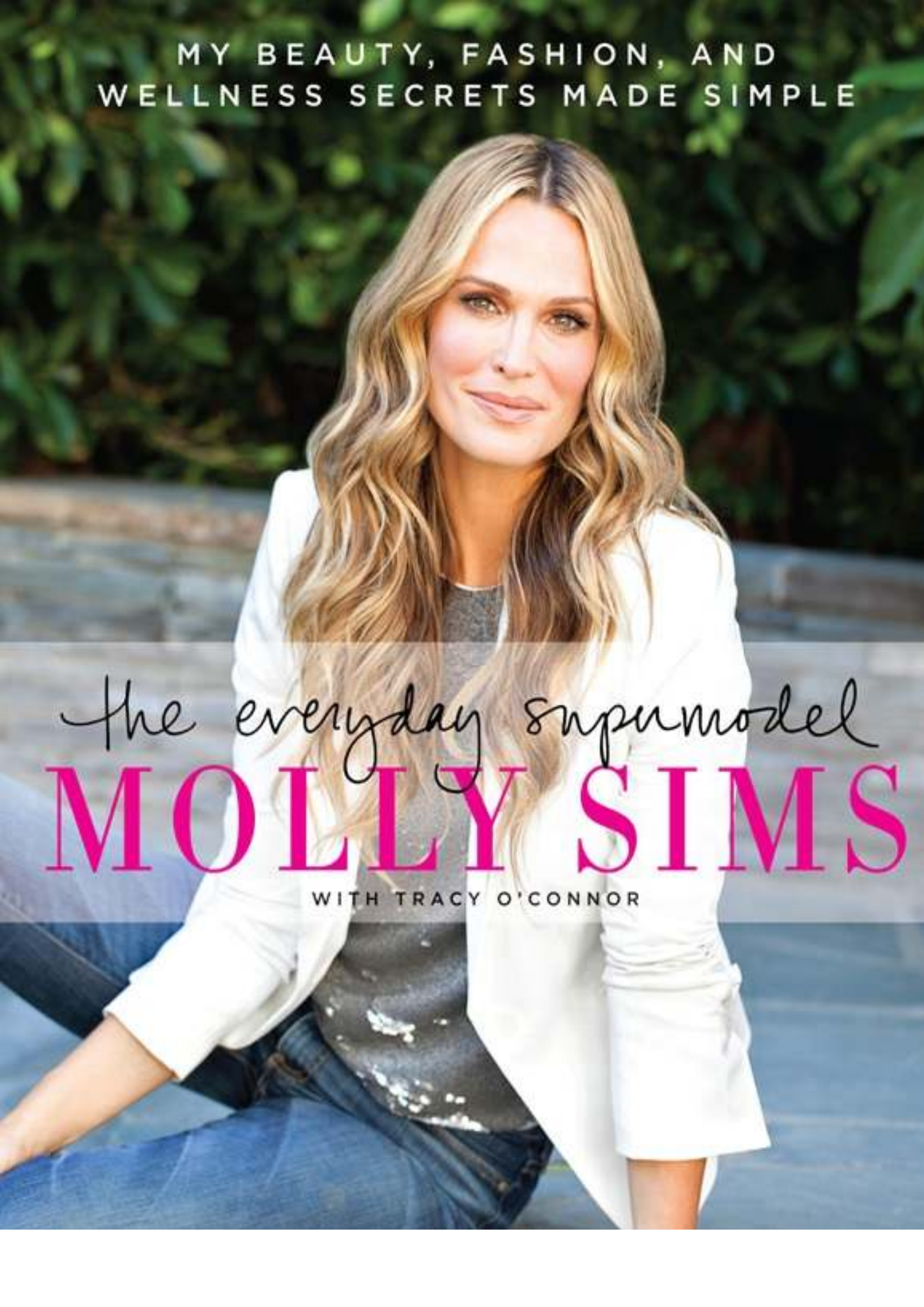
