



christine avanti

Nutritionist, Chef, Author

Co-Host of Food Network's Fat Chef



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TV, Endorsements, & Speaking Inquiries: Please visit www.christineavanti.com

Christine's Vision

To Transform People's Lives Through Food, Fitness and Fun



Christine Avanti's Bio

Christine Avanti is a published author, classically trained chef, Certified Nutritionist, Media resource, TV Persona and Co-Host on Food Network's show *Fat Chef*. Christine is a contributing writer for the Huffington Post's Living, Food and Health sections. She has been Hollywood's go-to nutrition/culinary expert for celebrities such as Paula Abdul, Steven Segal, Chelsea Handler, Henry Winkler, Jeremy Piven, Audrina Patridge, Giuliana Rancic, Johnny Galecki, Rich Sommer, Jason Statham, Samantha Harris, Kym Johnson and Marcus Allen. Most recently she is the acclaimed and outspoken advocate of the transformative power of REAL FOOD.

Christine's love affair with food began at the age of five while living on a ranch in Gilroy, California with her immigrant grandparents, Rosemary and Luigi Avanti. Christine grew up cooking home grown produce and humanely raised animals. With these humble beginnings Christine was taught the value of organic, sustainable and locally grown food long before it became trendy.

In addition to her love for food, Christine became a fitness enthusiast and model in her early 20's. Sadly, in her late 20's, Christine's grandfather, who was more like a father to her, passed away. Immediately after Christine began to use food as an antidepressant to fill the sadness and sense of loss inside her. In six short weeks she gained 30 pounds, obliterating her modeling career and social life. She tried an endless stream of diets, all ending in failure regardless of her strong fitness background.

Eventually Christine met a nutritionist who taught her – in a nutshell – to stop dieting and eat more REAL food. Counter-intuitive, but it worked! She KNEW right then that it was her mission to share this with the world. And that is EXACTLY what she has done!



Christine published her first best-selling book, ***Skinny Chicks Don't Eat Salads*** with Rodale Publishing in 2009. Her second book ***Skinny Chicks Eat Real Food*** (Rodale 2012) premiered in December 2011. Christine has counseled more than a thousand clients one-on-one in her private nutrition and fitness coaching practice located in New York City and Los Angeles, who have collectively lost more than 10,000 pounds.

Christine has shared her nutrition and culinary advice on the Today Show, Dancing with the Stars, Rachael Ray, The Doctors, Good Morning America, Oprah's All Stars and dozens of others. Her insights can be found in magazines such as Vogue, W, New Beauty, Women's Health, US Weekly, Health, Fitness, InStyle and many others.

Avanti has worked in the food, health and fitness industries for 22 years. Christine is a graduate of the Westlake Culinary Institute professional chef program, a member of the International Association of Culinary Professionals, and has taught culinary classes at the Academy of Culinary Education. She is also a member of National Association of Nutrition Professionals. She holds an AS Degree in Applied Nutrition and a Nutrition Certification from Huntington College of Health Sciences. She is certified in Fitness, Strength, and Cardio Conditioning. In 2011, Christine worked as the Nutrition Director and the Executive Chef of Spa Cuisine at Passages Rehab Center in Malibu.

To learn more about Christine join her social media sites or please visit: <http://www.christineavanti.com>.

<http://twitter.com/#!/christineavanti> <https://www.facebook.com/ChristineAvanti>



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TV Appearances



... TV Appearances



Print Media — Expert Contributor



[celebrity profile]

Christine Avanti

Skinny Chicks Eat Real Food is a guide to eating real food in a factory-food world, a weight loss plan, and a real-food cookbook—all in one.

Christine Avanti is a published author, chef, nutritionist and a Health Consultant on Food Network's new show *Fat Chef* but most of all she is an unapologetic advocate of the transformative power of REAL food. Christine became a fitness enthusiast and model in her early 20s. Sadly in her late 20s, Christine's grandfather, who was more like a father to her, passed away. Immediately after Christine began to use food as an

antidepressant to fill the sadness and sense of loss inside her. In six short weeks she gained 30 pounds, obliterating her modeling career and social life. She tried an endless stream of diets, all ending in failure regardless of her strong fitness background.

Eventually Christine met a nutritionist who taught her—in a nutshell—to stop dieting and eat more REAL food. Counter-intuitive, but it worked! She knew right then that it was her mission to share this with the world. And that is EXACTLY what she has done!

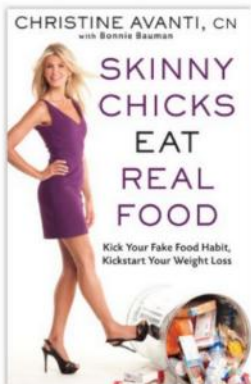
Christine has counseled more than a thousand clients one-on-one, who have collectively lost more than 10,000 pounds. In 2009 Christine published her first bestselling book, *Skinny Chicks Don't Eat Salads with Rucola*. Publishing in 2009, Christine's second book *Skinny Chicks Eat Real Food* (Rodale 2012) just hit stores throughout US, Canada and Europe in December 2011.

