

Mandy lost 168 lbs & 10 sizes!

CARB-CYCLING TURBO DIET!

Force your body to burn fat faster!
Lose 42 lbs in 8 weeks!

We recently learned that a certain diet center has been keeping a doozy of a secret from us. For many months now, they've been slipping clients a special two-day menu plan that's so powerful it accelerates by-the-book weight loss to the tune of 300%. Wow. "We've had clients lose up to 40 pounds in eight weeks," reveals Jennifer Simmons, R.D., head of nutrition for L A Weight Loss. "And thirty pounds in eight weeks is average." Want to know more? Fortunately, a little arm twisting got Simmons' team to re-

BASIC fat-burning menus



Breakfast (choose one daily)

- | | |
|-------------------------------|--------------------------|
| 2 tsp. peanut butter, 1 slice | 1 stick string cheese |
| lite whole-wheat bread | 3/4 cup pineapple |
| 1 cup berries | 1 cup fat-free milk |
| 1 cup lite yogurt | 1/2 cup All-Brain cereal |
| 1 egg | |
| 1 cup fruit | |
| 1 cup fat-free milk | |
| 1/2 cup oatmeal | |

Tip!

Two egg whites or one slice of deli meat each count as one ounce of protein.

Fat-burning acceleration menu

Use this menu for two consecutive days per week. On each "acceleration day" enjoy:

- 2 protein bars (at least 8 grams protein and up to 180 calories each, such as a Luna Bar)
- 1 whole cantaloupe
- 6 oz. lean protein, such as chicken, fish, beef or eggs
- Unlimited veggies
- Unlimited very low-cal extras, such as vinegar and spices
- Unlimited water; other zero-calorie beverages in moderation

Acceleration day sample meals

Breakfast

- 1/2 cantaloupe
- 3 egg whites
- Coffee with sugar substitute



Snack

- Protein bar

Lunch

- 2 oz. grilled chicken
- 3 cups romaine lettuce
- 1/2 cup sliced green peppers

Snack

- Protein bar

Dinner

- 2 oz. sirloin steak
- 1 cup steamed broccoli
- 1 cup snow peas



Snack

- 1/2 cantaloupe

Lead photos: Charles Bush.
Hair: Eric Sebbag/Cloutier.
Makeup: Patti Ramsey/Cloutier.
Other photos: Alamy.
Food Pix/Jupiter Images (2);
courtesy of L A Weight Loss;
Michael Tracy/HBB (6).
Food Stylist: Joyce Sangirandi.
For more information and
resources, go to www.drmelina.com or www.vagnini.com.