

ENQUIRER EXCLUSIVE

4-3-2-1 GO! YOU CAN SHED WEIGHT LIKE 'BIGGEST LOSERS'

YOU can slim down just like "The Biggest Loser" with an expert diet plan developed exclusively for ENQUIRER readers!

Fans of the hit NBC series trying to lose weight can pay \$120 plus shipping costs for a five-day plan of prepared meals delivered to them weekly. But the weight-loss plan similar to the "Biggest Loser's" famed 4-3-2-1 program – and featured here – costs about half the price!

"The 4-3-2-1 plan is the ideal way to go," Ellen Kamhi, author of the "Definitive Guide to Weight Loss," tells The ENQUIRER.

"It's simple and effective, and easy to follow at home. The key is eating a healthy, fruit- and vegetable-based diet that relies on frequent, hunger-busting mini-meals."

"THE 4-3-2-1 PLAN INCLUDES FOUR servings of fruits and vegetables a day, three servings of lean protein, two servings of whole grains and one 'extra' treat to sweeten the pie!"

That treat could be a snack of low-fat chocolate milk, sugar-free gelatin or air-popped corn, she said.

"The beauty of a diet based on fruits and vegetables is that you will not only lose weight, but reduce blood pressure and cholesterol as well," pointed out Kamhi, who's also known as the Natural Nurse.

"In fact, these clean, natural foods actually boost your metabo-

lism so that you burn calories more effectively. There is no starvation or deprivation. So psychologically, you don't feel as if you are on a diet."

Preparation is the key to the plan's success, said Kamhi.

"Put cut-up salads, cooked meats and steamed

vegetables in 'take-out' containers in your fridge that you can 'grab and go' with no

extra cost," she said.

"By following this plan at home and choosing your own fresh fruits and veggies in season, you can save at least \$50 a week."

The plan's daily calorie count ranges from 1,200 to 1,800 calories. For most people, that results in a weekly weight loss of at least 2 pounds. If you want to lose weight faster, eliminate one snack.

Snacks, especially at night, proved to be the biggest challenge for contestants on "The Biggest Loser." "I finally

learned to satisfy my sweet tooth with fruit instead of rich desserts and pastries," says Ruben Hernandez, who lost 81 pounds on "The Biggest Loser 2."

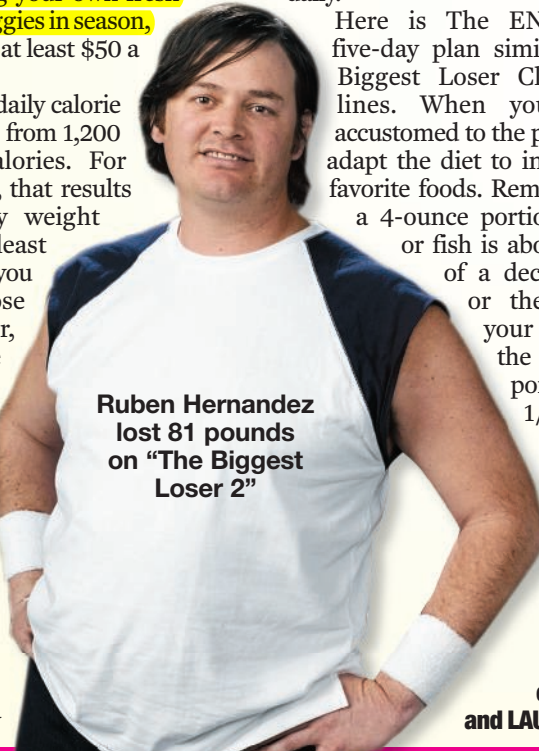
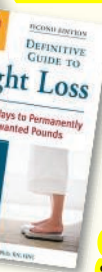
For handy, wholesome snacking, fill small food storage bags with sliced fruit, chopped veggies or nuts – about 10 per serving, said Kamhi.

"I ALSO RECOMMEND ADDING AT least 30 minutes of daily exercise to help peel off pounds and boost your cardiovascular system and metabolism so you burn calories more effectively," she says.

That daily workout could include brisk walking, swimming or biking, she said. And to help your digestive system work effectively, drink at least six 8-ounce glasses of water daily.