In *Skinny Chicks Eat Real Food* Avanti shows readers how a diet rich in all-natural, whole foods will help readers control their appetites, boost their metabolism, and lose weight, permanently.

So how does eating real food lead to weight loss? Avanti writes, "Consuming real foods leads to weight loss as a result of the nutrients that are added to the diet—namely fiber and omega-3 fats—and the ingredients that are removed—namely added sugar, refined carbs, refined salt, and other harmful additives and preservatives that both contribute to weight gain and stand in the way of weight loss." In *Skinny Chicks Eat Real Food*, Avanti draws upon the latest scientific research and cuts through the emotion, confusion, and various biases to explain (in plain English) how the typical American factory-food diet is detrimental to both waistline and overall health. It also offers:

- Specific Meal Plans and Strategies
- Grocery Lists
- Collection of flavorful real-food recipes

Skinny Chicks Eat Real Food is a guide to eating real food in a factory-food world, a weight loss plan, and a real-food cookbook—all in one. It will inspire and instruct you to steer clear of fake food and eat all natural through the good times, hard times and beyond!



Tuscan Kale Toss

Serves 8

- 1 bunch kale
- 1 garlic clove, minced
- Fine sea salt
- 1/4 cup grated Parmesan cheese
- 1/4 cup extra-virgin olive oil
- Juice of 1 lemon
- 1/4 teaspoon red pepper flakes
- 3/4 teaspoon anchovy paste
- Cracked black pepper
- 1/2 cup canned cannellini beans (white kidney beans), rinsed and drained
- 1/2 cup halved cherry tomatoes
- 1/2 cup Homemade Croutons

1. Wash the kale and tear out the stems. Cut the leaves into 3/4-inch-wide ribbons and set aside in a large salad bowl.

2. Using a mortar and pestle or the back of a spoon, mash the garlic with 1/4 teaspoon salt until it becomes a paste. Transfer to a bowl and add the cheese, oil, lemon juice, red pepper flakes, and anchovy paste. Whisk to combine all ingredients well. Add more salt and cracked pepper to taste.

3. Pour the dressing on the kale and toss well (this dressing is quite thick). Let sit for 5 minutes so that the lemon juice can begin to soften the kale. Add the beans, tomatoes, and croutons and give the salad one more thorough toss.

Nutrition facts per serving:
180 calories, 6 grams protein, 16 grams carbohydrates, 11 grams fat



Easy Lobster Pasta

Serves 8

- 1 tablespoon plus 1 teaspoon fine sea salt
- 1 pound capellini or other strand pasta
- 1 whole 2-pound lobster, steamed or boiled (about 16 minutes)
- 1 tablespoon unsalted butter (preferably organic)
- 1 shallot, thinly sliced, or 1/4 white or red onion
- 3 garlic cloves, minced or pressed
- 1/2 teaspoon red pepper flakes
- 1 tablespoon extra-virgin olive oil
- 1 handful flat-leaf parsley, chopped
- Zest and juice of 1 lemon (optional)

1. Bring a large pot of water to a boil and add 1 tablespoon of the salt. Add the capellini and cook for 1 to 2 minutes, checking the texture after 1 minute. If it's still too firm, continue cooking, but check every 30 seconds until just al-dente (the texture of the pasta can make or break this dish).

2. While the pasta water is coming to a boil, remove the lobster meat from its shell and chop into bite-size pieces. Melt the butter in a large skillet over medium heat. Add the shallot, garlic, red pepper flakes and remaining 1 tablespoon salt. Cook until the garlic is golden brown, about 2 minutes.

3. Add the lobster meat and cook for 1 minute. Turn off the heat and stir in the oil. Drain the pasta and using tongs, toss with the parsley with the warm lobster mixture. Sprinkle with the lemon zest and juice if desired. Serve immediately.

Nutrition facts per serving:
410 calories, 25 grams protein, 41 grams carbohydrates, 7 grams fat

Raspberry Kissed Brownies

Serves 12



ingredients & directions

- 1/2 cup gluten free flour
- 1/4 teaspoon xanthan gum
- 1/4 teaspoon baking powder
- 1/4 teaspoon salt
- 1 cup sugar
- 2/3 cup canned organic sweet potatoes, pureed
- 1 large egg
- 1 egg white
- 1 1/2 teaspoon pure vanilla extract
- 1/4 teaspoon instant espresso powder
- 1 tablespoon coconut oil
- 2/3 cup unsweetened coco powder
- 2/3 cup fresh raspberries

1. Preheat the oven to 350°F. Coat an 8-inch square pan with cooking spray and set aside.

2. In a small bowl, mix the flour, xanthan gum, baking powder and salt and whisk to combine.

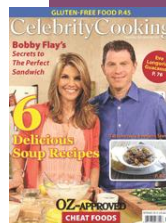
3. In a medium bowl add the sugar and puree and stir well. Next mix in the whole egg and additional egg white.

