

CRANKY? WHY YOUR DIET'S TO BLAME • \$5 TOOL THAT ZAPS JIGGLE

# SHAPE

SHAPE  
YOUR  
LIFE

**EAT  
THIS,  
FIGHT  
FAT**  
P. 136

**2-MINUTE  
MOVE**

**BEAT  
AB  
FLAB**

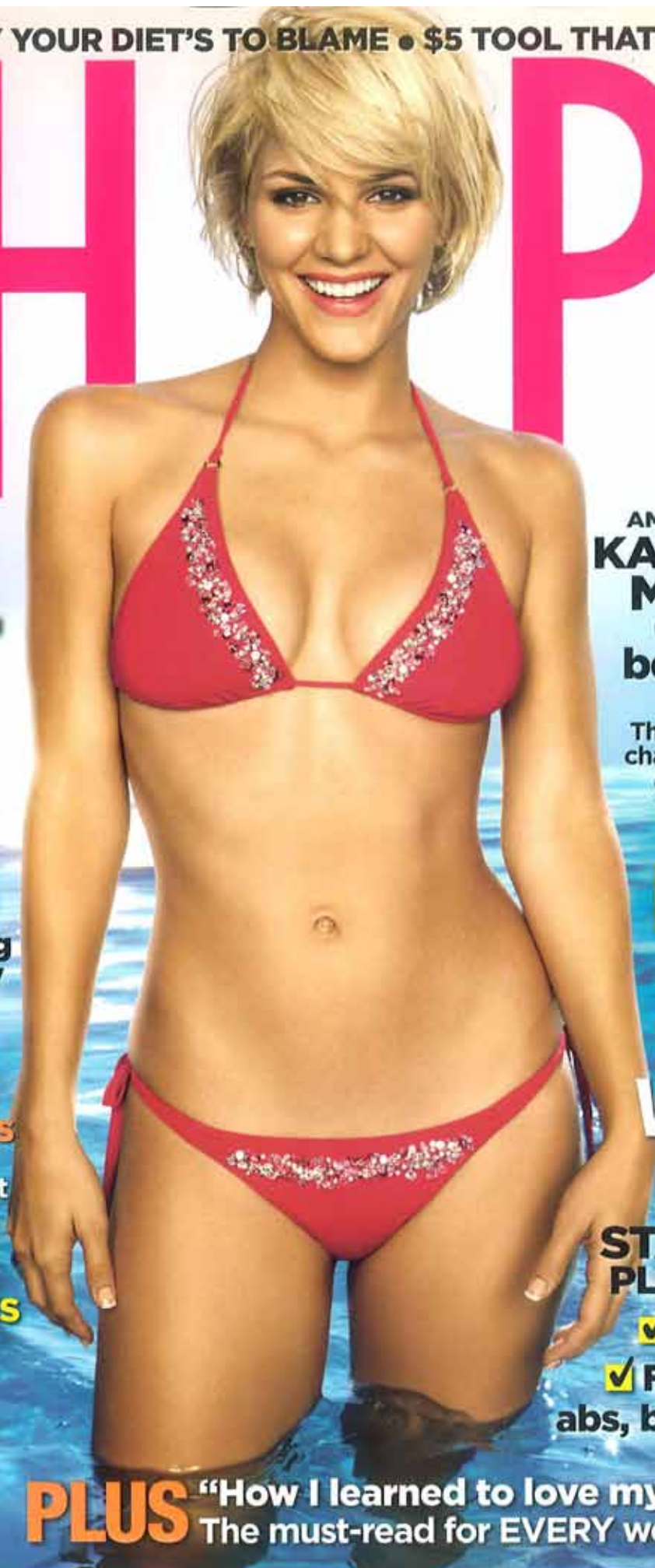
Skip the boring  
crunches & try  
**THIS** instead

**Yoga**  
for beginners  
The no-sweat  
10-minute workout

**BLAST**  
300+ CALORIES  
AT LUNCH



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AMERICAN IDOL'S  
**KATHARINE  
McPHEE**

**"I'm in the  
best shape  
ever!"**

The 6 moves that  
changed her body  
& will change  
yours too, p. 62

**28 DAYS TO  
LEAN!**

**STOP  
WINTER  
WEIGHT  
GAIN**

**START THIS  
PLAN TODAY**

- ✓ Drop 10 lbs
- ✓ Firm up your  
abs, butt & thighs

**PLUS** "How I learned to love my body"  
The must-read for EVERY woman, p. 146

Beach season is still months away, which means it's the perfect time to start fine-tuning your diet. \* But as experience will tell you, weight-loss success depends on finding a plan you can live with—one that suits your

personality and lifestyle. For example, if your job involves racking up frequent-flyer miles, then asking you to whip up every meal from scratch may be a recipe for disaster. \* So, rather than come up with a one-size-fits-all plan, we created mix-and-match meals that take your preferences into consideration and address your biggest obstacles, from controlling portions to curbing cravings. \* You can also choose one or more snacks totaling up to 260 calories. On days when you're really cranking up the

burn (say, by combining the strength and cardio plans in "Your Dream Body Starts Here," page 154) and you feel you need a little more fuel, you can tuck on an extra 100- to 200-calorie snack. \* The only rule is that you have to stay within 1,600 calories, which should allow you to shed about 1 pound every five days. (To track your progress, log on to [shape.com/bbc](http://shape.com/bbc).) \* Start eating the foods you love today and you'll be striding around like a swimsuit model long before you take your first dip in the ocean.

## breakfast

(349 to 463 calories)

DIET  
PERSONALITY

**STARBUCKS TALL CINNAMON DOLCE LATTE** made with nonfat milk and no whipped cream; 1 small banana; 1 ounce roasted almonds (22 whole) **349 CALORIES**



**1/2 CUP COOKED STEEL-CUT OATS** sprinkled with cinnamon, nutmeg, and cloves and topped with 1 small sliced apple, 1/4 cup chopped walnuts, and 4 ounces organic skim milk **448 CALORIES**



**2 SLICES TOASTED WHOLE-GRAIN BREAD** topped with 1/4 cup nonfat ricotta, 1 large sliced pear, and 1 tablespoon honey **437 CALORIES**



**8 OUNCES 2% ORGANIC CHOCOLATE MILK** blended with 1 cup frozen pitted cherries and 2 tablespoons almond butter **463 CALORIES**



**6 OUNCES NONFAT PLAIN GREEK YOGURT** blended with 1/4 cup all-natural granola, 1 small sliced banana, and 2 tablespoons semisweet chocolate chips **432 CALORIES**



**1 WHOLE-GRAIN ENGLISH MUFFIN** topped with 2 or 3 thin slices of avocado, 1 large egg fried with nonfat cooking spray, and 1 slice smoked Gouda; 1 cup red grapes **443 CALORIES**



**1 PECAN PIE LÄRABAR** crumbled into 6 ounces nonfat vanilla yogurt; 8 ounces orange juice **462 CALORIES**



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