

# Woman's Day

live well every day

January 2008

health

## lose 10 pounds in 8 weeks!

Your real-life  
road map to  
a nutritious  
New Year

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ANOTHER YEAR, ANOTHER RESOLUTION TO SLIM DOWN. You *could* swear off snacks and eat minuscule portions, but that would probably have you throwing in the towel by February—if not sooner! A better bet is to follow our simple but satisfying weight-loss plan, which will help you lose up to 10 pounds in just eight weeks.



### rules to lose by

- 1 Choose 3 meals and 2 snacks every day** for a total of 1,200–1,500 calories per day. Eating every few hours will stabilize your blood sugar levels and keep your metabolism kicking all day long. The easiest way to do this without feeling deprived is to choose from the meals and snack examples we've provided. (You can occasionally substitute another meal that's not on our list as long as the calorie count falls into the range we've provided. For reliable calorie counts, check out [calorielisting.com](http://calorielisting.com) and [calorie-count.com](http://calorie-count.com).)
- 2 Eat from a plate** Forget eating straight from the bag (or box or takeout container). Plating your food makes you more conscious of portion size and helps you eat more slowly.
- 3 You bite it, you write it** This may sound silly, but recording what you eat in a food journal keeps you accountable and will help you steer clear of overindulging. In fact, most nutritionists agree that it's one of the most effective ways to lose weight. (Do you *really* want to write down that extra double fudge brownie?) ▶