Here is The ENQUIRER's five-day plan similar to The Biggest Loser Club guidelines. When you become accustomed to the portion size, adapt the diet to include your favorite foods. Remember that a 4-ounce portion of meat or fish is about the size of a deck of cards or the palm of your hand. For the rest of the portion sizes, 1/2 cup means 4 oz., so measure carefully.

by LYNN ALLISON tips@nationalenquirer.com and LAURIE MILLER



Ruben Hernandez lost 81 pounds on "The Biggest Loser 2"



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FIVE-DAY MENU PLAN

DAY 1

BREAKFAST: 1 orange, 1 whole wheat bagel, 1 tbsp. low-fat cream cheese

MORNING SNACK: 1 tbsp. peanut butter, 1 small apple

LUNCH: 2 cups mixed green salad with 1 cup shredded carrots; 2 slices lean turkey breast; 10 corn chips; 1 tbsp. reduced-calorie Italian dressing

AFTERNOON SNACK: 6 celery sticks; 2 tbsp. low-fat cottage cheese

DINNER: 4 oz. steamed tilapia fillets; 1 cup steamed green beans with 1 tbsp. toasted, slivered almonds and lemon juice; 1 small, baked sweet potato; 1 tbsp. reduced-calorie Ranch dressing

EVENING SNACK: 1 peach; 1/2 cup low-fat vanilla yogurt

DAY 2

BREAKFAST: 1 cup whole grain cereal; 1/2 cup skim milk; 1 cup berries

MORNING SNACK: 1/2 cup water-packed tuna with chopped celery; 1 tsp. reduced-fat mayonnaise; 1 small pear

LUNCH: 2 cups spinach greens; 1 cup water-packed mandarin orange slices; 2 slices reduced-fat mozzarella cheese; 2 whole grain breadsticks

AFTERNOON SNACK: 10 almonds; 1/2 cup low-fat yogurt

DINNER: 4 oz. grilled skinless chicken breast; 1 cup steamed asparagus with lemon; 1/2 cup brown rice

EVENING SNACK: 8 oz. smoothie with low-fat milk or soy milk, 1 cup berries or juice whirled in a blender

DAY 3

BREAKFAST: omelet with 2 egg whites, sauteed in 1 tsp. olive oil with sauteed green onions and chopped green peppers; 2 slices thin whole wheat toast; 4 oz. skim milk

MORNING SNACK: 1 oz. cubed low-fat mozzarella cheese; 1 peach or nectarine

LUNCH: 4 oz. sauteed lean, ground turkey; 1 whole wheat tortilla or flat bread to make a wrap; lettuce, tomatoes and chopped onions for garnish; 1 tsp. ketchup, if desired

AFTERNOON SNACK: 1 cup carrot and celery sticks; 1 tbsp. crunchy peanut butter



DINNER: 6 large shrimp; 2 cups shredded romaine; 1 cup water-packed artichoke hearts; 1/4 cup whole wheat croutons; 1 tbsp. reduced-calorie French dressing

EVENING SNACK: 10 cashews; 1 cup grapes

DAY 4

BREAKFAST: 1 packet Quaker Weight Control Instant Oatmeal; 1 cup blueberries; 1/2 cup skim milk

MORNING SNACK: 2 slices lean deli ham; 1 cup cherry or grape tomatoes

LUNCH: 2 cups mixed green salad; 2 oz. grilled, skinless chicken breast; 1 cup sliced cucumbers; 1/2 cup sliced apple wedges;

1 tbsp. balsamic vinegar for dressing; 1 small whole wheat roll

AFTERNOON SNACK: 1/2 cup pineapple chunks; 1/2 cup nonfat ricotta or whipped cottage cheese

DINNER: 4 oz. broiled salmon; 1 cup steamed broccoli with lemon juice; 1 cup steamed carrot coins with chopped fresh parsley; 1/2 cup brown or wild rice

EVENING SNACK: 1/2 cantaloupe; 1/2 cup low-fat lemon yogurt

DAY 5

BREAKFAST: 2 whole grain waffles; 1 cup sliced bananas; 1/2 cup low-fat vanilla yogurt to top waffles

MORNING SNACK: 1 cup seedless grapes; 1 wedge low-fat Swiss cheese

LUNCH: 2 oz. lean turkey burger on 1 whole wheat roll; lettuce, sliced tomatoes and sliced red onions for garnish; 1 tsp. mustard; 1 cup celery sticks; 1 small apple

AFTERNOON SNACK: 2 cups low-fat popcorn sprayed with olive oil

DINNER: 4 oz. lean roast turkey; 1/2 cup sugar-free cranberry gelatin; 1 cup mashed sweet potatoes; 1 cup steamed green beans with lemon juice

EVENING SNACK: 10 almonds; 1 orange, sliced