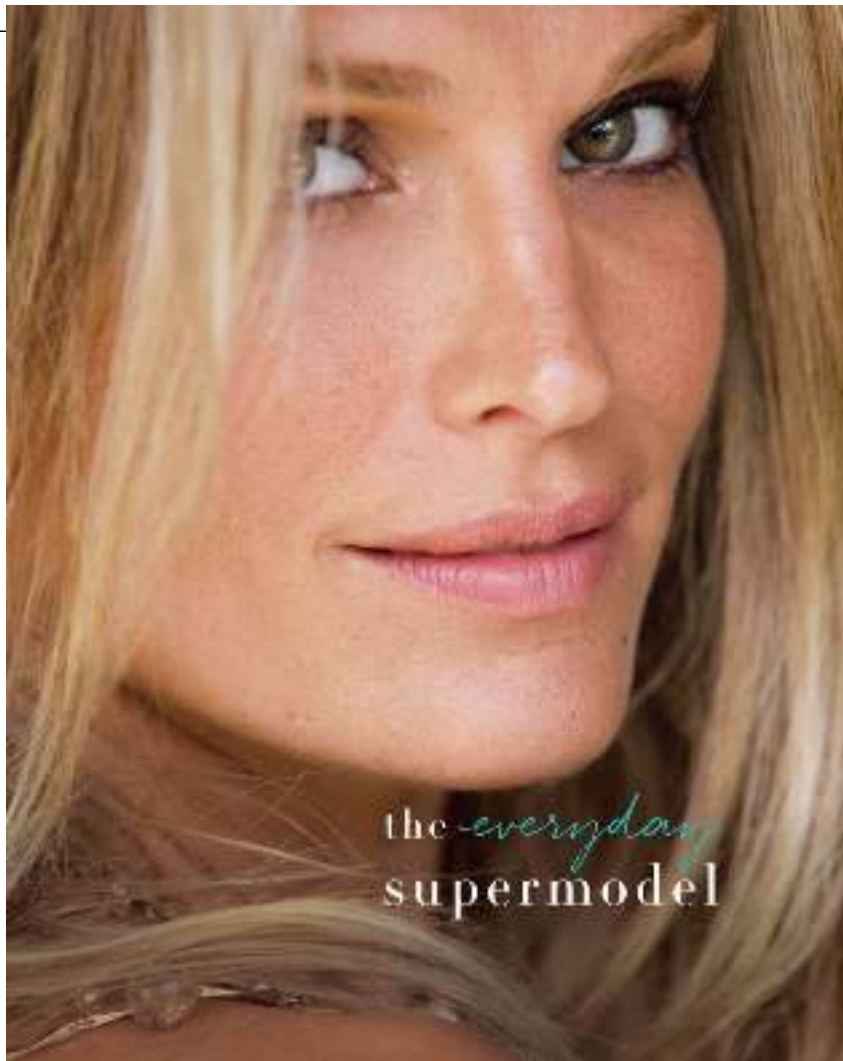


