

BELLA

It's going
to be a
BELLA
NEW
YEAR!

BEAUTY AS DEFINED BY YOU

NYC

A Fabulous
NEW YOU
in Five Days

That Dream
Job *CAN*
be Yours!

*KRIS
JENNER*

One of the most famous and beautiful matriarchs
in the U.S. talks *EXCLUSIVELY* to **BELLA**

New Year,
New Spaces

Interior Design Trends for 2012

Boost Your
Sex Drive *NATURALLY*

Sizzling
Winter
HOTSPOTS

BellaInYou.com JAN/FEB 2012

\$4.95US \$6.95CAN



well-being

by Lisa Camerlengo

Eating Right in the New Year: 5 Ways to Make Your Resolutions Stick

Devin Alexander, Los Angeles-based chef, best-selling cookbook author, and host of Healthy Decadence on FitTV, lives by the mantra: You don't have to deprive yourself to be fit and healthy. A self-proclaimed "small-town girl" from Pennsylvania who made the move to the West Coast to become a screenwriter, Alexander took a very different path when celebrities discovered that she knew a thing or two about how to make low-calorie, low-fat meals that also tasted great.

Alexander has maintained a 55-lb. weight loss for more than 15 years not just by eating light, but by eating *right*. Here, she shares with *BELLA* her top five tips for maintaining a healthy diet and lifestyle:

1. Cook for Yourself

The impact of not cooking is so much greater than you realize, Alexander says. When you go to a restaurant and order a grilled chicken sandwich, you may think you're "being good," but what you may not realize is that restaurants put oil, lard or butter on the grill. That's extra calories you didn't bargain for. Instead, get creative, plan ahead and make meals that can last the entire week. If you chop ingredients in advance and buy frozen meats and fish, cooking can be easy. Healthy trick: Pull dinner ingredients out of the freezer early in the morning so they'll be defrosted by the time you're ready to make dinner.

2. Always Use Fresh Ingredients

If she could absolutely force people to follow her recipes by the letter, Alexander's one demand would be to use fresh ingredients. "There's no substitute for fresh lemon or garlic. You don't

realize what's added to the versions in the jar, and they just don't taste as good," she says. With fresh ingredients, you have greater control over the amount of salt and other additives in your food.

3. Decide What's Really Important to You

Alexander doesn't deprive herself — and for good reason. She believes that in order to stick to a healthy diet, it's important to focus on what you *can*, rather than what you can't have. "If something brings you joy, have it. Stop telling yourself that a particular food is bad or wrong; listen to your body and recognize what you are not willing to give up. Healthy trick: Make a "rule" with yourself; for example, Alexander found she was not eating enough vegetables, so she won't eat any sweets (her true weakness) until she has at least 1 cup of vegetables per day.



4. Cut 100 Calories a Day and Lose 10 lbs. in a Year

When you stop to think about it, it's probably pretty easy to cut 100 calories from your daily intake. The problem is, you need to know what you're eating in order to trim the fat, so to speak. Alexander recommends keeping a food diary for three days, then, review your meal logs and decide what you can do without. Healthy trick: With salads, most of the calories are found in the dressing, so dip your fork in some salad dressing (on the side, of course) and then take a bite. You'll get the flavor of the dressing without having to coat your salad. You could easily save a few hundred calories right there!

5. Get Out More and Give Back

Alexander stumbled upon her life's work through volunteering and says that giving back is the perfect way to get out of a rut, make new friends, and get a great workout. Many charities – Shriners, Habitat for Humanity, Food Banks – involve physical labor. So, not only will you be spending time with generous people and doing something you can feel good about, but you'll be breaking a sweat too.

Ready
to Give
Healthy
Decadence
a Try?

Sweet Potato No-Skins

"No-Skins" incorporate a very strategic use of salt. Season the top of the potato rounds so that when they're flipped, the seasoning will be on the bottom, ensuring that your tongue hits the salt on the potato first! That way, you need less salt overall, and your taste buds will still be satisfied.

16 ounces 1/2"-thick rounds light-skinned sweet potatoes*
1 teaspoon olive oil
1/8 teaspoon sea salt
1/8 teaspoon garlic powder
1/8 teaspoon cayenne, or to taste
2 ounces finely shredded all-natural, low-fat Cheddar cheese (Devin used Cabot's 75% Reduced Fat Sharp Cheddar Cheese)
4 teaspoons all-natural bacon bits (Devin used Wellshire All-Natural Fully Cooked Salt-Cured Bacon Bits)
4 teaspoons finely chopped scallions
2 tablespoons fat-free Greek yogurt (optional)

Preheat the oven to 450°F. Line a baking sheet with nonstick foil.

In a large glass or plastic mixing bowl, toss the potatoes and oil together until the potatoes are well coated.

Place the potato rounds in a single layer on the prepared pan so they do not touch. Sprinkle the salt, garlic powder, and cayenne evenly over the top of the potatoes. Bake them for 10 minutes. Flip them and bake for 7 to 9 minutes longer, or until they are tender inside and starting to brown lightly on the outside.

Push the potato rounds together so that they touch and you can easily top them



in a single, even layer. First place the Cheddar, then the bacon bits, and then the scallions over the rounds. Bake for 2 to 3 minutes, or until the cheese is melted. Serve immediately with 1/2 teaspoon of the yogurt on top of each, if desired.

Makes 4 servings

Per serving: 141 calories, 7 g protein, 21 g carbohydrates (6 g sugar), 3 g fat, 1 g saturated fat, 7 mg cholesterol, 4 g fiber, 283 mg sodium

* You'll need to start with about 1-1/2 pounds of potatoes in order to get 16 ounces of rounds. Try to choose potatoes that are roughly uniform in size. To create the rounds, peel your potatoes and cut both ends off. Then cut them into 1/2"-thick rounds and measure out 16 ounces. If you use dark-skinned sweet potatoes, you may need to increase the cooking time by a minute or two.

S'mores Protein Pudding Pie

If you're not familiar with ricemellow creme, it's very similar to marshmallow creme but a bit less dense, and it's sweetened with natural brown rice syrup instead of corn syrup. Look for it in natural food stores.

2 tablespoons whole grain, crunchy, high-fiber, low-sugar cereal (I used Kashi 7 Whole Grain Nuggets)
2 (4-ounce) cups all-natural, chocolate pudding, preferably agave-sweetened (I used Potter Family Organics Chocolate Pudding)
1 scoop (17 grams) Biggest Loser All Natural Chocolate Deluxe Protein Supplement (or 50 calories worth of other chocolate protein powder)*
4 tablespoons all-natural marshmallow creme (Devin used Suzanne's Ricemellow Creme)

Divide the cereal between two 3 1/2"-diameter (1/2-cup capacity) ramekins.

In a small bowl, stir together the pudding and protein powder until well combined. Spoon half over the cereal in each ramekin. Dollop the top of each with 2 tablespoons of the marshmallow creme.

Serve immediately.

Makes 2 servings

Per serving: 158 calories, 9 g protein, 30 g carbohydrates (14 g sugar), 1 g fat, trace saturated fat, 10 mg cholesterol, 6 g fiber, 146 mg sodium

*If you don't have protein powder, this recipe is just as delicious without it. If you skip it, it just won't have as much fiber or protein.



For more recipes from Devin Alexander, check out "The Biggest Loser" Quick and Easy Cookbook