



THE TWO-WEEK BODY MAKEOVER:
THE DIET

The most efficient way to slim down fast: Eat clean. Here, a low-calorie (about 1,500 per day) yet strategically designed meal plan by New York nutritionist Stephanie Middleberg. "Each meal is nutritionally dense—high in protein with healthy fats and complex carbs—to keep you energized," explains Middleberg, who suggests eating every three to five hours to keep your body fueled and to turn your metabolism into a fat-burning machine all day long. Avoid alcohol and limit coffee to just one cup a day, and skip sugar and artificial sweeteners too. Do Days 1 to 7, then repeat.

DAY 1 Breakfast: Coffee-cacao smoothie. **How-to:** Blend frozen banana with $\frac{3}{4}$ cup almond milk, $\frac{1}{2}$ cup cold coffee, 1 tbsp. each of almond butter and cocoa powder, and a pinch of salt. **Lunch:** Avocado and egg salad. **How-to:** Smash 2 hard-boiled eggs, $\frac{1}{2}$ avocado, and chopped dill; place over mixed greens or in Bibb lettuce wraps. **Snack:** Multiberry fruit salad with 1 to 2 tbsp. shaved coconut. **Dinner:** Fresh-fish-and-veggie combo. **How-to:** Top a 4-oz. piece of a white flaky fish (like flounder or branzino) with tomatoes, capers, and olives. Wrap in parchment paper and bake at 375 degrees for 20 minutes. **Snack:** 1 cup coconut milk with ground ginger, turmeric, and cinnamon.

DAY 2 Breakfast: Frittata cups with $\frac{1}{2}$ grapefruit. **How-to:** Whisk 2 eggs with chopped spinach, basil, and sea salt. Pour into muffin tins lightly greased with coconut oil. Bake at 325 degrees for 20 to 25 minutes. **Lunch:** Niçoise salad. **How-to:** Mix

4 oz. of tuna, 5 to 8 black olives, and 1 hard-boiled egg with steamed string beans, cherry tomatoes, and extra-virgin olive oil. **Snack:** 2 Medjool dates filled with 2 tsp. sunflower-seed butter. **Dinner:** Zucchini-turkey burger with vinegar cucumbers side. **How-to:** Make 2 patties from $\frac{1}{2}$ lb. ground-turkey meat, $\frac{1}{2}$ medium grated zucchini, 1 or 2 thinly sliced green onions, 1 tbsp. each of fresh mint and cilantro, $\frac{1}{2}$ clove minced garlic, $\frac{1}{2}$ tsp. each of cumin and salt, and $\frac{1}{4}$ tsp. each of black and cayenne pepper. (Save leftovers for Day 3 lunch.) **Snack:** Crush $\frac{1}{2}$ cup berries, and add water and mint leaves.

DAY 3 Breakfast: Chia-seed-and-almond-milk pudding topped with $\frac{1}{2}$ cup fresh cherries. **How-to:** Add 2 tbsp. each of chia seeds and unsweetened coconut flakes to 1 cup almond milk in a small bowl or jar; place in fridge overnight. **Lunch:** Turkey burger with sliced tomato in a collard greens wrap. **Snack:** $\frac{1}{2}$ avocado topped with omega-rich hemp hearts and a pinch of sea salt. **Dinner:** Mustard-glazed wild salmon with red cabbage slaw. **How-to:** Toss $\frac{1}{2}$ head sliced cabbage with EVOO and roast at 450 degrees for 20 minutes. Whisk 1 tsp. Dijon mustard, juice of $\frac{1}{2}$ lemon, and a pinch each of sea salt and pepper, and use to coat one side of a 4-oz. piece of salmon. Place salmon in pan and put back in oven for 6 to 8 minutes.

DAY 4 Breakfast: Oatmeal parfait. **How-to:** Layer 2 tbsp. cacao nibs, 8 chopped walnuts or almonds, and a sprinkle of sea salt in cup cooked oatmeal. **Lunch:** Chicken salad. **How-to:** Mix

4 oz. of white-meat chicken with $\frac{1}{2}$ chopped tart apple, red onion, 2 celery spears, 1 tbsp. avocado, and apple cider vinegar. **Snack:** 1 fruit (apple, pear, or mixed berries) with 10 sprouted almonds. **Dinner:** 2 fried or poached organic eggs over roasted asparagus.

DAY 5 Breakfast: Avocado smoothie. **How-to:** Blend $\frac{1}{2}$ avocado with a handful of spinach, a pinch of basil, 1 tsp. each of fresh ginger and chia seeds, plus 1 cup coconut milk and $\frac{1}{2}$ cup cut pineapple. **Lunch:** Chopped kale and brussels sprouts salad. **How-to:** Top 2 cups chopped kale and 1 cup chopped brussels sprouts with 2 tbsp. pumpkin seeds, 1 tbsp. dried cherries, and dressing (combine 2 tbsp. EVOO, 1 tbsp. fresh lemon juice, and $\frac{1}{2}$ tsp. Dijon mustard with chopped garlic and shallots). **Snack:** Hard-boiled egg with $\frac{1}{2}$ sliced Kirby cucumber. **Dinner:** Zucchini noodles with shrimp and pesto. **How-to:** For pesto, combine 1 clove garlic, a hand-

ful of basil, and 2 tbsp. toasted pine nuts in a food processor. Spiralize zucchini (we like the Veggetti) and boil for 2 minutes; top with pesto and 5 shrimp sautéed in EVOO. **Snack:** 1 square dark chocolate.

DAY 6 Breakfast: Paleo banana pancakes. **How-to:** Whisk 2 eggs with 1 tbsp. shredded coconut, 1 overripe smashed banana, 1 tsp. chia seeds, and cinnamon. Cook in a coconut-oil-greased skillet. **Lunch:** 4 oz. of smoked salmon and $\frac{1}{4}$ avocado in lettuce wraps, with a side vegetable. **Snack:** 2 tbsp. hummus on celery sticks with olives. **Dinner:** 4 oz. of roast chicken with roasted cauliflower. **How-to:** Roast $\frac{1}{2}$ head of cauliflower florets seasoned with 1 to 1 $\frac{1}{2}$ tbsp. olive oil, $\frac{1}{2}$ tsp. chili powder, and $\frac{1}{4}$ tsp. turmeric on a greased baking sheet at 400 degrees for 20 to 25 minutes, until lightly browned.

DAY 7 Breakfast: Avocado toast. **How-to:** Smash $\frac{1}{2}$ avocado and top with 1 tsp. hemp hearts, chili flakes, sea salt, and fresh lemon juice over 2 fiber-rich crackers or bread. **Lunch:** Fermented veggie bowl. **How-to:** Mix fermented beets, cabbage, and carrots with $\frac{1}{4}$ cup acorn squash and roasted turmeric cauliflower. **Snack:** 2 pickles, each wrapped with 2 slices of low-sodium turkey. **Dinner:** Flank-steak salad with chimichurri sauce. **How-to:** Cook 4 oz. of flank steak. For the sauce, blend 1 tbsp. each of parsley, cilantro, chopped red onion, EVOO, and apple cider vinegar with $\frac{1}{2}$ clove minced garlic, 1 $\frac{1}{2}$ tsp. water, $\frac{1}{8}$ tsp. salt, and a pinch each of pepper and red pepper flakes. (Save half of the sauce for Week 2.) ■