MY BEAUTY, FASHION, AND  
WELLNESS SECRETS MADE SIMPLE



*the everyday supermodel*  
**MOLLY SIMS**

WITH TRACY O'CONNOR



*{courtesy of Molly Sims}*



MOLLY SIMS

with TRACY O'CONNOR

the *everyday*  
supermodel

MY BEAUTY, FASHION, and WELLNESS SECRETS  
MADE *simple*





*{Gia Canali}*

# dedication

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MY DEEPEST GRATITUDE TO everyone who has spent countless hours working to make this book come alive. To my momma, my daddy, and my brother who taught me to dream big, *really big*, and never, ever give up. And for spending your savings on international phone bills! To my little family, Scott and Brooks, who are my sun, moon, and shooting stars. You are my magic.

# contents

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## dedication

## introduction

SOUTHERN GIRL TURNED SUPERMODEL

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How I went from a unibrow-bearing, braces-wearing, awkward, acne-prone prude to a *Sports Illustrated* swimsuit model, primetime-appearing actress, and proud wife and momma bear.

## ch/1 food is not the frenemy

---

This love/hate relationship with food has got to stop. Make up and eat up with healthy eating habits that work and whittle.

## ch/2 let's get physical

---

Like it or not, fitness is key to health and happiness . . . but it should also be fun (most of the time). My experts and I will show you how to move, dance, spin, and stretch your way to a healthier you.

## ch/3 fashion institute of mollyology

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Some people flip houses, I flip closets. The facets of chic, stylish, figure-flattering fashion are simpler than you'd think.

## ch/4 the glow portfolio

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My beauty was sleeping . . . as in a coma. Over the years, skin and makeup experts have groomed the glow out of me and now it's time to spill all their best secrets. Pay it forward!

## ch/5 hair, hair everywhere

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Ditto for the hair! I went from the signature southern girl "mall pouf" to beachy bombshell. I'll show you the ins and outs of hair care and styling that will take you from just everyday to the *runway*.

## ch/6 i made that sh\*t happen

---

How I went from DOUBLE-dumped and depressed to engaged, married, and pregnant in a year (well, two). With a little focus, fortitude, and fearlessness, I'll teach you how to bounce back from setbacks

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# introduction

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## SOUTHERN GIRL TURNED SUPERMODEL



*{Gia Canali}*



*{Gia Canali}*





{Gia Canali}



{Gia Canali}

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*I have the top trainers, hair colorists, nutritionists, and acupuncturists on speed dial. Consider this book a three-way call between you, me, and all of them!*

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**I**'m going to let you in on a little secret, right now, right here: I wasn't born this way. I wasn't born a supermodel. My early teen years could be described in one word: awkward. I had a unibrow. I had acne. I had braces with fluorescent rubber bands, and even better, headgear. I wore flats to the prom. And surprise, my natural body weight isn't how you see me in magazines and on TV. (That's mostly because of six-days-a-week, balls-to-the-wall exercising, and watching what I eat like Homeland Security watches airports and borders.) It's been a long road from headgear to high heels. I've worked

my ass off to get to supermodel status. Literally.

~~You might be thinking: bullsh\*t. But I mean it.~~ When it comes to looking good and feeling great, I have tried it all. The supermodel has literally been yanked out of me. I have Weight-Watched, Atkinsed, and Zoned. I've yogaed, spinned, danced, and boxed. I've been dressed up in every kind of outfit imaginable. And when it comes to beauty? I've been potioned, lotioned, plucked and prodded, bleached, bronzed, waxed and makeuped, extensioned, curled, blow-dried and straightened . . . into an entirely new human form.

The truth is, I have stealthily studied and applied my way into supermodeldom. What I didn't get in the genetic lottery, I sure as heck went after. I am the ultimate guinea pig and I know what works because of years of trial and error. I didn't just google this stuff on the Internet. I've lived it. Every piece of advice in this book is road tested and *regular girl turned supermodel* approved. And I want to share it with you. Thinking about a new diet or hair product? I've probably tried them. And if I haven't—I know ten people who have. In my circle of friends, I am the go-to girl for all the goods. If your hair is brassy, I will tell you. Why? Because you need to know that it doesn't have to be. Don't settle! Especially if it can be gorgeous and golden instead.

As difficult and judgmental as modeling can be, it gives me access to the best of the best in beauty, fashion, health, and wellness. I have the top trainers, hair colorists, nutritionists, and acupuncturists on speed dial. Consider this book a three-way call between you, me, and all of them. I want you to look and feel great too. I want to share my supermodel secrets because I 100 percent believe that when you feel good about yourself and the way you look, it shows.



{Gia Canali}



*{courtesy of Molly Sims}*



*{Justin Lubin/NBC/NBCU Photo Bank via Getty Images}*

Like anyone else, I've struggled with body issues. I've wanted to get hired for a job and didn't. I've stressed out about my next paycheck, or whether or not I could have children. I may not have all the answers, but one thing I do know for sure—you gotta go big or go home. At every turn we can always choose to be the best versions of ourselves. You want to get married? Lose fifteen pounds. You want glowing skin? To be noticed in a room? You want a better job, a raise, or to feel sexy in bed with your partner? Then let's do this. Let's go big together in this book and make sh\*t happen for you.

