

SCALPEL-FREE BUTT LIFT
SKIP THE SQUATS!

BLAST MORE FAT
ON YOUR LUNCH BREAK

SHAPE
YOUR
LIFE

LOOK
BETTER
NAKED
IN 4 WEEKS
p. 114

EXCLUSIVE!
FITTER
THAN EVER
AT 52!

ALL NEW!
SIMPLE 4-STEP PLAN

FLAT
SEXY
ABS
BY MAY 31

25-SECOND
HAIR
MAKEOVER

ELLEN
DeGENERES
"MY ALL-DAY
ENERGY DIET"
PLUS: THE
EXERCISE ROUTINE
SHE DOES EVERY
MORNING

WEIGHT LOSS
MADE EASY

"HOW I LOST
105 POUNDS!"
p. 122

A BETTER
WAY TO
TAKE YOUR
VITAMINS

5 SLIM-DOWN
SMOOTHIES
(WITH A HEALTHY TWIST)

celeb dish

how one
"housewife"
eats
healthy

Jill does Wii Fit Plates with her daughter to stay in shape

Bethenny Frankel may be the one with the best-selling diet books, but that doesn't mean fellow *Real Housewife* Jill Zarin doesn't have some stay-slim advice—and a new book, *Secrets of a Jewish Mother*—of her own. "I believe in eating five small meals a day, including egg whites for breakfast," says the New Yorker. "And I stay away from self-serve frozen yogurt machines." Jill also attributes her svelte shape to these standbys.

JILL'S KITCHEN PICKS

Chef'n Emulstir (\$15; surlatable.com) "I often eat salads for lunch and like topping them with lowfat vinaigrette. A mixer like this one is the easiest way to whip some up—plus, you can store leftover dressing in it."

Popchips "These air-popped chips are brilliant. They come in seven flavors and totally satisfy my potato chip cravings—for half the fat and only 120 calories."

feta cheese "It's not diet food, but a little goes a long way. I toss some with whole-grain pasta and homemade pesto or sprinkle it over romaine mixed with red onion and cucumber."

Sodastream Pure (from \$150; sodastreamusa.com) "I add syrup to make diet cola, but this soda maker also works for sparkling water. Each refillable carbonator makes 110 liters, so it saves money and the environment."

Sharon's Sorbet "This dairy-free dessert has 100 calories per serving, so even if I eat half the carton before bed, I'm getting only 200 calories."

PHOTO: LEFT: BRAND X/PICTURES/ARTER IMAGES; CENTER/RIGHT: MAGNETTY IMAGES; FETA: FOODCOLLECTION/ISTOCKPHOTO

SHAPE, MAY 2010

chef'n
as seen in