

DECEMBER 2,  
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WEEKLY

# Life & Style

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How Kim really  
lost the belly  
fat — while  
eating pizza  
and burgers



MESSED-UP MILEY  
ENABLED BY  
HER PARENTS



KATE VS. CRESSIDA  
PRINCESS  
SHOWDOWN



RECOVERY DETAILS  
HOW AMANDA  
GOT BETTER



Hottest  
Party  
Dresses  
for Less

## WEIGHT-LOSS CHEATER!

Kim brags that she dieted like crazy to lose 70 lbs. But the truth is, she took the easy way out with \$80,000 worth of secret procedures

**'I'LL DO ANYTHING TO BE  
THE HOT SISTER AGAIN'**





## New Mom Jamie-Lynn: 'I Lost 30 Lbs. in 2 Mo

**W**hen Jamie-Lynn Sigler turned up in a slinky red mini on the red carpet at LA's Club Nokia on Oct. 10, jaws dropped over her svelte body. It had been less than two months since the birth of baby Beau, her son with fiancé baseball player Cutter Dykstra, and the *Sopranos* actress looked *fuhged-daboudit* fabulous. Even more astonishing? She ate to her heart's content while expecting! "The

first five months of my pregnancy, I had a cheeseburger every day," Jamie-Lynn, 32, tells *Life & Style*. "I gained about 35 pounds."

### SPECIAL DELIVERY

Since Beau's Aug. 28 birth, however, the actress has been laser-focused on getting her body back. "I lost 30 pounds," she says, "and I have 5 or 10 more to go." Secret weapon No. 1 is the farm-to-table Paleta meal-delivery service. "It was a huge savior," Jamie-Lynn

says. "Not only was I getting yummy healthy food, but with a new baby and barely any time, having meals ready-made was much easier." To stave off hunger on the 1,350-calorie-a-day plan, the star turned to healthy snacks like "hummus with fresh cut-up peppers and cucumbers from my garden," she says. Add in breast-feeding, which experts say can burn 500 calories a day, and the glowing first-time mom found the right formula for quick success.

### STAIR MASTER

While she has yet to return to the gym, 5-foot-5 Jamie-Lynn can be spotted walking off the pounds in the hills near her LA home. "Running up and down the stairs a million times a day with Beau helps, too!" she adds. Though she won't be hiring a trainer — "I have a pro athlete in the house who trains me!" — the new mom does look forward to rejoining spin class — eventually: "I just hate being away from Beau!" she muses. **LS**

## Bye-Bye, Mum Tum!

On Jamie-Lynn's Mommy Fit plan, "emphasis is on portion control and the right nutrient mix," says Paleta founder and executive chef Kelly Boyer

### Breakfast

Wilted chard and wild mushroom omelet (two eggs), small turkey-apple sausage patty, handful of mixed berries



Eat This

### Lunch

Vegan salade Niçoise with fingerling potatoes, green beans, heirloom tomatoes and 1 tbsp. shallot Dijon vinaigrette



### Dinner

Balsamic-glazed 4 oz. chicken breast, ½ cup spiced butternut squash kibbeh, 1 cup sautéed kale with raisins and cashews



### Snack

Morning: Energy bar made with nuts, grains and tahini  
Afternoon: Raw veggies and 1 oz. spinach-and-artichoke dip



Snacks combining a balance of protein, fiber and healthy fat stave off hunger and boost mood.

Starting the day with protein will keep you satisfied and energized without bloating.

- Two gluten-free blueberry pancakes, almond yogurt sauce, two chicken sausages, hard-boiled egg, strawberries
- Zucchini muffin, two scrambled eggs, roasted zucchini and squash

Healthy complex carbs boost energy, while a fiber blast stabilizes blood sugar.

- Mezze plate with carrot lentil salad, dolmas, cucumbers, Kalamata olives, ½ cup lemon hummus
- Poached chicken salad with couscous, arugula, fruit, 1 tbsp. vinaigrette

Lean protein builds muscle. Low-cal, nutrient-dense kale aids in weight loss.

- 4 oz. maple-glazed wild salmon, ½ cup brown rice risotto, grilled asparagus
- Slice of turkey meatloaf with ½ cup marinara, asparagus, ½ cup herbed quinoa

- Two small zucchini latkes, ½ cup yellow bell pepper coulis
- 8 oz. carrot apple juice
- Small tomato and green bean salad
- Fruit salad with 10 almonds

Why It Works

Other Options

months'

**NOW: BADA BING!**

"My body has changed so much," Jamie-Lynn, here on Oct. 10, tells *Life & Style*. "My boobs are twice the size. I'm sure Cutter isn't upset about that!"



**BEFORE: EATING FOR TWO**

Jamie-Lynn, here at her heaviest in August, says sweets are her downfall.



CLOCKWISE FROM LEFT: GETTY; SPLASH; F/R (3); SPLASH; PALETA (4)

**THINNER BY DINNER**



**LOOK SLEEK IN AN LBD**  
As Khloé Kardashian knows, a little black dress skims the body and highlights an hourglass shape with a nipped-in waist.



Topshop, \$58, topshop.com

*This Week I Will...*

Swap a Cookie for Cookie Chips



A Subway chocolate-chip cookie is 220 calories. Better deal? Five HannahMax cookie chips for 120 calories. No wonder Jessica Alba loves them!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			