In these pages, you will find enough fashion, beauty, fitness, and health advice to transform yourself into the very best version of you. And while I might have extra resources to spend on expensive treatments and clothes, the truth is—I'm always looking for the best deal because that

how I was raised. My parents raised me to believe I could do anything, and I believe that together we can do this. I'm from a small town in Kentucky and what I learned growing up there is that it's all about focus, perseverance, and fortitude—a little southern grit never hurt anyone. There is an everyday supermodel in each one of us. There was in me. And there is one in you. Let's go get her!

---

## the *everyday* supermodel

The *everyday supermodel* is happy, healthy, and hot! What does that mean? She feels fabulous, looks fabulous, and loves herself head to toe, inside and out. Why? She respects herself, challenges herself, and doesn't give up. Who is she? The *everyday supermodel* is YOU—she is the very best version of each one of us.

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{Walter Iooss Jr. /Sports Illustrated/Contour by Getty Images}

## food is not the frenemy



{Gia Canali}

**D**ear food: Can't we just get along? The answer is yes. *Finally.*

Forget starving yourself. Or going from one fad diet to the next. I've been there, done that. Let's stop this love/hate relationship and end the food fight. Food is good, it gives us energy, it brings us together, and it is deeply linked to our physical and emotional well-being. Once you find the right balance, your relationship with food is one that will give back to you in so many ways. It wasn't until I was in my thirties that I finally gave up the yo-yoing and decided to commit to eating healthy. The way we eat should be a lifestyle—not a *lifestruggle*.

I did not inherit the “skinny genes.” My mom and brother can eat three jars of peanut butter and lose weight. I walk past one and gain it. You name the diet—Atkins, Weight Watchers, South Beach, Macrobiotic—I've done it. So, woman to woman, I know what most of you are going through. You won't see a ton of pictures of me in a “fat stage” because, as a working model, I have never been allowed to go through one. My livelihood depends on my weight. *No pressure there.*

But I promise you—inside me is a chubbier person just waiting for me to get lazy on health

eating and exercise. I am NOT one of those girls who can eat whatever she wants. So many celebs say “I’m just naturally skinny. I eat burgers and french fries all day.” *Bullsh\*t*. Most can’t eat like that and neither can I. Since I was twenty my body has been plastered in magazine spreads, on billboards, and now high-def television. What you see is the result of intense dedication and an eating strategy/workout regimen that keeps me fit—not some kind of special supermodel gene.

Like so many of us women, I’ve spent way too much mental energy on food in my lifetime. So now my plan is simple—I do what I can to be healthy and get over what I can’t control. Here’s a fun fact! I gained seventy-two pounds during my first pregnancy. It took me a year to get it off, and I still struggle with a few pounds. I am not lying to you when I say—I didn’t recognize myself or my body in the mirror. And there were days I thought I’d never lose the weight. But I didn’t give up. I was dedicated and made weight loss *and myself* a priority. I was not happy where I was—so I wasn’t going to settle for it.

I won’t ever be stick thin, but I don’t want to be. I’ve learned to love my body. It’s strong. And I’ve learned by trial and error to make healthy choices instead of unhealthy ones (i.e., at age twenty-one, eating celery sticks, rice cakes, sucking down Dieter’s Tea, and calling it a day!). I’ve been educated by the best of the best and I now know what’s healthy and what works.

In this chapter, I focus on eating styles, strategies, and tips that have worked for me. I talk about practical, day-to-day stuff that anyone can integrate into their lifestyle. Start by making a commitment to yourself. Get organized. And get your friends, your mother, your sister, your dog, and your man on board to help you. Chubby, tall, skinny, short, mature in age, or younger in years—you can do this. Everything might not work for you in this chapter. But a lot will. And, I promise, the pieces of advice that do hit home will change your life and make a big difference in the way you look and feel every day.

