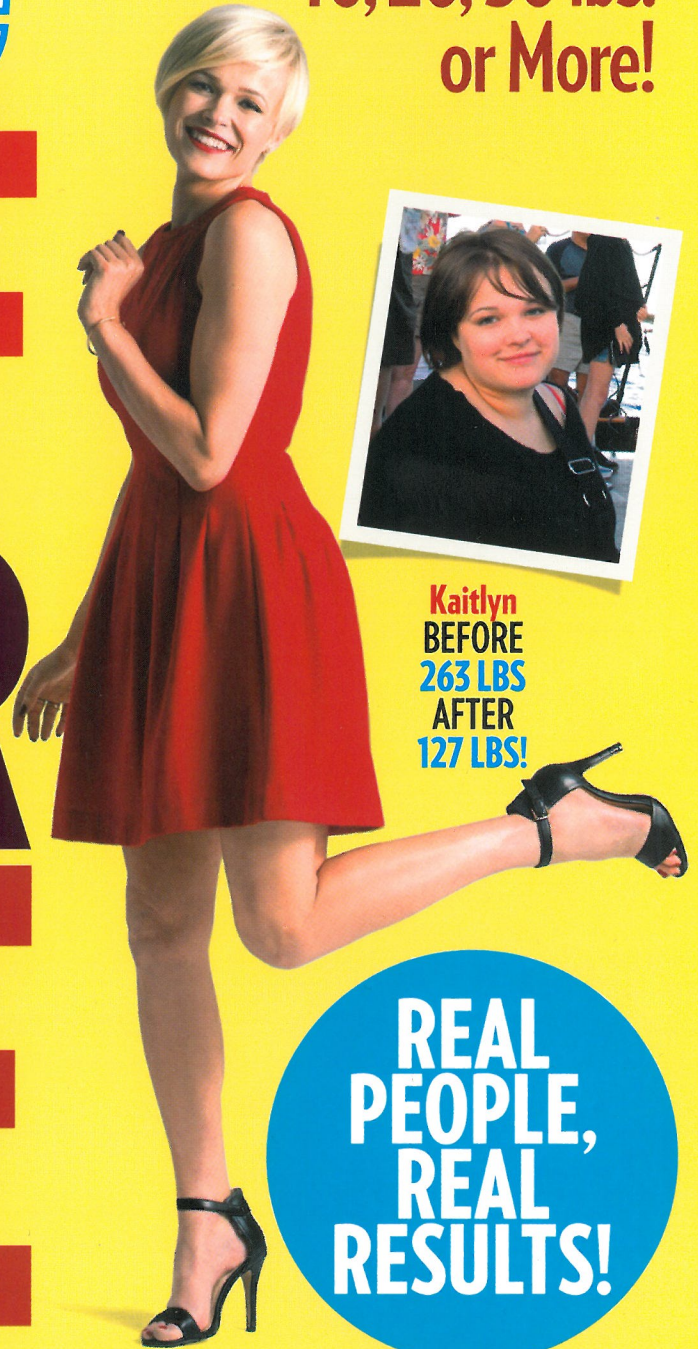


THE ULTIMATE DIET GUIDE

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Kaitlyn
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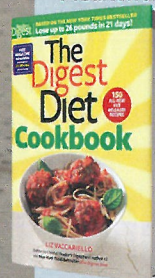
A GUIDE TO THE 19 HEALTH CRAZES
CELEBRITIES LIVE BY TO LOOK FIT
AND FAB. WE TRIED THEM ALL!

Breoke Burke-Charvet

The Digest Diet Cookbook

Fill up on “fat releasers”—foods such as dairy products—said to help shed flab.

WHAT YOU EAT For the first four days of the 21-day plan, eat smoothies, soup and a 100-calorie snack. Then introduce Mediterranean diet-inspired meals.



EXPERTS SAY Nutritionist Joy Bauer notes that research on so-called fat burners like dairy is mixed.

WE TRIED IT! PRO Easy-to-follow recipes. CON By day two this strict plan had our tester “hangry” (hungry *and* angry).

HOT CELEBRITY Cleanses

Dr. Lipman's 14-Day Cleanse

This plan includes three shakes a day, lunch, dinner and supplements.

EXPERTS SAY N.Y.C. dietitian Keri Glassman approves, but advises, "check with your M.D., especially about supplements."

WE TRIED IT! Our tester "felt lethargic," after day 3 but lost 12 lbs.



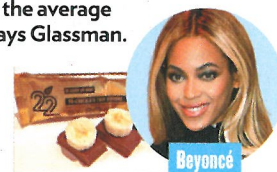
Kyra Sedgwick

22-Day Vegan Challenge

Beyoncé and husband Jay Z tried out a plant-based diet in 2013.

EXPERTS SAY "Without a specific meal plan, it might be hard for the average person to follow," says Glassman.

WE TRIED IT! Our editor lost 5 lbs.: "I had extra incentive to resist the office candy bowl."



Beyoncé

3-Day Goop Winter Detox

The star lists several "no" foods such as sugar and shares recipes on goop.com.

EXPERTS SAY Glassman calls the plan "a bit labor-intensive" but not impossible.

WE TRIED IT! Our staffer didn't notice significant weight loss on Paltrow's plan.



Gwyneth Paltrow

3-Day Pressed Juicery Cleanse

Mindy Kaling is a fan of the L.A.-based company, which advises six juices a day.

EXPERTS SAY "Consuming only liquids can set you up for binges later," says Glassman.

WE TRIED IT! Our writer enjoyed the taste of these juices—and shed about 5 lbs.



Mindy Kaling

3-Day Cooler Cleanse

The actress swears by her own line of juices and prepared raw-food meals.

EXPERTS SAY "You're getting quality nutrients, but I don't think you are getting enough," says Brock. "I'd add protein."

WE TRIED IT! "The juices are numbered, so it's clear what order to drink them in," says an editor.



Salma Hayek Pinault

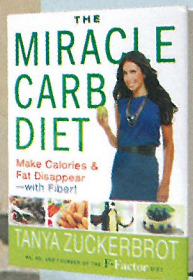
The Miracle Carb Diet

The author's mantra: "Fiber and protein at every meal makes losing weight no big deal." Bring on the bran!

WHAT YOU EAT Plenty of protein (plus three bites of decadent desserts). The "miracle" here is at least four high-fiber crackers a day.

EXPERTS SAY "Eating fiber-rich foods is a healthy way to lose weight," says Alpert.

WE TRIED IT! PRO Our editor felt fuller longer. CON Fiber crackers are an acquired taste.



Molly Sims