4. In a separate small bowl mix together vanilla extract and espresso powder until the powder is dissolved.

5. In a medium sauce pan over low heat, melt the butter. Remove from the heat and mix in the coconut oil. Slowly stir in the cocoa powder. Stir with a fork until the chocolate mixture resembles a thick chocolate sauce (not clumpy). Add the espresso vanilla mixture to chocolate mixture and stir.

6. Combine the dry mixture with the sweet potato mixture until no trace of the dry mixture remains. Stir in the chocolate mixture and mix until the batter is dark brown. Carefully fold in the raspberries. Spoon the batter into the baking pan and smooth the top with a spatula coated with cooking spray. Bake until a toothpick inserted in the center of the brownies comes out clean, about 25-30 minutes. Cool before serving.

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LOSING THE WAIT

Good things come to those who wait, and the services of beauty's biggest stars are no exception. But what's a girl to do if she doesn't want to bide her time? Here, an inside guide to cutting the line. CHRISTINA HAN



16 weeks

CHRISTINE AVANTI, NUTRITIONIST
Los Angeles (christineavanti.com)

CLIENTS: Jason Statham, Jeremy Piven (below), Chelsea Handler. **THE WAIT:** Four months.

THE TRICK: Suck up to a current client.

"My clients are like my family," says Avanti. "So if their friends or family members need me, then I'm going to carve out time for them."



A Man's World EVERYMAN | LIFE | TRAINING | CARDIO | **EATING** | SPORTS | ACTION | LOOK | PURSUIT | RIDE | STRESS | KNOWLEDGE

Shake It Up

DRINK TO GOOD HEALTH WITH THREE MF-APPROVED COCKTAILS

BY DEAN STATTMANN // PHOTOGRAPH BY CLAIRE BENOIST

WINE 101

Christine Avanti, a nutritionist, author, and spokesperson for Skinny Vine wines, answers three of her most commonly asked questions.

For more tips, go to mensfitness.com/christineavanti

WHICH WINES SHOULD I KNOW?

There are two main types of wine that every guy should know about: Chardonnay, which is a white wine, and Cabernet, which is a red wine. White wines go with lighter foods like fish, a light pasta, or a salad. Red wines are much richer and pair well with heavier meals, like red meat or a stew.

HOW SHOULD I HOLD THE GLASS?

You often see people at parties, and they've got their hand cupped under the glass. That's

not the right way to do it. You hold it at the stem because you don't want to affect the temperature of the wine. Wine is sensitive, so you don't want to heat it up.

HOW SHOULD I STORE MY WINE?

The only thing that will change the flavor of your wine is if it's sitting in heat or direct sunlight. In both cases, it will develop a "cooked fruit" taste that will be immediately obvious. Other than that, you can pretty much leave an unopened bottle of wine out and it's going to be fine.



MF RECOMMENDS
Skinny Vine
Slim Chardonnay

The 25 Fittest Guys of 2012

Men's Fitness

EVERYTHING FOR EVERY MAN

YOUR GUIDE TO RESULTS!

ADD MUSCLE & DROP FAT FROM HOME

EASY MEALS TO FUEL YOUR GAINS

BEAT BACK PAIN IN SECONDS

Your Ultimate CHEST BUILDING PLAN



MARIA MENOUNOS GET THE BODY SHE WANTS

GET LEAN IN 20 MINUTES

RESET YOUR HEALTH

SHATTER STRESS THE EASY WAY



Raise Your Bar
Stock your liquor cabinet with our top picks for the 2012 holiday season



Lucky Dog Vodka
Distilled from locally grown Idaho winter wheat mixed with Rocky Mountain meltwater from the Snake River aquifer, LDV is smooth and silky.



Bulldog Gin
Handcrafted in a distillery with 250-plus years of gin-distilling experience, this newcomer is infused with 12 exotic botanicals sourced from eight countries.



Wild Turkey Rare Breed Bourbon
A blend of WT's six-, eight-, and 12-year stocks, this "barrel-proof" bourbon is rich and smooth, with warm, subtle undertones.

1

The No. 11 (left)

By John McCarthy, beverage director at Whitehall Bar + Kitchen, New York City

WHY WE LIKE IT

It's a dapper-looking drink that spares you most of the sugar that plagues modern cocktails. "It's got all the flavor of Cherry Coke with a fraction of the sugar," McCarthy says. "And you're using 100% tart cherry juice, which is an antioxidant."