Many of us are addicted to food in the same way some people are addicted to alcohol, cigarettes, and drugs. Bad food habits can be just as destructive and as challenging to kick. I want you to enjoy making better choices for yourself, because that means you are putting yourself first. I want to help you establish a healthy relationship with food. These plans and strategies aren’t a diet; rather, they are tools for creating a new, healthier lifestyle. I want you to feel good about who you are and where you are. And if you don’t, I want you to know *that you can do something about it*.



*{ Jason LaVeris/FilmMagic }*

*Very pregnant!*



{Courtesy of Self magazine}

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**molly's motto:** *If you look good, you feel good—and when you feel good, you look good. So you might as well feel f\*\*\*ing fabulous!*

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Before trying any specific diet or wellness strategy—you should always consult a doctor. Every program isn't for everyone. For example, my momma is on heart medicine, so she can't have all the green juices, smoothies, and spinach salads that I am always recommending. Check in with your team first. Make sure any strategy or supplement you are considering is safe for you personally—and then go for it!

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## My health heroes and food fantastics

- **REBECCA BAER, BAER NUTRITION**—Rebecca is a registered dietician and my partner in fat-fighting crime. She walks the walk, talks the talk, and has personally coached me to trim—before my wedding and after my first pregnancy (baby weight . . . banished!).
- **LORI BREGMAN**—I owe my sanity during pregnancy to this woman! Intuitive healer, inspirational life coach, doula, and transformational body worker—you name it, Lori does it. She educated and guided me through every stage. Food and mind wise, she kept me on track.
- **CHEF GAVAN MURPHY** —a.k.a. the Healthy Irishman. Gavan has been a private chef to



many a supermodel, including Cindy Crawford, and he currently works with me and my husband. Trained in the Ballymaloe Cookery School, he is highly adept at transforming traditional meals into healthier, more vibrant versions.

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## supermodel *secret*

The modeling business can be brutal. At the age of twenty-one, I was a size six and told I was *too fat* to be a model. I was just a kid and was traumatized by this piece of news. So what did I do? I starved myself. I took laxatives to lose weight. I drank Dieter's Tea all the time. I did coffee enemas. I started smoking to speed up my metabolism. I really didn't eat. And if I did—it wasn't until 4:00 P.M. and consisted of pretzels and celery. Eating disorders are prevalent in the industry because of the pressure to be stick-thin. That pressure rules every aspect of your life. You wake up thinking about it (because you are hungry) and go to bed the same way. I was at least fifteen to twenty pounds more than all the other girls when I started modeling, so I felt added pressure. I became anemic, had dark circles under my eyes at all times—it wasn't good. As I approached my late twenties, I began to stop the madness and started to eat better. But I had to retrain my brain. I had to learn there are such things as healthy fats and that all carbs aren't the devil. Whether we overeat, or undereat, we have to unwind our mind. The decision to be fitter and healthier always begins there.

---

Today, the foundation of my healthy eating program involves the following:

1. A fiber-focused eating plan. It incorporates lots of veggies, healthy carbs, lean proteins, and of course plenty of water and exercise.
2. Juicing daily and doing a liquid cleanse or juice fast one to two times per year.
3. Incorporating the occasional plant-based or vegan meal into my eating plan a few meals a week.
4. Taking the phrase “on a DIET” out of my vocabulary. I highly recommend you do it. Swap it with “getting healthy” or “making food choices that are about loving myself.”

*let's break it all down!*

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## 1. GETTING FIBER FOCUSED

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How I lost fifteen pounds before my wedding and sixty-five and

counting after my first pregnancy. And . . . how I keep it off.

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*When I first met Molly, she was eating about a box a day of Soy Crisps and Nut-Thins, thinking these were healthy snack foods. Her diet consisted mainly of fats and proteins—with barely any whole grains, fruits, or vegetables. Molly was relying on caffeine from coffee and diet soda to help her go to the bathroom. And like many women who have spent years doing different diets, she no longer had much of a grasp on what she should be eating.*

—REBECCA BAER, dietician, Baer Nutrition

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I met Rebecca Baer, a New York–based nutritionist, a few months before my wedding. I had been eating a lot of dinners out with Scott, my fiancé, and let’s face it, I was heavier (and happier!) than I had been in a long time. But! I was fifteen pounds from where I wanted to be on my wedding day. So I decided to have a consultation with Rebecca and get on her program. I wanted help getting my relationship with food *aisle-ready*—and I wanted to do it in a healthy way. Rebecca’s program not only did that, but it also helped me to mend my mercurial relationship with food.

