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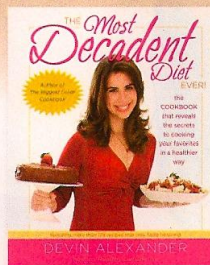
GUIDE TO HEALTHY
SUMMER SKIN

BLAST
BELLY
FAT!



Healthy Decadent Recipes By Devin Alexander

Grill Without the Guilt



Devin Alexander, *New York Times* bestselling author of *The Most Decadent Diet Ever* and *The Biggest Loser Family Cookbook*, has been winning the war with obesity for over 15 years now, having maintained a 55-pound weight loss—she truly ‘walks her talk.’ ‘You don’t have to deprive yourself to be fit and healthy’ is her credo, and her healthy versions of luscious recipes prove just that. She is the host of “Healthy Decadence with Devin Alexander” and has appeared on “The Today Show,” “Good Morning America,” “The View,” “The Biggest Loser,” Fox News’ “The Big Story,” HGTV’s “Smart Solutions,” and Discovery channel’s “National Body Challenge.”

It’s that time again! Time to fire up the grill, hit the pool, head to the beach, or stake out your favorite spot for fireworks, with a juicy burger in hand. Summer is one of my favorite seasons, not just for the weather, but because it means a return to al fresco dining with friends and family. Though a lot of traditional BBQ and picnic fair can be unhealthy, I have a few standby dishes that guests and I love, and no one ever suspects they’re low-fat. I also have a few tips I like to keep in mind when preparing summertime classics like my BBQ Bacon Cheeseburger, Party Chicken Kebabs, and Power Potato Salad. By trying my delicious recipe makeovers and following a few basic tips, you’ll be grilling up a storm without fear of outgrowing your swimsuit before summer’s end!

I think we can all agree that no backyard BBQ is complete without throwing some burgers on the grill. I know a lot of people deprive themselves of beef burgers because ground beef is usually so fatty. I, too, have spent many a BBQ settling for a sad, dried-out turkey burger while I watched with envy as my friends devoured their juicy beef burgers. Then they started selling 96 percent lean ground beef at my local grocery store, and I’ve never looked back! The extra lean beef is low-fat, yet meaty and juicy—perfect for burgers. Just remember, when grilling your burgers,

never EVER smash the patties. Smashing them actually pushes all of those delicious juices out, leaving you with dried-out burgers. Once the meat is cooked to your liking, pile on the light Swiss, center-cut bacon, red onion, and BBQ sauce, and you’ve got yourself one heavenly (and low-fat!) burger.

In addition to the classic beef burger, I like to include a chicken dish on my summertime menu, and my Party Chicken Kebabs are perfect. All you have to do is cube up some boneless, skinless chicken breasts and throw them into a delicious marinade with lots of fresh herbs, garlic, lemon juice, and a touch of extra-virgin olive oil. After marinating, thread the chicken onto skewers, throw them on the grill, and you’re good to go! Once your guests smell the aroma of the chicken hitting the grill, they may have second thoughts about filling up on burgers!

Now that we have the burgers and chicken taken care of, it’s time to complete the ideal summer meal with the perfect side dish. One of my all-time favorites is potato salad, but as someone who’s lost 55 pounds and kept it off for years, I stayed away from the stuff once I started losing weight. I mean, white potatoes coated in globs of mayo? It doesn’t exactly sound conducive to a balanced diet.

While the full-fat mayo is certainly still a no-no for me,

Healthy Decadent Recipes

I've recently learned that white potatoes really have gotten a bad rap over the years. Did you know that a 5-ounce potato has no fat, only 100 calories, and more potassium than a serving of spinach, broccoli, or even a whole medium banana? Potatoes are also an excellent source of vitamin C—One potato provides 45 percent of your daily value of vitamin C. There are also many studies showing potatoes are one of the most filling foods out there, and that they'll keep you fuller longer than other carbs. So it's not the potatoes that are the problem—it's the toppings and preparations we Americans choose.

Knowing all of the health benefits of potatoes, the next step was to create a guilt-free dressing to pour over those delicious spuds. For this recipe, I skip the mayo and use non-fat plain yogurt mixed with tons of flavorful fresh herbs and a touch of Dijon mustard instead. The finished salad is still creamy and delicious, even without the mayo, and it's so flavorful you'll never miss the traditionally fattening version!