WHAT YOU'LL NEED

- 3 vanilla beans
- 2 oz bourbon
- 1 cup 100% tart cherry juice
- 1 cup agave nectar
- Dash Angostura bitters
- 1 large ice cube
- 3 branded cherries

HOW YOU MAKE IT

- 1) The day before, halve beans and drop into bottle of bourbon.
- 2) For tart cherry syrup, mix cherry juice and agave in saucepan, bring to boil, lower to medium low, and allow to simmer for 12 minutes. Mix with an equal part water.
- 3) In a glass with ice, add bitters, ½ oz syrup, and bourbon. Stir.
- 4) Place ice cube in a rocks glass and strain contents of mixing glass into rocks glass.
- 5) Garnish with branded cherries.

2

Slender Sangria

By Christine Avanti, C.N., nutritionist, chef, and best-selling author

WHY WE LIKE IT

Because it's sangria but also because the filtration process used to make Skinny Vine wines means you and your guests can enjoy this classic staple with 35% fewer calories. "Your normal glass of wine is about 130 calories. The Skinny Vine wines range from 86-96 calories for a five-ounce glass. So you're getting a lot fewer calories, but all of the same flavors as a typical wine," Avanti says.

WHAT YOU'LL NEED

- 1 oz strawberries, thinly sliced
- ¼ lime, thinly sliced
- ¼ peach, thinly sliced
- ¼ orange, thinly sliced
- 6 oz Skinny Vine Thin Zin or Mini Moscato
- ¼ oz passion-fruit juice
- ¼ cup club soda

HOW YOU MAKE IT

- 1) Place fresh fruit in a large, chilled glass pitcher.
- 2) Add wine and passion-fruit juice, stir lightly, cover, and refrigerate.
- 3) When chilled, add club soda, stir, and serve over half a glass of ice cubes.
- 4) Garnish with lime wedge and serve.

3

Doctor's Orders

By Nicolas O'Connor, head mixologist at Apotheke, New York City

WHY WE LIKE IT

Custom made for Men's Fitness, this cocktail uses fresh ingredients, including ginger, which contains essential oils like gingerol, zingerone, shogaol, farnesene, and small amounts of beta-phellandrene, cineol, and citral. "Gingerols help improve intestinal motility and have anti-inflammatory, pain-killing, nerve-soothing, anti-pyretic, and anti-bacterial properties," O'Connor says. It also contains good amounts of healthy minerals like potassium, manganese, copper, and magnesium.

WHAT YOU'LL NEED

- 9 blueberries
- 2 oz bourbon
- ¾ oz beet juice
- ½ oz lime juice
- ½ oz agave nectar
- ½ oz ginger juice*

HOW YOU MAKE IT

- 1) Muddle 6 blueberries, add all ingredients to a shaker, and shake vigorously with ice.
- 2) Strain into a rocks glass over new ice.
- 3) Garnish with 3 blueberries on a skewer.

*For ginger juice, shave the skin off ginger and place in a blender. Add 3 oz water and blend. Then strain the ginger mash through a strainer or cheesecloth.

2013's breakthrough WEIGHT-LOSS

Use up holiday leftovers and lose 10 lbs a week using a delicious new soup recipe proven to control hunger!

Can you get a jump on your 2013 weight-loss resolution while your fridge is still full of holiday leftovers? "Yes, you can!" proclaims Los Angeles nutritionist Christine Avanti, author of *Skinny Chicks Eat Real Food*. Her secret: "Grab ingredients you need to use up anyway—things like turkey, roast beef, veggies, potatoes, fresh herbs—and whip up a powerful weight-loss soup!" Avanti's special recipe, *bottom right*, makes it a cinch. "Soup is comfort food—warm, filling, delicious. It's really a perfect choice to help you transition from holiday eating to healthy eating. You'll feel indulged and satisfied—yet, at the same time, you basically trick your body into slimming down." And if you're someone who has tried a soup crash in the past, you can expect *much* better results this time around...



"Soup-er" results!

"I couldn't stomach cabbage soup for more than a few days," says Texas grandma Barbara Hall, 71, part of a reader team who tested the plan on these pages. "With this new recipe, each batch is a little different, so you don't get bored. And it really is *delicious*!" Barbara shrunk by a full pants size in seven days. Meanwhile, Wisconsin mom Jill Schneider, 45, not only lost a pound a day, she says she can't get over how economical the diet was. "For once, I ate healthy and nothing spoiled in my fridge!" And then there's Arizona mom Jessica Barr, 31. She loved that she could whip up the soup in just 30 minutes and have lunch and dinner for an entire week. "I did this diet practically on autopilot." It was the easiest 10 pounds she's ever lost!



Try these "soup-er" foods!

Which soup ingredients boost health and weight loss most? Christine Avanti, C.N., recommends simmering up any (or all!) of the following...

