

Get a star-worthy body in four weeks flat!



CHRISTINA IS ALL ABOUT H.O.
 "I drink a lot of water," Christina Milian tells Life & Style. "And I like kickboxing."

WHY THIS DIET WORKS
 The focus on portion size and getting carbs from nutrient-dense sources (like fruits and veggies) makes this plan a recipe for success, says Waters: "You end up eating fewer calories by consuming nutrient-dense food!" But there is one thing to go overboard on — water! Fill up on 80 to 100 ounces (about 4½ to 6 half-liter bottles) a day.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST Waters suggests popping a Cuur pill (a natural green-tea supplement that helps curb carb cravings and raises metabolism). Also, take a multivitamin and drink a cup of hot lemon water.	Top half of a whole-wheat English muffin with a large slice of tomato and a fried egg for a healthy breakfast sandwich.	Try a bowl of oatmeal with 1 tbsp. of California raisins and a scoop of chocolate protein powder.	Scramble four egg whites and add spinach, mushrooms, onions and a sprinkle of cheese. Serve with a piece of Ezekiel-bread toast (sold at Whole Foods).	Pair half a broiled Florida grapefruit with a half cup of low-fat yogurt.	Scramble ½ cup of Eggology liquid egg whites with asparagus, mushrooms and goat cheese. Add a piece of Ezekiel toast.	Stuff a corn tortilla with three egg whites, 1 oz. of shredded cheese and 1 tbsp. of salsa.	Mix four scrambled egg whites (or ½ cup of Eggology liquid egg whites) with two slices of roasted red peppers that have been chopped and 1 oz. of crumbled feta cheese.
SNACK	Pair a small sliced apple with 1½ tbsp. of natural peanut butter.	Smother a medium-size banana in 1 tbsp. of peanut butter.	Combine a half cup of strawberries with low-fat yogurt.	Make a turkey-and-Swiss-cheese roll-up.	Eat an orange and some string cheese.	Eat half a Florida grapefruit and 1½ oz. of almonds.	Have a pear and ½ cup of raw, unsalted walnuts.
LUNCH Waters suggests taking a second Cuur supplement (popular in Sweden and available on our.com).	Toss a taco salad with 4 oz. Mexican-spiced chicken, ¼ cup chopped tomatoes, 1 cup lettuce, 1 oz. shredded cheese and salsa.	Mix romaine lettuce with 4 oz. of rotisserie chicken, 1 tbsp. of sliced almonds, 1 tsp. of chopped green onions and 1 tsp. of Paul Newman's Chinese chicken salad dressing.	Brown-bag it with a turkey wrap on a whole-wheat tortilla with lettuce and tomato. Plus, munch on some baby carrots and 2 tbsp. of hummus.	Use tomato and lettuce to dress up a tuna sandwich (made with light mayo) on whole-wheat toast.	Make a taco treat with two corn tortillas, 4 oz. of meat, ½ cup of shredded lettuce, 1 tbsp. of salsa and an optional 2 tsp. of low-fat sour cream.	Top a slice of Ezekiel bread with 5 oz. of smoked salmon, 1 tbsp. of hummus and thin slices of cucumber.	Enjoy 5 oz. of grilled lean chicken, a half cup of steamed broccoli and a half cup of brown rice.
SNACK	Wrap a hard-boiled egg, ½ tsp. of light mayo and 1 tsp. of mustard in lettuce. Nosh on a cup of grapes.	Have a cup of grapes and a Laughing Cow cheese wedge.	Top a rye crisp with 1 oz. of hard cheese.	Dip baby carrots and celery in 2 tbsp. of roasted-red-pepper hummus.	Have two soy-veggie sausages and a half cup of pineapple.	Dip six celery stalks in 2 tsp. of natural-almond butter.	Mix a half cup of blueberries in low-fat yogurt.
DINNER Wash down dinner (and a suggested third Cuur supplement) with a cup of herbal tea with lemon.	Roast 4 oz. of salmon and one cup each of broccoli and cauliflower.	Broil a 4-oz. piece of chicken (smothering it first with apricot jam or jelly) and enjoy with steamed asparagus and ½ cup of brown rice.	Power up with a 3-oz. or 4-oz. piece of lean steak, wilted spinach and sautéed mushrooms. Also, take two fish-oil capsules.	A cup of turkey chili and a small side salad leaves room for two chocolate-covered strawberries.	Satisfy a sweet craving with a 60-minute walk or run (depending upon fitness level).	Pair beef kabobs with a half cup of brown rice flavored with lemon, paprika and Parmesan cheese.	Prepare 4 oz. of grilled halibut with ½ cup of quinoa and 1 cup of grilled veggies. End the weekend with a half cup of lemon sorbet topped with crushed almonds.
EXERCISE (Consult with a doctor before beginning any diet-and-fitness plan.)	Aim for an hour of strength-circuit training, doing moves that train the upper and lower body and the core.	Lace up those sneakers and gear up for a 60-minute power walk.	Break out the yoga mat — and say on at home! Go to amazon.com for anything from <i>The Biggest Loser: Weight Loss Yoga to Yoga for Beginners</i> .	Repeat Monday's hour of circuit-strength training. Be sure to do the circuit of moves two to three times and rest for up to two minutes between each.	Burn off some calories with a 60-minute walk or run (depending upon fitness level).	Grab a buddy and go for an hour-long hike.	Take a day off to give the body time to recharge and prep for the next week of weight loss!



Celebrity trainer Valerie Waters gives Life & Style the recipe for dropping up to 20 pounds in just four weeks.