With these recipes and tips for recreating classic summertime favorites, you can indulge without regret the next time you pull on your swimsuit. I think your friends and family will be so impressed, these dishes will soon become regulars on your picnic and BBQ menus!

BBQ BACON CHEESEBURGER

Recipe taken from Devin Alexander's *THE MOST DECADENT DIET EVER!*
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www.devinalexander.com



The barbecue bacon cheeseburger is usually a guilty pleasure. Here, I've combined these favorite flavors in a reasonable-sized burger that's even more scrumptious because the ingredients are fresh and guilt-free. Please, though, don't cheat when buying the beef. Some people think that buying 93% lean ground beef isn't that much different from the 96% lean, but it is. Four ounces of the 96% lean has about 150 calories and 4½ grams of fat. Four ounces of the 93% lean has 170 calories and 8 grams of fat. Yes, the 96% lean is more expensive, but you're worth it (plus, in the long term, you'll be saving money on doctor bills)!

4 ounces 96% lean ground beef

Pinch of salt

1½ slices center-cut bacon

1 reduced-calorie hamburger bun

½ ounce light Swiss cheese slivers

1 to 2 tablespoons red onion slivers

2 teaspoons barbecue sauce

Pack the beef tightly together with your hands, and then shape it into a 4-inch-diameter patty on a sheet of wax paper. Sprinkle lightly with salt on both sides, and then place in the freezer for 5 minutes (to help the patty keep its shape).

Preheat grill to high.

Cut the whole bacon strip in half crosswise. Lay the 3 half-strips side by side in a small nonstick skillet over medium heat. Cook, flipping them every couple of minutes, until crispy and well-done, 6 to 8 minutes. Transfer the bacon to a paper towel-lined plate to drain.

Meanwhile, remove the patty from the freezer and place it on the grill. Cook for 1 to 2 minutes per side for medium-rare, or until the desired doneness is reached. Toast the bun halves on an upper grill rack for 30 seconds to 1 minute, watching them carefully. Place the cheese on top of the burger for the last few seconds of cooking so it just begins to melt.

Add the patty to the toasted bun bottom. Lay the bacon strips side by side over the top. Place the onion over that. Spread the barbecue sauce evenly over the inside of the top half of the bun. Place the bun top on the sandwich. Serve immediately.

Can be made in 30 minutes or less. No more than 20 minutes hands-on prep time. Makes 1 burger; 1 serving.

Each Decadent-Disk serving (1 burger) has: 304 calories, 33 grams protein, 23 grams carbohydrates, 10 grams fat, 4 grams saturated fat, 75 mg cholesterol, 3 grams fiber, 752 mg sodium

You save: 180 calories, 22 grams fat, 8 grams saturated fat

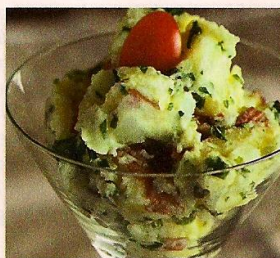
Traditional serving: 484 calories, 29 grams protein, 19 grams carbohydrates, 32 grams fat, 12 grams saturated fat, 99 mg cholesterol, 1 grams fiber, 712 mg sodium ➤

Healthy Decadent Recipes

POWER POTATO SALAD

Recipe courtesy of "Healthy Decadence with Devin Alexander" on FitTV
<http://fittv.discovery.com/tv-schedules/series.html?paid=56.15278.120366.32800.10>

- 2 pounds red potatoes, cut into ¾-inch chunks
- Water
- 1 teaspoon + ¼ teaspoon salt, or more to taste, divided
- ¾ cup fat-free plain yogurt
- 2 teaspoons Dijon mustard (optional)
- 1 tablespoon + 1 teaspoon extra-virgin olive oil
- 2/3 cup finely-chopped whole green onions
- 3 tablespoons finely-chopped flat leaf parsley
- ½ tablespoon finely-chopped fresh tarragon
- Pepper, to taste



Place the potatoes in a large pot. Add enough cold water to exceed the top of the potatoes by 2 inches. Place the pot over high heat and add one teaspoon of the salt. Bring the water to a boil and cook them uncovered until they are just tender through, approximately 20-25 minutes. Drain the

potatoes in a colander and allow them to cool.

