

DIETS THAT WORK

Jenna's Slimdown Solution Shake Off Fat — Stat!

Hollywood's food tribes can't seem to agree on the best diet: Paleo? Gluten-free? Something else? But there's one fat-torching secret A-listers unite on: the potent little green smoothie! Heidi Klum and Sandra Bullock credit their morning greens with keeping them slim. Beyoncé got in killer shape drinking her trainer's cocktail of spinach, banana, almond butter and rice milk. And new mom Jenna Dewan-Tatum tells *Life & Style*, "One of my best diet tricks is having a green smoothie in the morning instead of a big breakfast." The *Witches of East End* actress, 33, who quickly bounced back after daughter Everly's birth last year, whips up a daily blend of romaine, celery, spinach and fruit. "You get tons of vitamins, minerals and fiber at the beginning of the day instead of loading up with carbs," she raves. "It gives me more energy!"

SIP AWAY

It turns out that green smoothies fast-track weight loss on many levels. "They have a

high water content for hydration and are filled with green leafy veggies, which you can eat in abundance and still not gain weight," explains J.J. Smith, author of *10-Day Green Smoothie Cleanse*. "The high fiber content is filling and reduces cravings." Fiber also slows the passage of food through the stomach and keeps sugars from entering the bloodstream too quickly, regulating insulin and slowing the digestion of carbs, adds Smith, who favors blending over juicing. On her 10-day cleanse (see below), Smith suggests 12- to 16-ounce smoothies with a 6-4 ratio of fruit to veggies and made with darker leafy greens such as kale, spinach and chard, which are the most nutrient-rich. To amp up the potency, add pea protein, which "can help you lose water weight faster," says Smith. Navitas Naturals Superfood blend (hemp, cacao and maca) is another great option. Bottom line, notes Jenna: "When you eat things that are nutritious, you don't have to work so hard to stay in shape." Fire up the blender! **LS**

ON THE MENU

THE 411

Green smoothies are high in nutrients, fiber and water: a low-cal way to fill up and cut cravings. Plus, studies show that people who drink meal replacements stick to their diets and keep weight off longer.

GETTING SLIM

Replace at least two meals a day with a green smoothie. Avoid sugar, meat, milk, cheese, alcohol, coffee, soda, diet soda, refined carbs and processed or fried foods, suggests Smith.

KEEP ON LOSING

After 10 days, continue one to two smoothie meals a day. At other meals, have 4 oz. lean protein, lots of veggies and a bit of healthy fat. Add a few healthy carbs, cutting back if weight loss slows.

QUICK-SLIM GREEN SMOOTHIES: LOSE 10 LBS. IN 10 DAYS

Eat This

Breakfast

Berry Green Smoothie (1 cup spinach, 2/3 cup water, 1/3 apple, 1/3 cup mango, 1/3 cup strawberries, 3 grapes, 2/3 tbsp. flaxseed) (140 cal.)



Lunch

Apple Berry Smoothie (1 cup greens and spinach, 2/3 cup water, 1/2 cup blueberries, 1/3 banana, 1/3 apple, 2/3 tbsp. flaxseed) (167 cal.)



Dinner

4 oz. grilled fresh, wild-caught salmon, 1/2 cup sautéed spinach with squeeze of lemon, 1 baked medium sweet potato (351 cal.)



Snack

A.M.: 2 sliced, cage-free hard-boiled eggs (155 cal.)
P.M.: 2 stalks organic celery with 1 tbsp. unsweetened peanut butter (90 cal.)



Why It Works

Fat-fighting spinach has just 7 calories a cup but is packed with nutrients and vitamin C, which speeds weight loss.

"One drink has more nutrients than many people get in a week," notes Smith, who provided this plan.

Clean protein triggers the growth of lean, metabolism-boosting muscle.

Protein or veggie-heavy snacks fill you up, not out. Nut butters are rich in mood-boosting nutrients.

Other Options

- Add 1 scoop pea protein powder (120 cal.)
- Apple Berry Smoothie (see lunch) (167 cal.)

- Add 1 scoop pea protein powder (120 cal.)
- Berry Green Smoothie (see breakfast) (140 cal.)

- 4 oz. chicken, 1 cup salad, 1 tbsp. dressing (209 cal.)
- 6 oz. halibut, 1 cup stir-fry veggies (309 cal.)

- Sliced cucumber in cider vinegar (55 cal.)
- 1/2 apple, 1 tbsp. sugar-free peanut butter (156 cal.)



Blender Babe

Eleven months after giving birth to daughter Everly, Jenna looked fit and fab on May 8. Her top diet trick? "I always have a green smoothie for breakfast," she tells *Life & Style*.

TUNE IN Season two of *Witches of East End* premieres July 6 at 9 p.m. on Lifetime

THINNER... BY DINNER!

SHRINK TWO SIZES

Can a slimming fabric of nylon and spandex really make you look two sizes smaller? That's what Skinny Tees founder Linda Schlesinger claims of her waist-whittling basic tank tops. Available in dozens of colors — and cut to a flattering mid-hip length — these little miracle workers have found their way into the closets of Britney Spears and Nicky Hilton!



Skinny Tees Basic Tank, \$32, skinnytees.com

Minka Kelly

Star Swap



Swap French Onion Dip for Salsa

Half a cup of French onion dip has 252 calories. A better bet? Spicy salsa for only 38 calories. Bonus: The capsaicin in hot peppers is a proven fat burner.

CLOCKWISE FROM TOP LEFT: GETTY/HBB; GETTY (2); R/R; GETTY (3); R/R