

MARCH 20,
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Life @ Style



Her Story **KELLY BETRAYED**

She fights back after friends turn against her and work drama explodes. With husband Mark by her side, Kelly is in the battle of her life

Jealousy & Taunts
**ANGELINA'S
SECRET WAR
WITH AMAL**

Bachelor Exclusive
**NICK & FIANCÉE:
TROUBLE ALREADY!**

Charmed Tell-All
**DRAMA & A SECRET
PREGNANCY**

Cool Kicks!
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DIETS THAT WORK

How Demi Lovato Lost 30 Pounds: The Body Positive Diet

Child star-turned-pop star Demi Lovato has had more than her share of struggles to deal with, including bulimia, bipolar disorder and substance abuse. Fortunately, Demi, now 24, is looking healthier than ever these days and seems to have achieved a new level of self-acceptance. While embracing sobriety and a fitter lifestyle, Demi lost 30 pounds and became an advocate for the body positivity movement. She created a structured meal plan — cooking at home more often, avoiding late-night meals and ditching the restrictive dieting mentality. She also exercises six days a week. The result: a newfound body confidence for the singer, who just happens to have recently received her first Grammy nomination for her album *Confident*.

STRUCTURALLY SOUND

While she didn't work with Demi, Dawn Jackson Blatner, a registered dietitian

and nutritionist in Chicago, sums up Demi's success this way: "For her, hard work led to results. She harnessed the power of repetition and started eating in a structured, routinized way, with four meals a day, to keep her cravings at bay. This also helped her with portion control." Meanwhile, cooking more at home and dining out less frequently gave Demi more control over what's in her meals. "She also changed the type and timing of her carbs," Blatner notes. "She'd have good-quality whole grains in the morning and the afternoon, then in the evening when she's less active, she'd have just protein and veggies." Best of all, Demi included foods she genuinely likes and workouts she enjoys, which makes her approach sustainable. "Most people change everything and suffer through their workouts and diet food," Blatner says. "Demi had balanced meals that are physically and mentally satisfying, and she made the process fun." **LS**



Before: Battling Bad Habits

Rising to fame as a child star, Demi gained weight and had a lot of hurdles to overcome. "I was...so tired of over-eating and not knowing why I did it," she says.



Now: Slim and Self-Assured!

"I exercise six days a week with a day of rest," Demi explains. "It sounds like a lot, but it really helps my mood — I feel great when I work out."

SLIM DOWN WITH YOUR FAVE FOODS (ON 1,400-1,500 CALORIES A DAY)*

Eat This	Breakfast	Lunch	Dinner	Snack
	½ cup oats, ¾ cup almond or hemp milk, nutmeg; soak overnight in fridge. Add pecans, raisins; eat cold or reheat (380 cal.)	2 cups romaine with 1 cup bell pepper, ½ cup black beans, ½ cup quinoa, avocado, pico de gallo (420 cal.)	6 oz. broiled salmon with barbecue sauce; 3 cups mashed cauliflower florets; 2 cups kale (390 cal.)	A.M.: 1 banana, pumpkin seeds (125 cal.) P.M.: 10 cherry tomatoes, 1 stick string cheese (110 cal.)
Why It Works	The beta glucan fiber in oats will stabilize your hunger hormones, expert Dawn Jackson Blatner says.	The legumes' plant protein and fiber provide "cravings-busting staying power," Blatner says.	Omega-3 fatty acids in fish and fiber-rich cruciferous veggies satisfy hunger and reduce inflammation.	The produce-protein combo energizes and hydrates to bridge the gap until your next meal, Blatner says.
Other Options	Top 2 cups baby spinach with 2 eggs scrambled in 1 tsp. EVOO, ½ cup quinoa, ⅓ avocado, 1 green onion, juice of ½ lemon, sea salt, black pepper (410 cal.)	½ cup cooked quinoa, topped with 1½ cups chopped steamed broccoli florets, ½ cup no-added-sugar marinara sauce, 4 lentil meatballs (410 cal.)	Fish tacos with crunchy cabbage slaw: Place 4 oz. broiled tilapia and slaw in 3 warm, sprouted corn tortillas with ¼ sliced avocado (410 cal.)	• 1 medium orange, accompanied by 20 pistachios (150 cal.) • ½ cucumber (sliced), along with 1 hard-boiled egg (125 cal.)

* For more info and recipes, check out *The Superfood Swap: The 4-Week Plan to Eat What You Crave Without the C.R.A.P.* by Dawn Jackson Blatner, R.D.N. (Houghton Mifflin Harcourt, 2017).

A WINNING MENTALITY

PRACTICE BODY LOVE

While you're trying to slim down, make an effort to trade body shame for body love, advises dietician Dawn Jackson Blatner. "Most people start diets with a negative body image. Instead of doing it because you hate your body, it's better to do it because you love your body and want to treat it right." Here are four ways to cultivate body love:

SILENCE THE NEGATIVITY

When bad body-related thoughts come to mind, rally to its defense with kinder ones. Embracing a positive mantra (like "My body is strong") can also help improve your body image.

GIVE THANKS Make a list of things you're grateful to your body for — being able to dance, walk long distances, hug your children, etc. — and add to it regularly.

BABY YOUR BOD Pamper your body regularly, perhaps by treating yourself to a massage, giving yourself a manicure or applying a luxurious moisturizer. Show your body some love, and you'll instill pride of ownership in it.

REHEARSE Practice acting as if you already love and feel comfortable in your body. Stand tall, with your head high, your shoulders relaxed and a smile on your face, then walk or strut as if you have body pride now.



CLOCKWISE FROM TOP-RIGHT: GETTY (2); MALIBURUM; CANADA DRY; GETTY (3); ALAMY; GETTY (2)

Star Swap



Swap 12 oz. of store-bought ginger ale for homemade ginger ale



Save 60 calories and get the anti-inflammatory effects of real ginger: Mix 1½ tbsp. hot water, 3 tsp. honey, 1½ tsp. grated ginger, 1½ cups club soda; serve over ice.