Yummy soup ingredient	Mushrooms	Okra	Artichokes	Kale	Cayenne pepper
How it slims	"They contain some surprising nutrients like selenium, vitamin D and vitamin B, which help the body burn calories."	Okra's high fiber content can slow the digestion of carbs and reduce fattening blood-sugar spikes after a meal.	Artichokes contain inulin, a natural compound that's been shown to decrease hunger hormones.	A compound found in kale is proven to help build metabolism-boosting muscle.	Researchers say this hot spice can boost metabolism by up to 20%!
How it boosts health	Growing research suggests that mushrooms have anti-tumor and anti-viral properties!	According to Avanti, compounds in okra "move through the digestive system collecting cholesterol as they go."	Preliminary studies show that an artichoke antioxidant called silymarin may help prevent skin cancer.	Kale is another cholesterol fighter. And eating leafy greens regularly has been shown to fight diabetes.	Heat-generating cayenne compounds help soothe blood vessels, lowering blood pressure.

Photos: iStockphoto (2); Michael Ging/Ikonik Pix; Westend61/StockFood; Jo Kirchherr StockFood Munich/StockFood; Eising Studio/StockFood; Fotolia; courtesy of vendor; Ocean/Corbis.

SOUP!

Here's what you do

For quick slimming that feels effortless, Avanti recommends soup dieters start each day with a protein-rich breakfast—a trick proven to blunt hunger for up to 24 hours. Add a satisfying snack spiked with healthy fat, and spread out sittings “to keep blood sugar stable and further cut hunger.” Of course, soup—which you'll enjoy for lunch and dinner—is what gives this approach true power.

Piping hot benefits

One landmark Penn State study found that dieters asked to eat soup twice daily lost 50% more weight than those assigned equal-calorie meals, but no soup. Explanation? “Soup ranks as one of the very best foods—if not the best food—in terms of hunger control,” says Stephen Gullo, Ph.D., a former Columbia University researcher and author of *The Thin Commandments*. Gullo



Woman's World
FAT-MELTING TEA
ANTI-AGING!
JOY-BOOSTING SECRETS
2013's breakthrough
WEIGHT-LOSS SOUP
LOSE 10-LBS A WEEK
ARTHITIS?
Shortcuts to happiness!
GET PAID to keep your New Year's resolutions

Jessica lost 10 lbs!

“My favorite version of the soup was packed with artichoke hearts, carrots and celery,” says Phoenix mom Jessica Barr, 31. “It was easy to make and so filling. It kept the hunger away.” In one week, Jessica lost 10 pounds and four inches from her waist. “I’m definitely making this soup again!”



Jessica's best tip: Be creative!

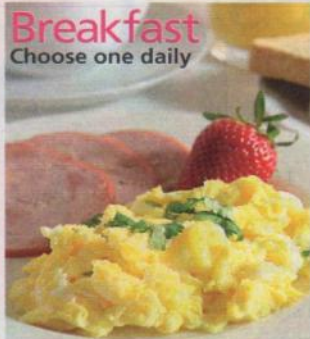
“Experiment with seasonings you wouldn't normally use in a soup. I added chipotle. Yum!”

Try this powerful post-holiday soup diet!

Nutritionist Christine Avanti created this plan to use up leftovers and power off pounds during the post-holiday season. While using it, drink as much water as you like. Add other low-cal extras (spices, vinegar, Splenda) in moderation. This plan is intended as a jumpstart; if you wish to use a soup diet for longer than two weeks, see box, below, to add more variety. As always, get a doctor's okay to try any new plan.

Breakfast

Choose one daily



- 1 scrambled egg,
- 2 slices Canadian bacon,
- 1 slice reduced-fat cheese on 2 slices whole-grain bread or toast
- 1 cup fat-free plain Greek yogurt;
- 1/2 cup berries
- 2 slices whole-grain toast,
- 2 tsp. peanut butter

Snacks

Choose up to two daily, but only if necessary to control hunger

Sliced tomato with 1 oz. reduced-fat mozzarella cheese, drizzle of olive oil

1 cup veggies; 2 Tbs. hummus or guacamole

1/2 cup berries; 1/2 oz. 70% dark chocolate



Lunch & Dinner

Repeat the same meal at each sitting



1 serving weight-loss soup (recipe, below)

Not in the mood for soup?

Just substitute this simple meal:

- 3 1/2 oz. fish, chicken breast or lean beef, grilled or roasted, seasoned to taste
- 1 1/2 cups steamed vegetables, lemon wedge
- 1/2 cup brown rice or quinoa drizzled with 1 tsp. olive oil and herbs or spices to taste

Powerful Post-Holiday Weight-Loss Soup

- 1 Tbs. extra-virgin olive oil
- 1 onion, diced
- 5 cloves garlic, minced
- 32 oz. chicken, vegetable or beef broth
- 4 cups water
- 4 cups mixed vegetables (aim to include at least two vegetables from this list: mushrooms, okra, kale, zucchini, bok choy, artichoke hearts and broccoli. Then add your favorites such as carrots, celery, peppers, tomatoes, etc.)
- Seasoning mix*: 1 bay leaf, 1 tsp. dried thyme, 2 tsp. sea salt, 1/2 tsp. dried red pepper flakes, 1/2 tsp. cayenne pepper
- 1 lb. cooked protein, such as leftover turkey or ham, shredded chicken breast, shrimp or tofu
- 1 cup cooked starch, such as beans, brown rice, quinoa, whole-wheat orzo or any pasta
- 1/2 cup chopped fresh flat-leaf parsley (or any fresh herb, such as mint, cilantro or basil)
- Lemon wedges

In a large pot, heat oil. Add onion and sauté until softened, about 5 minutes. Add garlic and sauté until fragrant, about 1 minute. Add broth, water, vegetables and seasoning mix. Bring to boil. Reduce heat, cover and simmer for about 20 minutes. Add protein and starch, and simmer for 10 more minutes. Remove bay leaf. Stir in fresh parsley. Season soup with salt and pepper to taste. Ladle into bowls, spritz with lemon juice and serve.

