SNACK YOUR WAY SLIM Tasty treats, 100 calories or less

SHAPE

SHAPE YOUR LIFE

2 MINS TO FLATTER ABS P. 79

SO LONG, CELLULITE!

WALK YOUR BUTT OFF!

Lose weight and get sculpted FAST

QUICK 350-CALORIE FAT BLAST, p. 96

STAY-FIT SECRETS OF Beyoncé, Rihanna & Britney

DANCING WITH THE STARS'

★★★

JULIANNE Hough dishes with LeAnn & Martina about love, life, and *those* rumors, p. 38



1 MONTH MAKEOVER

DROP A DRESS SIZE

This plan gets results

3 steps to strong, sexy arms p. 88

PLUS! THE 50 BEST WORKOUT SONGS

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ATKINS™

BETTER PLAN. BETTER FOOD.
ATKINS. IT'S JUST BETTER.

Four Phases For Optimal Success.

The Atkins Nutritional Approach™ is powerful, it's backed by science and it's helped millions of people lose weight, increase energy, get healthier and feel great. The plan has four phases. During each phase, you'll learn to choose the right foods to get you where you want to be.

PHASE 1 - Induction

PHASE 2 - Ongoing Weight Loss

PHASE 3 - Pre-Maintenance

PHASE 4 - Lifetime Maintenance

ENJOY THE
BEST FOODS ON EARTH.

This is just a sampling of the foods allowed on Atkins™ – you can find all these recipes and hundreds more at **atkins.com**.

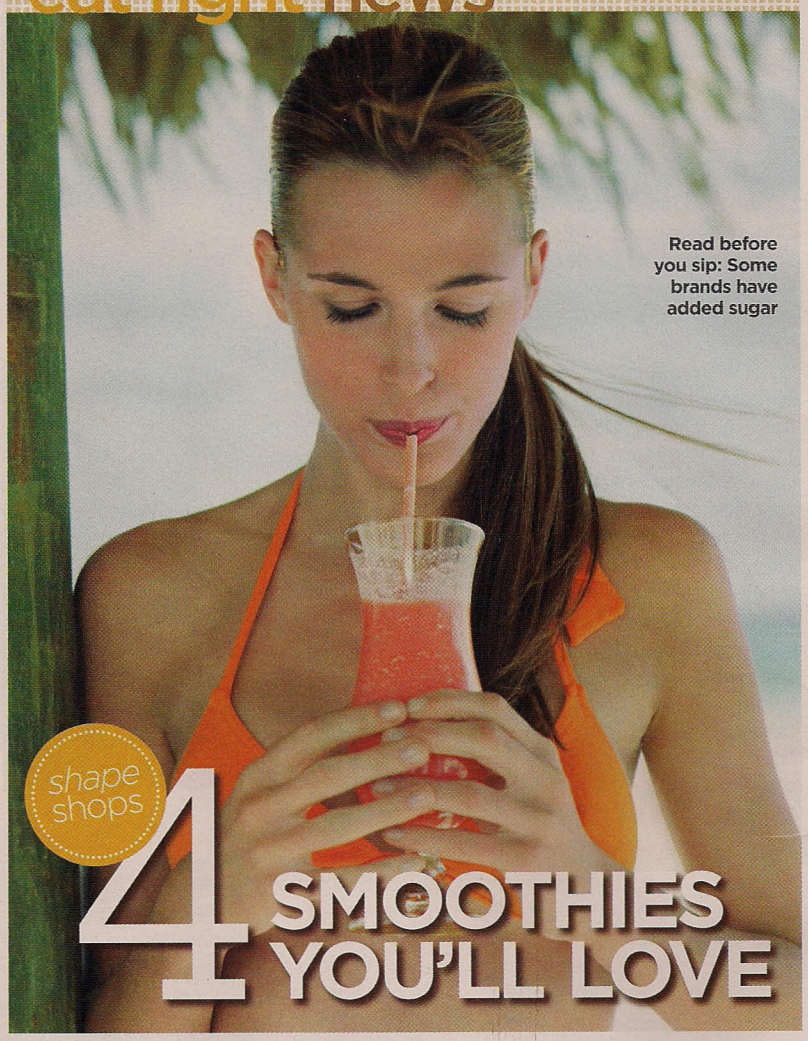
Breakfast:
- Southwestern Omelet
- Garden Frittata

Lunch:
- Beef Burgers with Feta and Tomato
- Turkey Cobb Salad

Dinner:
- Blackened Tuna with Romaine and Red Pepper Salad
- Roast Beef Tenderloin with Broccoli

Snacks:
- Meat and Cheese Roll-up
- Atkins Bars and Shakes

PUT **SWEET SEXY SCIENCE**
TO WORK FOR YOU TODAY.
Check out **atkins.com** now for
FREE recipes and tools.



Read before you sip: Some brands have added sugar

shape shops

4 SMOOTHIES YOU'LL LOVE

Never skip breakfast or hit the vending machine again! These tasty smoothies put a whole new spin on dining on the run.



FRUIT2DAY
Mango Peach

120 CALORIES PER 7 OZ. BOTTLE

Reaching the recommended nine servings of produce a day just got easier. Each bottle, with chunks of mango, provides two servings of fruit. ($4 for two; *fruit2day.com*)



ZOLA
Tropical Blend

150 CALORIES PER 12 OZ. BOTTLE

Ounce for ounce, açaí berries are one of the most antioxidant-packed fruits. This drink blends them with spinach and spirulina, an algae high in vitamin B_{12}. ($3; *drinkzola.com*)



MIX 1
Mix Berry

200 CALORIES PER 11 OZ. BOTTLE

This creamy beverage, which comes in four other fruit flavors, packs 15 grams of whey protein and 3 grams of fiber to keep you satisfied for hours. ($3; *mix1life.com*)



ODWALLA
Red Rhapsody

220 CALORIES PER 16 OZ. BOTTLE

Although it tastes like a banana-berry smoothie, this drink is also made with plum, beet, and tomato juices to fulfill your daily quota of vitamins A and E. ($3; *odwalla.com*)

ARTHUR BELEBEAU