Meanwhile, in a small bowl, whisk together the yogurt and mustard. Slowly whisk in the olive oil. Add the onions, parsley, tarragon and the remaining ¼ teaspoon salt and stir them until combined. Transfer the potatoes to a large bowl and pour the dressing over them. Mix them well with a wooden spoon, breaking some of the potatoes, so that some of them are a bit mashed and the ingredients are well-combined. Season to taste with additional salt and pepper. Refrigerate for at least one hour or up to one day. Makes 6 servings.

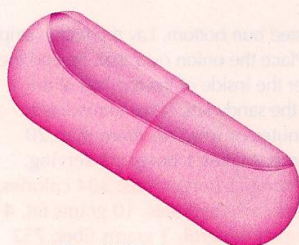
Each serving (about 1 scant cup) has: 157 calories, 4 grams protein, 28 grams carbohydrates, 3 g fat, trace saturated fat, <1 mg cholesterol, 3 grams fiber, 267 mg sodium

You save: 282 calories, 30 grams fat, 5 grams saturated fat

Traditional Potato Salad has: 439 calories, 9 grams protein, 27 grams carbohydrates, 33 grams fat, 6 grams saturated fat, 287 mg cholesterol, 4 grams fiber, 833 mg sodium

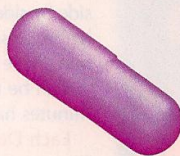
Devin says: I always slightly mash some of the potatoes in my potato salads to give it a creamier texture, thus requiring less mayonnaise. Larger chunks of whole potatoes seem drier and require more added fat and calories to be added for a similar result.

ALL-DAY



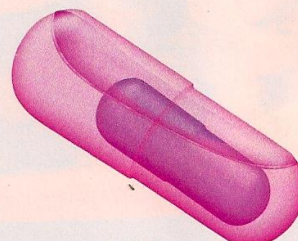
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Healthy Decadent Recipes

PARTY CHICKEN KEBABS

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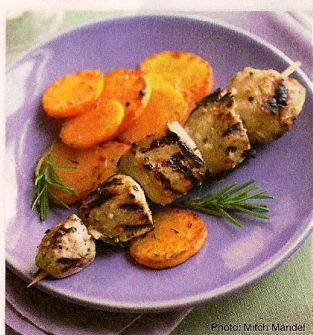


Photo: Mimi Mandel

Every year, I go out on my friend Chris's boat for the Fourth of July. He always says that he'll supply the boat if I supply the food and the cute girls. No problem: it's not like there's ever a shortage of cute girls in L.A., or a shortage of food around me. I pack up tons of healthy appetizers and picnic-type

foods along with these Mediterranean-inspired kebabs. Though we're far from the Mediterranean in California, it never hurts to eat food so good that you feel like you're in the Greek Isles.

¼ cup freshly-squeezed lemon juice
3½ tablespoons freshly-minced garlic
2 tablespoons extra-virgin olive oil
2 tablespoons finely-chopped fresh rosemary
1½ teaspoons finely-chopped fresh sage
1½ tablespoons honey
1½ teaspoons coarsely-ground black pepper
¾ teaspoon salt
1 pound trimmed, boneless, skinless chicken breasts, cut into 1½" cubes

In a small bowl, whisk together the lemon juice, garlic, olive oil, rosemary, sage, honey, pepper, and salt. Place the chicken in a re-sealable plastic container, add the marinade, and toss. Cover and marinate in the refrigerator for at least 6 hours or overnight, turning the chicken at least once.

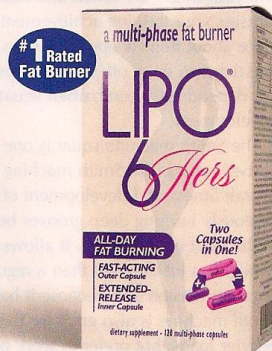
Preheat grill to high. Soak 4 wooden skewers in water for at least 30 minutes (or have metal skewers ready).

Thread the chicken cubes onto the 4 skewers. Place the kebabs on the grill and reduce the heat to low. Grill for 2 minutes and rotate a quarter-turn. Continue to grill, turning, for 1 to 2 minutes per side, or until the chicken is no longer pink inside and juices run clear. Makes 4 servings.

Each serving has: 160 calories, 26 grams protein, 4 grams carbohydrates, 4 grams fat (less than 1 grams saturated), 66 mg cholesterol, trace fiber, 220 mg sodium

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