Will canned soup work?

Yes. Look for lower-sodium options that boast at least 7 g. protein and 2 g. fiber per cup—and then serve yourself 2-3 cups.

*Herbs and spices enhance weight loss, but it's fine to adjust seasoning to suit your tastes. Our nutrition team suggests using at least 1 1/2 tsp. dried or 3 tsp. fresh herbs/spices per pot of soup.

Beauty | 10 WAYS TO



KATE
BECKINSALE
in Michael
Kors

6

WORK THOSE CURVES

A flowy number might look pretty, but body-conscious may be a better way to go when dressing for a holiday get-together, advises nutritionist Heather Bauer. "If you wear something snug, you're more aware of how much you're eating," she says.



7

MILK IT FOR ALL IT'S WORTH

To enjoy those cocktails without getting tipsy—and to avoid a queasy rendezvous with bad diner food in the early A.M.—eat or drink something before going out. Albers suggests a glass of 1 or 2 percent milk (almond milk works too). "It helps prevent dehydration and also neutralizes the acidity of the alcohol," says Albers. "What's more, the fat and protein in it slows the absorption of alcohol into your bloodstream."

8

STOCK YOUR BEDSIDE

If you don't want to wake up with dehydrated skin, follow this prep step prior to party time. Leave skin wipes, an Evian mist, and an overnight hydration mask on your nightstand. When you get home, just before crashing, wipe off the makeup, spritz your face, then seal in moisture with the mask. Finish by downing a glass (or three) of ice water.

DR. JART Premium Firming Sleeping mask, \$48; sephora.com



9

KNOW THY NIBBLES

When surrounded by pigs-in-puff-pastry blankets, what's a health-minded girl to do? Reach for smarter bites on the appetizer platter. Especially good are those containing lean protein, like chicken skewers or shrimp on a cucumber slice. And feel free to dive into the dry-roasted nuts. "High in potassium, they'll help balance fluid levels to stave off morning-after alcohol headaches," says nutritionist Christine Avanti.



A glass of this low-cal vino has a mere 86 calories. Cheers!



THE SKINNY VINE

Slim Chardonnay, \$9; amazon.com.

10

THINK BEFORE YOU DRINK

Pick your wine carefully. A good rule of thumb: the higher the alcohol level (10 to 15 percent is the range), the more calories. So scan the label to see just how lethal your libation is. Dry white wines, such as sauvignon blanc, tend to be the kindest calorie-wise (about 120 calories per 5 ounces). If you really want to cut back, opt for one of the new low-calorie wines and stick to a two-drink rule. They have a lower alcohol content, so you'll also feel better the next day.

MY MAIN AGING CONCERNS

Lines under my eyes and around my mouth.

MY BEST BEAUTY ASSET

My body! My body is the same at almost 40 that it was at 20. Obviously, I work hard for it, and it feels great to wear a bikini and not think twice about it.

MY ULTIMATE BEAUTY SECRET

Eat well! I eat healthy, home-cooked meals, using fresh, whole natural ingredients most of the time, a habit passed down from my mother and grandmother. I truly believe that eating well and exercising daily are the secrets to aging gracefully.



MY EVERYDAY SKIN ROUTINE

I wash with a creamy cleanser, like Arbonne RE9 Advanced, and follow with their vitamin C serum. Then, I mix self-tanner with Garnier Nutritioniste Skin Renew Anti-Sun-Damage Daily Moisture Lotion SPF 28 to give my skin a little glow. Lastly, I treat my eyes to Murad Moisture Silk Eye Gel.



CHRISTINE AVANTI

CELEBRITY NUTRITIONIST

AGE
39

“I feel that, as I get older, I look better with less makeup—heavy makeup makes me look older, not younger.”



WHEN HOLLYWOOD CELEBS ARE IN NEED OF A DIET MAKEOVER TO TRANSFORM THEIR BODIES, THEY SEEK THE TALENT OF CHRISTINE AVANTI. THIS LOS ANGELES-BASED NUTRITIONIST, CHEF, PUBLISHED AUTHOR AND ANTI-LOW-CARB HEALTH EXPERT, WHO BEGAN HER LOVE AFFAIR WITH FOOD AT THE TENDER AGE OF 5, COUNTS HEALTHY LIVING, AND A LITTLE BOTOX, AS HER SECRETS TO LOOKING GOOD.



