

**US**

WEEKLY

# Elin's Revenge

- She plans divorce as Tiger spends Christmas alone
- Shocking new details of their violent fight
- Tiger, in denial, thinks he can 'fix' everything



**BIGGEST LOSER**

**HOW I DID IT!**

THEN 279 LBS

NOW 140 LBS

Rebecca Meyer dropped 9 dress sizes!



**ANGELINA**  
**'Overwhelmed'**  
**by the Kids**



Kendra & Hank

**Weddings**  
**of the Year!**

Then I lost my job at a tanning salon and I gained 60 pounds in three months. I applied in the summer of 2007, just before I hit my all-time high of 304 pounds on October 20. I'll always remember the date! I didn't get on the show, but I lost 40 pounds on my own. I had gained back 15 when the show finally called me.

**How has your romance with Daniel helped you?**

I wouldn't be where I am if it wasn't for him. We got closer after the show, and it's been great to finish this journey with someone you not only love but who is your best friend. Someone who can make you realize that if you take a bite

of pizza, it's not about the pizza. It's about asking, Are you eating because you're hungry? Are you in a bad place emotionally? It's great to have somebody else who's going through the same thing. He's had great struggles and great breakthroughs. So have I. I've really opened up emotionally in the past four months. I understand why we sometimes do destructive things like overeat.

**And you're moving in together?**

We're trying to figure things out, whether that's in Des Moines or in his hometown, near Raleigh, North Carolina. We plan to go back to school together in the fall.



"I do think he's The One, but we're not going to rush into anything," Meyer (with Wright Dec. 8) tells Us about marriage.

## HER DIET MAKEOVER

Bye-bye, double cheeseburgers! Meyer's healthy new plan

|                  | BEFORE  | AFTER   |
|------------------|---|---|
| <b>BREAKFAST</b> | When not skipping the most important meal of the day, she ate two bacon, egg and cheese sandwiches, hash browns and a bag of chips with Sprite. | Cereal (like Kashi GoLean) with almond milk and Truvia sweetener. "For a filling meal, sometimes I also have an orange and a few egg whites," she says. |
| <b>LUNCH</b>     | Pizza (her self-proclaimed "Achilles heel") with dressing and M&M's.  | "Then some fast-food."  |
| <b>SNACKS</b>    | "Something like Doritos, chips or white cheddar sauce," she says. "I could eat them all day, and so I did."                                     | "I put strawberries or mangoes in a protein shake for an afternoon snack," she says. In the A.M.? A Larabar bar or fruit and a handful of nuts.         |
| <b>DINNER</b>    | "I'd try to eat a healthy dinner, but I'd end up with a bunch of white rice, veggies and an 8-ounce piece of meat. Plus three glasses of wine." | "It's delicious!" she says of her veggie stir fry. Other options: 3 ounces of chicken, lean beef or fish, and alcohol in moderation.                    |

"Wearing size 18 or 20 when you're, like, 14 sucks!" Meyer (in eighth grade) tells Us.

...this ...er — it ... a pinhead on my big body.

**Any shopping sprees?**  
That's what's so nice about winning \$100,000! For a girl who loves to shop, I

