

WIN A \$25,000 GIRLFRIENDS' GETAWAY

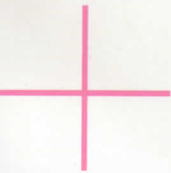
# MORE

## REINVENT YOUR ENERGY!

USE FOOD  
TO FIGHT STRESS

SLEEP WELL  
AGAIN

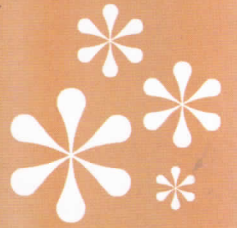
WAKE UP—  
WITHOUT  
CAFFEINE



## IS YOUR CLOSET TOO OLD?

WHAT TO DITCH,  
KEEP, RESTYLE—NOW!

## BEAUTY SOLUTIONS FOR THE SUPER BUSY



## MARISKA HARGITAY

"MY LIFE  
BEGAN  
AT 30 AND  
TOOK  
OFF AT 40"

HOW TO PAY  
FOR IT ALL  
SMART CHOICES FOR  
LIMITED MONEY

"I DIDN'T  
KNOW I HAD  
IT IN ME"  
REAL WOMEN,  
BIG TRIUMPHS

HOW TO HAVE  
A LIFE AND  
A JOB IN A  
STINK BOMB  
ECONOMY

NOVEMBER 2011  
DISPLAY UNTIL NOVEMBER 22



\$4.00 MORE.COM

**3-DAY DE-STRESS DIET**

BY DAWN JACKSON BLATNER, RD, CSSD INGREDIENTS IN **BOLD** TYPE HAVE ANTI-STRESS PROPERTIES.

Key: Breakfast // ♥ Lunch // + Afternoon Snack // \* Dinner // ★ Evening Snack // \*