The procedures I can't go without

Teeth cleaning every three months, instead of the standard six, and Botox—just a small dose around my eyes and forehead. My goal is to prevent deep wrinkles from forming, but I don't ever want my face to look frozen or without expression.



My plastic surgery experiences

When I was 20, I had a nose job to reduce the size of my extra-large Italian nose. I also had breast implants in the early 90s but had them removed four years ago because I never really liked them, and I had to wait until I could afford to have them taken out. I'm not against implants; they're just not for me.

MORE >



HEALTH & WELLNESS



**PARKWAY MEDICAL
FAMILY & URGENT CARE**

As a top Los Angeles sports nutritionist and a fitness expert, **Christine Avanti** has helped more than 1,000 people lose over 10,000 pounds. She has been featured on "Dancing with the Stars," "The Rachael Ray Show" and other national programs, and is a nutrition consultant for "The Dr. Phil Show." Avanti recently talked with **CITYSunTimes Executive Editor Katherine Koenig** about her recent book, *Skinny Chicks Don't Eat Salads*.

CST – Is it really possible to lose weight eating carbs and fats?

CA – Not only is it possible, it's the *only* way to lose weight without the "dieting" issues that make us miserable. Restricting major macronutrient like carbs makes people lose muscle tissue and water – you get smaller without getting rid of much fat. However, when people learn how to eat a lean protein with a healthful carbohydrate – and healthful fat each meal – their body is finally able to stabilize blood sugar and hormones and release stored body fat.



CST – Not only do you say it's a great way to lose weight – you say it's the only way to eat. Why?

CA – Being hungry and eating are among our greatest joys as human beings. However, if you are not eating in a smart way your body and your health get out of hand incredibly quickly. Dieters

SKINNY CHICKS Don't Eat Salads

wonder how they can eat only one meal and still gain weight while the reality is that eating only one meal is exactly **WHY** they are gaining weight.

CST – What changes can someone expect in 30 days?

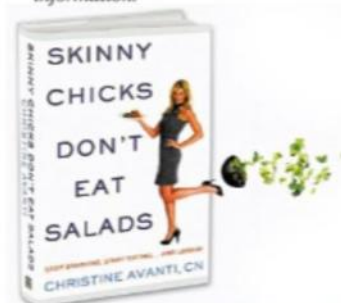
CA – In terms of mood and energy the effect can be immediate – literally right after the first balanced meal. For most people they don't notice this until two or three days, but once they feel their metabolism kick in, they wonder how they lived without it. In terms of weight loss, most clients lose an average of three to six pounds the first week. Committed folks will continue to lose one to two pounds per week until they reach their ideal weight.

CST – What advice do you give people who are just

starting out after deciding to make a lifestyle change?

CA – You've got to try this! You'll wonder how you lived without it. It's not deprivation; rather it is indulgence of a different form. Don't get frustrated if you cannot seem to do everything perfectly the first few days. Stick to it and you will see your dream comes true.

Visit christineavanti.com for more information.



CITY
SunTimes

How To...Eat Your Way Skinny

by Lisa Marsh



A diet guru who recommends eating to lose weight? Sign us up. christine avanti, health consultant to the stars (including [Jeremy Piven](#), [Jason Statham](#) and [Giuliana Rancic](#)) and author of *Skinny Chicks Eat Real Food*, professes that eating the right kinds of foods will bring on weight loss and keep you healthy. She shares her quick and completely palatable tips with American Way.

American Way: What do you mean when you say “real” food?

Christine Avanti: I mean food in its natural form — food that’s as close to nature as possible. Fresh fruits, fresh vegetables, farm-raised and pasture-raised meats without [antibiotics](#) and hormones.

AW: What are your go-to healthy snacks?

CA: I have a list of really quick, grab-and-go snacks in my book, like roasted beets and goat cheese — that’s a great combo. The cheese gives you fat and protein, and the beets give you carbohydrates and are a real food. A handful of any type of nut with a piece of fruit is simple. Walnuts are always my first choice because of the Omega 3s in them. And I love Babybel mini-cheeses with fruit. Sugar needs to be combined with a protein or healthy fat to stabilize blood sugar.



Christine's Detox Tea

(Makes five cups; zero calories)

3 ounces peeled fresh ginger

2 cinnamon sticks

3 bags of milk thistle tea

3 bags dandelion root tea

30 drops artichoke extract

(equivalent
of one dose)

5 cups water

2 tablespoons fresh lemon juice

Directions Bring water and ginger to a gentle boil in a large saucepan. Remove from heat. Add tea bags and cinnamon sticks. Cover and steep 15 minutes. Strain into a large pitcher. Add artichoke extract and lemon. Stir and chill in refrigerator. Enjoy throughout the day. (Avanti suggests drinking at least two cups per day.)



