

Suzanne's fears for Corey >>

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SPAIN €2.50 - GREECE €2.50 - CANADA \$

# WOMAN

NEW SIZE!

## BELLY BLITZ

The easy way to lose a stone in 3 weeks!

'Surgery helped me escape my abusive dad!'



## NAT'S BEACH BOOTCAMP

Shrinking star leaves boyfriend out in the cold

HOOKED ON EXERCISE

NO TIME FOR LOVE?

## OUR LOVE PACT!

Why Denise and Leo are ready to say 'I do'

## APPRENTICE INSIDER!

Scheming girls step up their feud!



# Spring Clean

✓ Boost your energy

✓ Lose a stone in 3 weeks

Stock up with plenty of fresh fruit

**S**ome people think New Year is the best time for resolutions – but who wants to be eating healthier and getting more active when everything is so grey and grey? Spring, on

the other hand, is all about new beginnings – and hopefully better weather – so it's perfect time for a fresh start. This eating plan is based around the following rules:

## Balance

The breakfast smoothie and salad lunch recipes in the plan balance proteins and carbs in a way which helps to promote weight loss and boost energy. Go easy on carbs in the evening as it's harder to burn off these calories.

## Spring detox

Cutting back on tea, coffee, alcohol and sugar are all important factors for allowing your Spring Clean Diet to work efficiently. These all add to your toxic load and work against your metabolism. If you're following the plan for three weeks, try to aim for no more than two cups of tea or coffee a day, two glasses of wine a week and two sugary treats a week.

## Go raw

Swap heavy winter carbs for fresh raw fruit and veg. These foods are packed full of enzymes and phytonutrients to recharge your body with renewed vitality. By having a salad for lunch instead of a sandwich you'll be less likely to suffer afternoon energy dips. Fresh salads are easy to digest and full of soluble fibre which balances blood sugar, reducing cravings and giving you even energy levels for the rest of the day.

## Snack sensibly

Stick to natural foods that boost the metabolism and help you to stay full. Apples, pears and plums are high in pectin, a soluble fibre for ideal blood sugar balance. Small handfuls of nuts and seeds provide good fats and magnesium for the metabolism.

## Go organic

Feelings of sluggishness, puffiness, bloating, headaches and weight gain can often occur as a result of excess toxicity. One way to re-energise and lose weight is to eat more organic foods. We know they can be pricey but you don't have to go totally organic to get results – make a list by adding a few organic fruit and vegetables to your shopping list.



# your diet

It's the perfect time of year to make a change...

## The Spring Energy Breakfast

Breakfast each morning couldn't be quicker or simpler. Blend all the ingredients of the Spring Smoothie recipe below and each morning add a Spring Power Fruit as detailed in the menu plan below.

- Daily Spring Power Fruit
- 1tbsp natural bio yogurt
- 150ml semi-skimmed milk
- 150ml fruit juice
- 1tbsp oats

















## The Spring Slimming Salad

Save time and prepare enough salad for three lunches, then just add one of the raw Power Vegetables at lunchtime.

- Daily Power Vegetable
- 2 handfuls mixed salad leaves
- 1 tomato, sliced
- ¼ cucumber, sliced
- 1 stick celery, sliced
- 50g fish, chicken, turkey or 3 slices ham
- or 2 tbsp cottage cheese or 2 boiled eggs
- 1tbsp low-cal vinaigrette



	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST	Spring Smoothie with <b>Power Fruit: Blueberries</b> 	Spring Smoothie with <b>Power Fruit: Pomegranate</b> 	Spring Smoothie with <b>Power Fruit: Strawberries</b> 	Spring Smoothie with <b>Power Fruit: Kiwi</b> 	Spring Smoothie with <b>Power Fruit: Watermelon</b> 	Spring Smoothie with <b>Power Fruit: Raspberries</b> 	Spring Smoothie with <b>Power Fruit: Cherries</b> 
SNACK	Sunflower seeds	Almonds	Walnuts	Pumpkin seeds	Brazil nuts	Hazelnuts	Sunflower seeds
LUNCH	Spring Salad with <b>Power Vegetable: Watercress</b> 	Spring Salad with <b>Power Vegetable: Spinach</b> 	Spring Salad with <b>Power Vegetable: Broccoli</b> 	Spring Salad with <b>Power Vegetable: Grated beetroot</b> 	Spring Salad with <b>Power Vegetable: Sugarsnap peas</b> 	Spring Salad with <b>Power Vegetable: Alfalfa sprouts</b> 	Spring Salad with <b>Power Vegetable: Sliced red pepper</b> 
SNACK	Apple	Pear	Plum	Pear	Apple	Plum	Apple
DINNER	Salmon with green vegetables and new potatoes	Chicken stir-fry and small portion rice	Grilled cod with peas, green beans and spinach	Warm chicken salad and roasted vegetables	Fish cakes with green salad	Baked mackerel with new potatoes and vegetables	Roast chicken with vegetables

## GET ACTIVE!

Lose more weight and feel healthier by working more exercise into your weekly routine. You don't need to start pumping iron or hit the gym. As the weather improves, try walking rather than driving for small errands, getting off the bus or train a stop early and get the whole family out for a bracing walk at the weekend.