

COVER STORY



## Slim down à la Oprah with this meal plan from

### DAY 1

**BREAKFAST: PROTEIN SHAKE**  
Choose any shake recipe from above



**LUNCH:**  
One cup steamed veggies (like asparagus), 3 to 4 ounces of sliced turkey and an apple

**DINNER:**  
Up to 8 pieces of sushi or sashimi (just stay away from anything with "tempura" in the name!)



### DAY 2



**BREAKFAST:**  
One cup steel-cut oatmeal with mixed nuts and berries, and just a touch of maple syrup

**LUNCH: PROTEIN SHAKE**



**DINNER:**  
Six individual shrimp served on a bed of mixed greens — and one peach, for something sweet!

### DAY 3

**BREAKFAST:**  
Three cooked egg whites with assorted mixed veggies



**LUNCH:**  
Poached salmon (one 4- to 6-oz. serving) on a bed of mixed greens

**DINNER: PROTEIN SHAKE**

## celeb nutritionist Oz Garcia

### DAY 4

**BREAKFAST: PROTEIN SHAKE**

**LUNCH:**  
One 4- to 6-oz. serving of grilled chicken breast over Caesar salad (make sure the dressing is reduced-fat!)



**DINNER:**  
Salad Nicoise with seared tuna (4 to 6 oz.) over lettuce — for even more protein, add a sliced hard-boiled egg

### DAY 5

**BREAKFAST:**  
Half a grapefruit and 1 cup high-fiber multigrain cereal with 1 cup skim milk



**LUNCH: PROTEIN SHAKE**



**DINNER:**  
Grilled chicken breast (4 to 6 oz.) with 1 cup roasted vegetables

make it at home: three delicious shake options

**Java Boost**  
143 calories

**Ingredients:**  
8 oz. strong brewed coffee, 2 oz. skim milk, 5 ice cubes, 1 scoop of packet chocolate-flavored protein powder (davidkirsch.com)

**Directions:**  
Blend for 45 seconds. Serve immediately.

**Berry Blast**  
232 calories

**Ingredients:**  
8 oz. mineral water, 5 ice cubes, 1/2 cup blueberries and/or raspberries, fresh or frozen, 1 scoop of packet protein powder (davidkirsch.com)

**Directions:**  
Blend for 45 seconds. Serve immediately.

**The Classic**  
220 calories

**Ingredients:**  
10 oz. mineral water, 5 ice cubes, 1/2 cup strawberries, fresh or frozen, 1 scoop protein powder or packet vanilla protein powder (davidkirsch.com)

**Directions:**  
Blend for 45 seconds. Serve immediately.

*yummy shakes!*

# no-starve diet

**She lost 10 pounds in three weeks — just in time for the biggest night of her life! Oprah shares her amazing slim-down secret. Plus, a clip-and-save menu plan to try at home!**

**T**en pounds in three weeks? Leave it to the world's most famous dieter! Oprah Winfrey's latest weight-loss goal was to knock 'em dead at the Dec. 1 debut of the Broadway musical *The Color Purple*. (O, 51, starred in the 1985 movie version and is producing the stage show.) "I'm fighting 10 pounds now, which I want off [by then]," the star announced in November. She set Broadway abuzz on opening night by proving she'd done it!

## Shake it up

Of course, the self-proclaimed foodie did have to make a few adjustments to get that new figure. In place of high-calorie splurges, Oprah turned to protein shakes. "I'll have a shake in the

afternoon rather than a piece of cake, which is what I really want!" says the star, who added fruits like blueberries to make her blends more appetizing. (Still, she wasn't totally sold: Says Oprah, "I keep telling myself crushed ice and soy is a food group!")

## Why the plan worked

"There are so many benefits to meal-replacement shakes," nutritionist **Oz Garcia** tells *Life & Style* of O's diet. Whey, the pure form of protein used in the powders for the shakes, works by triggering an enzyme that tells the brain the stomach is full. It also stabilizes blood sugar and increases lean muscle mass. **Garcia** says the shakes — usually 180 to 300 calories each, depending on

the ingredients — are so healthy, he recommends them even for clients who *aren't* dieting!

To put the shake plan into action the way Oprah did, **Garcia** suggests drinking one a day in place of a regular meal and eating normally (but healthfully) for the other two meals. Expect to lose three to five pounds in the first week — and up to 20 pounds in a month! Now *that's* worth drinking to.



## Wow! Oprah looks amazing!



Oprah didn't even need to wear black to look slim on Nov. 21!



Ta-da! O showed off her bod at the Dec. 1 debut of *The Color Purple* in NYC.



The lady in red turned heads at the Kennedy Center Honors on Dec. 4.

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