»» DAY ONE	»» DAY TWO	»» DAY THREE
<p>♥ <b>Muesli with Pear &amp; Candied Ginger Compote</b> <i>In a bowl combine</i> 1/2 cup <b>rolled oats</b> with 1/2 cup <b>2% milk</b>. Let sit in fridge 15 minutes or overnight. <i>Mix</i> 1 finely chopped <b>pear</b>, 2 tablespoons finely chopped <b>candied ginger</b> &amp; 1 tablespoon <b>ground flaxseed</b>. Top oat mixture with pear mixture.</p>	<p>♥ <b>Banana French Toast</b> <i>Whisk</i> 1 <b>egg</b>, 2 tablespoons <b>2% milk</b> &amp; 1 teaspoon <b>cinnamon</b>. <i>Dip</i> 1 slice <b>sprouted whole grain bread</b> into egg mixture; cook in hot skillet brushed with canola oil for 4 minutes each side, until golden. <i>Top with</i> 1 chopped <b>banana</b>, 1 tablespoon <b>ground flaxseed</b> &amp; 2 teaspoons <b>raw honey</b>.</p>	<p>♥ <b>Yogurt-Pomegranate Smoothie</b> <i>In blender, puree</i> 6 ounces <b>pomegranate juice</b>, 6 ounces <b>plain low-fat Greek yogurt</b>, 1 small <b>banana</b>, 1 tablespoon <b>ground flaxseed</b>, 2 teaspoons <b>raw honey</b> &amp; 1/2 cup <b>ice</b>.</p>
<p>+ <b>Pesto Chicken Quinoa Bowl</b> <i>Combine</i> 3/4 cup <b>cooked quinoa</b>, 1 teaspoon prepared <b>pesto</b>, 2 ounces <b>skinless rotisserie chicken</b>, 2 cups chopped <b>baby spinach</b> &amp; 1 cup halved <b>cherry tomatoes</b>. <i>Serve with</i> 8 ounces <b>sparkling water</b> mixed with 4 ounces <b>pomegranate juice</b> &amp; a squeeze of fresh <b>lime</b>.</p>	<p>+ <b>Brown Rice &amp; Chicken Bowl</b> <i>Layer</i> 2 cups shredded <b>romaine lettuce</b>, 1/2 cup <b>cooked brown rice</b>, 1/2 cup <b>canned black beans</b> &amp; 2 ounces <b>skinless rotisserie chicken</b>. <i>Top with</i> 2 tablespoons each: <b>salsa</b>, shredded <b>2% cheddar cheese</b> &amp; prepared <b>guacamole</b>.</p>	<p>+ <b>Waldorf-Tuna Salad Sandwich</b> <i>Combine</i> 3 ounces <b>canned tuna</b> (drained) with 2 teaspoons <b>olive oil mayonnaise</b> &amp; 2 tablespoons each: finely chopped <b>celery</b>, finely chopped <b>grapes</b>, finely chopped <b>walnuts</b>. <i>Serve on</i> 2 slices <b>sprouted whole grain bread</b> with 2 leaves <b>romaine lettuce</b>.</p>
<p>* <b>Tea with Apricots &amp; Nuts</b> <i>Serve</i> 40 <b>pistachios</b> &amp; 3 <b>dried apricots</b> with 8 ounces <b>green, black or ginseng tea</b>.</p>	<p>* <b>Tea with Dark Chocolate</b> <i>Serve</i> 1 ounce <b>dark chocolate</b> with 8 ounces <b>green, black or ginseng tea</b>.</p>	<p>* <b>Tea with Trail-Mix Popcorn</b> <i>Toss</i> 3 cups <b>air-popped popcorn</b> with 1 teaspoon each: <b>pumpkin seeds</b>, <b>raisins</b>, <b>dried cranberries</b> &amp; <b>chopped cashews</b>. <i>Serve with</i> 8 ounces <b>green, black or ginseng tea</b>.</p>
<p>★ <b>Salmon with Parmesan Pasta &amp; Garlic Greens</b> <i>Season</i> 4 ounces <b>salmon</b> with sea salt &amp; black pepper &amp; broil for 8 to 10 minutes, until internal temperature is 140°. <i>Toss</i> 1/2 cup <b>cooked whole grain pasta</b> with 1 tablespoon shredded <b>Parmesan cheese</b> &amp; 1 tablespoon finely chopped <b>sun-dried tomatoes</b>. <i>Sauté</i> 2 cups chopped <b>kale</b> with 1 teaspoon <b>olive oil</b>, 1 clove minced <b>garlic</b> &amp; 1/8 teaspoon crushed <b>red pepper flakes</b> for 6 minutes, until crisp-tender. <i>Serve</i> salmon with pasta &amp; greens.</p>	<p>★ <b>Caramelized Onion Pizza</b> <i>Sauté</i> 1 cup sliced <b>onion</b> in 1 teaspoon <b>olive oil</b> &amp; 1/2 teaspoon <b>dried rosemary</b> for 8 minutes, until caramelized. <i>Place on top of</i> 1 <b>whole grain pita</b> &amp; sprinkle with 2 tablespoons shredded <b>Parmesan cheese</b>. Broil for 8 minutes, until golden. <i>Serve with</i> 2 cups <b>spring salad mix</b> <i>Tossed with</i> 1 teaspoon <b>flaxseed oil</b>, 1 teaspoon <b>red wine vinegar</b>, &amp; sea salt &amp; black pepper to taste.</p>	<p>★ <b>Steak Salad with Curry Ketchup</b> <i>Cut</i> 1 small <b>sweet potato</b> into french fry shapes. Toss with 1 teaspoon <b>olive oil</b> &amp; sea salt &amp; black pepper to taste. Bake at 425° for 30 minutes, turning once. <i>Mix</i> 1 tablespoon <b>ketchup</b> &amp; 1/2 teaspoon <b>curry powder</b>. Top 3 cups <b>spring salad mix</b> with 2 1/2 ounces sliced <b>grilled steak</b>, 2 teaspoons <b>crumbled blue cheese</b> &amp; 2 teaspoons <b>balsamic vinaigrette</b>. <i>Serve</i> steak salad with fries &amp; ketchup.</p>
<p>* <b>Dark Chocolate-Berry Parfait</b> <i>Top</i> 1/2 cup fresh <b>blueberries</b> with 2 tablespoons <b>plain low-fat Greek yogurt</b> &amp; 1/2 ounce shaved <b>dark chocolate</b>. <i>Serve with</i> 8 ounces <b>chamomile tea</b>.</p>	<p>* <b>Baked Apple &amp; Walnuts</b> <i>Chop</i> 1 <b>apple</b> &amp; microwave for 3 minutes until tender; stir in 1/2 teaspoon <b>cinnamon</b>. Top with 1 tablespoon <b>plain low-fat Greek yogurt</b>, 1 tablespoon <b>chopped walnuts</b> &amp; 1 teaspoon <b>100% maple syrup</b>. <i>Serve with</i> 8 ounces <b>chamomile tea</b>.</p>	<p>* <b>Chocolate-Dipped Strawberries</b> <i>Melt</i> 1/2 ounce <b>dark chocolate</b>. Dip 4 large <b>strawberries</b> into chocolate, set on wax paper-lined baking sheet &amp; sprinkle on 1 tablespoon <b>crushed pistachios</b>. Refrigerate for 5 minutes, until set. <i>Serve with</i> 8 ounces <b>chamomile, valerian or lemon balm tea</b>.</p>