

US

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WEEKLY



JOE & SOFIA'S

No Strings Romance

After a messy split from her fiancé, Vergara hooks up with the *True Blood* stud. Inside their sexy nights (he cooks for her!)



Jay & Bey's Cover-Up
HEADED FOR SPLIT



Why Naya Rushed It
REVENGE WEDDING



BACHELORETTE EXCLUSIVE

WE'LL MARRY THIS YEAR!

DRINK UP!

Hollywood's

CLEANSE CRAZE

Yup, everybody's doing it! **Kim, Kaley** and other stars are juicing up to slim down. See who's sipping what **BY SARAH GROSSBART**



Cameron Bure

Paleta

Biel



Richie

The draw Shinier hair and skin, and shedding as much as 5 pounds in five days

What you're in for Four daily protein-powder shakes. But you also eat, yes, eat two snacks and a meal — about 1,200 to 1,400 calories a day.

On the menu Quinoa and kale salad
Off-limits! The usual culprits: meat, dairy, sugar, gluten and caffeine.

Cost \$345 with food, paleta.com

Devotees Candace Cameron Bure, Jessica Biel