According to Rebecca, the majority of women are eating and dieting the wrong way. She says there isn’t a soul who steps into her office who eats enough fiber or vegetables. Yours truly included. What I love about a fiber-focused plan is that it’s sustainable day to day. It doesn’t require me to buy a bunch of special foods (although there are a few I now enjoy) or be puritanical in my eating habits. And I can pretty much stay committed to the eating suggestions anywhere/anytime. I can be on television set, out with the baby, racing around in my car, or with my friends who eat rubbish, and I can stick to the diet and feel good about it.

And I didn’t have to quit drinking! Rebecca taught me to drink responsibly. In other words, choose the least-caloric alcoholic beverages in addition to drinking less (more alcohol = lower inhibitions = stuffing face late night with fatty foods and Fritos). Upping my fiber, eating the right amount of protein, and following the rest of the plan worked for me. It waged war on my extra weight and currently helps to keep it off. Although there are plenty of “diets” that help you lose weight in the short term, the real key is finding something that is sustainable for the long term and that you will stick with.

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*I love working with people to help them achieve their goals and become the healthiest and happiest they can be. With commitment, focus, and a belief in yourself, anything is possible. And when it’s all said and done, there is a huge transformation in body and mind. I watch people gain back the confidence they had lost; they become better mothers, wives, daughters, and friends all because they feel great both inside and out.*

—REBECCA BAER, dietician, Baer Nutrition

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**WHAT IS *fiber* AND WHY SHOULD WE “ROUGH” IT?**



{Gia Canali}

By adding fiber to your diet, “roughing” it can actually help you reduce that number on the scale. The basic building block of a regular carbohydrate is a *sugar molecule*. Our digestive system converts ALL carbs we eat into sugar. Those sugar molecules are then converted into the glucose that fuels our activity and gives us energy for shopping, sex, swimming, and whatnot. But what if you don’t burn up all that glucose? Your body will hold on to it in glycogen stores. The body will only store so much before it eventually turns the excess glycogen stores *into fat*. *Muffin tops. Pooches. Teacher arms, and the like.*

But high-fiber carbs are different. *They are special*. Why? Fiber cannot be broken down into sugar, so it moves through the body undigested and never gets stored. So it will never turn to fat. Rebecca explained to me that carbs are not the enemy. We need them—they are an essential macronutrient, but it’s important to choose wisely. Choose carbs that are high in fiber so we don’t end up with excess saddle-baggage.

## *benefits of a High-Fiber Diet*

- A study published in the journal *Nutrition* concluded that people who add more fiber to their diets lose more weight than those who don’t.
- A high-fiber eating plan is generally lower in calories than a low-fiber diet. Insoluble fiber essentially contains zero calories.
- Fiber expands in the belly and makes us feel fuller faster and longer.
- Fiber requires more chewing, slows down eating, and gives our body more time to send signals that say “Stop! I’m full!,” which keeps you from overeating.
- Insoluble fiber (like in veggie juices) helps push food through the intestinal tract, keeping you regular.
- Other health benefits? Studies show fiber helps lower cholesterol, prevents constipation, helps with hemorrhoids (even more reason to eat a lot of fiber when preggers), keeps blood pressure in check, and may reduce the risk of colon and breast cancer.

