

in four weeks flat!

Celebrity trainer Valerie Waters gives *Life & Style* the recipe for dropping up to 20 pounds in just four weeks

WEDNESDAY

Scramble four egg whites and add spinach, mushrooms, onions and a sprinkle of cheese. Serve with a piece of Ezekiel-bread toast (sold at Whole Foods).



Combine a half cup of strawberries with low-fat yogurt.

Brown-bag it with a turkey wrap on a whole-wheat tortilla with lettuce and tomato. Plus, munch on some baby carrots and 2 tbsp. of hummus.

Top a rye crisp with 1 oz. of hard cheese.



Power up with a 3-oz. or 4-oz. piece of lean steak, wilted spinach and sautéed mushrooms. Also, take two fish-oil capsules.

Break out the yoga mat—and say om at home! Go to amazon.com for anything from *The Biggest Loser: Weight Loss Yoga to Yoga for Beginners*.

THURSDAY

Pair half a broiled Florida grapefruit with a half cup of low-fat yogurt.



Make a turkey-and-Swiss-cheese roll-up.

Use tomato and lettuce to dress up a tuna sandwich (made with light mayo) on whole-wheat toast.

Dip baby carrots and celery in 2 tbsp. of roasted-red-pepper hummus.



Have two soy-veggie sausages and a half cup of pineapple.

A cup of turkey chili and a small side salad leaves room for two chocolate-covered strawberries.



Repeat Monday's hour of circuit-strength training. Be sure to do the circuit of moves two to three times and rest for up to two minutes between each.

FRIDAY

Scramble ½ cup of Eggology liquid egg whites with asparagus, mushrooms and goat cheese. Add a piece of Ezekiel toast.

Eat an orange and some string cheese.

Make a taco treat with two corn tortillas, 4 oz. of meat, ½ cup of shredded lettuce, 1 tbsp. of salsa and an optional 2 tsp. of low-fat sour cream.

Satisfy a sweet craving with broiled apricot chicken (see Tuesday's dinner), sautéed zucchini and a small arugula side salad.

Burn off some calories with a 60-minute walk or run (depending upon fitness level).

SATURDAY

Stuff a corn tortilla with three egg whites, 1 oz. of shredded cheese and 1 tbsp. of salsa.



Eat half a Florida grapefruit and 1½ oz. of almonds.

Top a slice of Ezekiel bread with 5 oz. of smoked salmon, 1 tbsp. of hummus and thin slices of cucumber.

Dip six celery stalks in 2 tsp. of natural-almond butter.

Pair beef kabobs with a half cup of brown rice flavored with lemon, paprika and Parmesan cheese.

Grab a buddy and go for an hour-long hike.

SUNDAY

Mix four scrambled egg whites (or ¼ cup of Eggology liquid egg whites) with two slices of roasted red peppers that have been chopped and 1 oz. of crumbled feta cheese.

Have a pear and ½ cup of raw, unsalted walnuts.

Enjoy 5 oz. of grilled lean chicken, a half cup of steamed broccoli and a half cup of brown rice.



Mix a half cup of blueberries in low-fat yogurt.

Prepare 4 oz. of grilled halibut with ½ cup of quinoa and 1 cup of grilled veggies. End the weekend with a half cup of lemon sorbet topped with crushed almonds.

Take a day off to give the body time to recharge and prep for the next week of weight loss!

"Skinny Bitch — it's an amazing diet book. I cut out dairy, meat, fish, anything from an animal."

—Bijou Phillips



"I went off alcohol this past month — there's so much sugar in alcohol — and I went down a size."

—Natasha Bedingfield



"I started working out five days a week with a trainer. I was running and doing weights."

—Vanessa Minnillo

GLORISE FROM TOP; LEFT: RED EYE PRODUCTIONS; CENTER: ANDREW HAYES; RIGHT: GLOIRE; (2) SPANISH; STILL LIFE; JUPITER IMAGES; (11); PHOTOGRAPHY (1)