz. chicken, shrimp, fish, lean beef or tofu stir-fried with 1 cup frozen vegetables, 1 Tbs. each sliced almonds and reduced-sodium soy sauce, 1 tsp. oil
 2/3 cup cooked rice
 1 orange

3 oz. lean ground beef or vegetarian crumbles, 1/2 cup tomato sauce, 1 cup pasta, 1 Tbs. Parmesan
 1 cup green vegetable,
 1 tsp. margarine

1 1/2 cups reduced-sodium soup
 2 cups mixed green salad,
 2 Tbs. vinegar,
 1 tsp. vegetable oil
 2 slices whole-wheat bread,
 2 tsp. margarine
 2-egg omelet or scramble with
 2 Tbs. cheese,
 unlimited vegetables
 2 slices toast, 2 tsp. margarine
 1 cup sliced vegetables



Snacks choose two daily

1 cup lite yogurt or
 1/2 cup low-fat cottage cheese
 1 piece fruit
 3/4 cup fat-free milk
 3/4 cup whole-grain cereal
 5 cups lite microwave popcorn
 1 slice bread
 2 tsp. peanut butter or
 1 oz. cheese
 1 hard-cooked egg
 1 piece fruit



Meal plan created by Neva Cochran, R.D.