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## *Rebecca’s Fiber-Focused Plan:*

## *six mantras for Success!*

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1. **THREE AND THREE:** Enjoy three meals and three snacks a day. Eating regularly and spreading out meals consistently keeps your metabolism in high gear and you burn calories more efficiently throughout the day. Get in a combo of high-fiber carbs and a healthy dose of lean protein for lasting energy.
  2. **EAT. MORE. FIBER. PERIOD:** Focus on getting more fiber into your diet, any way you can! As noted earlier, fiber is generally lower in calories, you will feel fuller and will naturally begin to eliminate bad foods on your own. You do NOT have to stop eating carbs. But you DO have to choose the “good” ones. We list good carbs, bad carbs, and good sources of fiber later.  
  
**GENERAL GOAL:**
    - **FIBER INTAKE:** 30–40 grams a day
    - **NET CARBS:** 35 grams per day
  3. **KEEP A DIET DIARY:** Why? Journaling keeps you honest, keeps you accountable, and helps you stay on track with calorie count, fat count, carb count, and fiber count. As Rebecca says, “Calories do count. If more calories go in than out . . . that’s when we gain weight.” A detailed diary can expose unhealthy patterns that you can then correct (mine showed I was eating most of my calories after 4 p.m.!—not good). For the tech savvy, there are helpful apps that assist with food journaling. (Check out Loseit! and My Fitness Pal).
  4. **EAT LEAN, MEAN . . . PROTEIN!:** Choose lean, healthy proteins. Adequate protein intake is important for building muscle and losing weight. Lean proteins are generally low in calories and contain essential amino acids and nutrients necessary for an *everyday supermodel* bod.
  5. **WATER IS YOUR WEIGHT WARRIOR:** Okay, simple enough. The more fiber you eat, the more water you need to drink. Fiber needs liquid in order to move through the body and get its sweep on. Also, oftentimes sugar and fat cravings are actually the result of dehydration, water cravings displaced. So drink up!
  6. **SWEAT IT OUT:** A regular fitness program is essential to a fit frame. Rebecca suggests working out five days a week, for at least thirty to forty-five minutes a day. I did more, but everybody is different. Weight doesn’t just slide off me. It tends to drag its heels. The key, Rebecca says, is to combine both cardio and resistance training—you need both!
-



{Gia Canali}

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## supermodel *secret*

My whole life, I've never drunk enough water. Perhaps you can relate. So I make it *irresistible* by dressing it up a little. How? By squeezing fresh lemon or adding a sprig of mint to flat or sparkling water. Also, it might sound simple, but drinking with a straw helps me down more in a day.

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*I would recommend writing EVERYTHING you consume down for a week and then have a look at areas you can improve. I did this and saw that I was consuming a lot more sugar than I imagined.*

—ELETTRA WIEDEMANN, model

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Rebecca's program was designed to help me lose two to six pounds a week. Below are goals and guidelines Rebecca set for me based on my specific stats. I outline my exact program and discuss ways to tailor it to your goals and your body type.

## General dietary goals for Weight Loss and Maintenance

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- **GOAL WEIGHT:** For me, 130–135 pounds. (I was about 15 pounds over this before my wedding). How can you get the number right for you? By doing the Ideal Body Weight (IBW) Equation. It's easy, you can do it for yourself!
  - **IBW EQUATION:** 100 lb. + 5 lb. for each inch you are over five feet (and then plus or minus 10% for your frame size)
  - **EXAMPLE:** Me = Height 5'10". I am medium to smaller frame, so I subtract (rather than add) 10%.
    - 100 + 50 lb. for the 10 inches over 5 feet = 150 lb. I then subtract 10% of 150 for my small/medium frame and get my goal weight of 135 lb.
- **GOAL CALORIC INTAKE:** For me, 1,400 calories per day for weight-loss mode. 1,600–2,000 for maintenance. To find out your own calorie goal, plug in your own stats at [www.choosemyplate.gov](http://www.choosemyplate.gov).
- **GOAL FAT INTAKE:** Should be 20–30% of your total calories per day for both the weight-loss phase and maintenance. Twenty percent of a 1,400 calorie diet is 280 total fat calories. That's about 31–46 grams of fat. (For easy reference 1 tablespoon of olive oil contains 15 grams of fat.) No more than 10% of total calories should be saturated fat.
- **GOAL FIBER INTAKE:** 30–40 grams of fiber per day. The 2010 Dietary Guidelines recommend at least 28 grams of fiber a day for women, and there is no upper limit.
- **GOAL NET CARB INTAKE:** 20–50 net carbs per day. What are net carbs? Basically, the carbs leftover (that turn to sugar!) after you subtract the carbs assigned to fiber.
- **GOAL PROTEIN INTAKE:** Our goal for me was between 8 and 10 ounces of protein per day. Eight to ten ounces is a generally good rule of thumb for most women, but to get your exact recommended intake, look for a protein intake calculator online. Based on this goal, I ate about 3 ounces of protein for breakfast, 3 for lunch, 3 for dinner, and 1 ounce of protein as a snack. For reference: 3 ounces of protein is approximately the size of the palm of your hand and thickness of a deck of cards; 1 ounce of protein looks like a 1-inch cube or slice of cheese.
- **GOAL SLEEP HOURS:** 7–8 hours a night. Good sleep is important for a healthy metabolism.
- **GOAL EXERCISE:** 30–60 minutes a day, 5x a week—combine cardio with at least two days of strength training.
- **GOAL WATER INTAKE:** 9–12 cups per day.

