

SHAPEUP!

NEW! ON THE SHELF

→ Fever-Tree Naturally Light Premium Ginger Beer (£1.65 per 500ml bottle). (V)

This fizzy drink has 42 per cent fewer calories than their original ginger beer and contains only spring water, ginger extract, fructose, natural flavour and vitamin C.

● Available at Waitrose.



Jessica's diet secrets

How the actress keeps fit and trim

Jessica Alba is proof that regular workouts pay off! Jessica has trained with US-based Ramona Braganza for 10 years, and exercises every day to keep her size 8 figure toned. "We do abs training every day, and some yoga as this really works core muscles," says Ramona. "It's important to keep your workouts interesting and consistent. Freshen things up by trying new classes, like kick-boxing or dancing." To help Jessica, 29, stay svelte, Ramona recommends healthy snacks for the actress, who's mum to Honor Marie, two. "I suggest foods that keep you full for longer, like carrots and houmous, yoghurt or fruit. Definitely not crisps," she says.

SLIMLINE SUPPERS

UNDER 450 CALS!

Choose a ready meal if time is tight, or make our healthy option



BUY IT

Tesco Italian Chicken & Mushroom Risotto (serves 1) £2.30 per 400g pack
440 cals per pack

This ready meal contains creamy arborio rice mixed with chicken, mushrooms, onions, double cream, white wine and Grana Padano cheese. Just serve with salad.

TOP TIP! Ditching 1tbsp of oil from your diet every day could help you lose over 10lbs in a year!



MAKE IT

Grilled vegetable stack* (serves 4) (V)
282 cals per serving

Slice 1 aubergine, 2 courgettes, 1 red pepper, 1 onion; remove stems from 4 flat mushrooms. Spritz with olive oil and griddle until soft. Mix 600g low-fat ricotta cheese with 2 sliced garlic cloves, ½ cup basil and 2tbsp chopped chives. Plate up the aubergine and top with cheese mix and rest of veg. Drizzle with balsamic vinegar.

QUICK POTATO AND FISH SALAD

Serves: two
Prep time: 5 minutes
Cook time: 10 minutes



Ingredients:

400g new potatoes, halved;
125g fish (eg poached or smoked salmon, hot smoked trout fillets);
50g pitted black olives; 100g tzatziki; 1 romaine lettuce heart, thickly sliced

Instructions: Boil the potatoes for 8-10 minutes until tender, drain and cool. Mix together the fish, olives, tzatziki and potatoes. Place the lettuce on a plate, top with the fish and potato mix and serve.

FOR MORE QUICK AND EASY RECIPES PLEASE VISIT
WWW.LOVEPOTATOES.CO.UK



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THIS WEEK ON CLOSERDIETS.COM

If you're panicking about wearing a bikini, join Closer Diets. Our experts have devised a last-minute Body Blitz diet that will help you look fab, just like size 10 Kelly Brook. Healthy and delicious, this meal plan will help you zap fat and tone up, while still enjoying your favourite food. Join before 31 July, and you can get a Graze snack box (a mail-order box of healthy snacks) for free and a second box for half price (normal price £2.99 per day). Plus you could win a luxury beach bag filled with holiday essentials sponsored by Energizer.**



Look fab in your bikini like Kelly

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