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### REBECCA'S *go-to* HEALTH AND NUTRITION SOURCES

- Academy of Nutrition and Dietetics: [www.eatright.org](http://www.eatright.org)
  - Centers for Disease Control and Prevention: [www.cdc.gov](http://www.cdc.gov)
  - USDA Choose My Plate: [www.choosemyplate.gov](http://www.choosemyplate.gov)
  - National Institute for Health: [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov)
-

# so . . . what *can* you eat?!?

## A GUIDE TO LEAN PROTEINS AND HIGH-FIBER FOODS

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### Lean Protein *choices*



{*Gia Canali*}

- Beef: flank, filet, sirloin, tenderloin, and lean ground chuck
- Lamb, pork, poultry (turkey, chicken, duck)
- Low-cholesterol seafood, including: salmon, tuna, sardines, etc.
- Egg whites and reduced-fat dairy (1% cottage cheese, low-fat cheese, and Greek yogurt)
- Tofu and meat substitutes, including: tofu, soy crumbles, Boca Burgers, edamame, and seitan.
- Quinoa and beans, including black and navy beans. (Technically these contain both proteins and high-fiber carbs, bonus!)

**FYI:** I also ate a very limited amount of nut and seed butters, including peanut, almond, and sunflower seed. (These aren't necessarily "lean," but they contain good fats essential to radiant health. But I kept them to a minimum!)

**THE PROTEIN PLEDGE:** Keep it *clean and lean*. Nothing fried, breaded, battered, or over-processed. Choose lean cuts of meat—not the fatty ones. Avoid certain shellfish, like lobster and shrimp, as they tend to be high in cholesterol. Always be aware of invisible oils, especially when it comes to fish in restaurants. You may think you are making a good choice, but you never really know what's happening back in the kitchen. Your fish could be creamed, buttered, or soaked in oil. **Quit** your server about the preparation! Ask for steamed or poached whenever possible.

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*I do find that I feel better and have more energy when I include a small portion and healthy source of*

*lean protein in every meal, especially breakfast. That sustains me so I'm not tempted to snack idly on foods I don't need throughout the day.*

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—JESSICA ALBA, actress

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## How Lean Proteins *whittle* the Middle

- Lean proteins take longer to digest than simple carbohydrates and, like fiber, they can help us feel fuller for longer periods. Hallelujah! That helps us curb sneaky snacking and contributes to reduced calorie intake.
- Eating lean protein also builds lean muscle mass in our bodies, and muscle, *everyday supermodels*, burns more calories than fat! The more muscle you have, the more fat you lose.
- Get this: Per gram, protein contains only four calories, while fats can contain up to nine. So, in contrast to fat, lean meats are a relatively low-calorie food.

## High-Fiber Food *choices*

Here are the good carbs, not the bad ones. There are so many to choose from—never fear food boredom.



{Gia Canali}





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