Michael Rosenfeld/Getty Images





Happy Foods

CELEBRITY CHEF AND HOLLYWOOD NUTRITIONIST **CHRISTINE AVANTI** EXPLAINS HOW SNACKING ON MOOD-BOOSTING FOOD CAN HELP DE-STRESS YOU...



1 **WHAT:** Smoked salmon on rye crackers
WHY: Salmon is rich in vitamin D which helps increase serotonin levels; a brain chemical that enhances your mood.



2 **WHAT:** Oatmeal with blueberries, crushed walnuts and a splash of coconut milk
WHY: Oatmeal is rich in fibre and helps regulate blood sugar levels. If you wake up one morning feeling like a grumpy goat, fibre helps you feel less cranky.



6 **WHAT:** Greek yogurt with pumpkin seeds
WHY: Natural yogurt is packed with calcium, which essentially tells your body to go ahead and release feel-good neurotransmitters. According to researchers disturbances in calcium levels can cause stress, anxiety, and lack of concentration. So you are destined for sadness if you don't consume enough calcium rich foods!



3 **WHAT:** Asparagus spears with beef bacon
WHY: Asparagus is one of the best plant-based sources of tryptophane. Tryptophane is quite fabulous as it helps produce mood boosting neurotransmitters. Asparagus is also high in the 'happy camper' vitamin, folate. Researchers have noted that over 50 per cent of people with depression suffer from low folate levels.



7 **WHAT:** Quinoa salad with cucumber, mint and feta
WHY: Quinoa is a complex carbohydrate that helps increase serotonin levels. This grain is also high in fibre and protein, two key nutrients that help stabilise blood sugar levels to keep you feeling alert and happy throughout the day.



4 **WHAT:** Poached organic eggs
WHY: Organic eggs are high in omega-3 fatty acids which have been shown to reduce depression and boost your mood.



5 **WHAT:** Cherry tomato salad with sliced avocado
WHY: Tomatoes are an excellent source of an antioxidant called lycopene, that helps protect fatty tissues in the brain. Lycopene also helps reduce inflammation linked to depression. Lycopene is found in tomato skins, thus your best bet is to munch on cherry tomatoes.



8 **WHAT:** Raw oysters with lemon juice
WHY: Oysters are a special gift from the sea because they are loaded with zinc and chromium, two important minerals that produce a calming effect according to researchers. Chromium is also vital in regulating blood sugar levels, which is essential for controlling mood swings.



9 **WHAT:** Avocados with oil and vinegar
WHY: Avocados are packed with essential nutrients for the brain and they promote serotonin production.



10 **WHAT:** Strawberries with fresh mint
WHY: Strawberries are loaded with vitamin C, an important nutrient. Researchers found that those who suffer from depression have lower levels of vitamin C, so it's important to get your

WORDS BY JAMIE BARNES, IMAGES BY PHOTO.COM AND SHUTTER



Posted on Mon, Mar. 26, 2012: Green book roundup: Choosing real food

By Tyler Graham & Drew Ramsey, M.D.

"Skinny Chicks Eat Real Food: Kick Your Fake Food Habit, Kick start Your Weight Loss"

By Christine Avanti, CN, with Bonnie Bauman

Publisher: Rodale, \$26.99

In the same vein and also from Rodale, "Skinny Chicks Eat Real Food" explains how women and men can control their appetites and lose weight by avoiding the fake and processed foods that are actually making them fatter. Brought to us by Christine Avanti, author of "Skinny Chicks Don't Eat Salads" and nutrition director and executive chef at Passages rehabilitation center in Malibu, Calif., "Skinny Chicks Eat Real Food" shows how a diet rich in all-natural produce, whole grains and lean protein is better for achieving and maintaining weight loss than consuming diet products labeled "fat-free," "sugar-free" or "lite." Avanti's "Real Food Diet" guides readers away from fake food and shows them how to get healthy and slim eating the balanced, natural, whole foods we were designed to eat. Recognizing that for some readers the concept of eating "real food" may be a major lifestyle shift, Avanti offers clear, simple guidelines for making positive personal choices and dedicates a whole chapter to supermarket alternatives. She also delves into the science of nutrition and spends time exploring the psychological aspects of food addiction and weight loss.

Brief profiles of dietary and culinary leaders such as Mark Bittman, Kath Younger and Kristen Michaelis pepper the book, offering inspiration and additional resources. Recipes, meal-planning guidelines and drool-worthy photographs round out this informative and thorough book.

2012, Mother Nature Network, <http://www.mnn.com>.

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DIET

DIY Diets: The Diet Books For a Slimmer You in 2012

'Skinny Chicks Eat Real Food'

By ANDREA RADIN January 3, 2012



Put down that diet soda! Drop that fat-free cheese! Forget those diet frozen dinners! Christine Avanti, a clinical and sports nutritionist, and co-author Bonnie Bassman advise a back-to-basics approach. Getting off the low-calorie, fat-free merry-go-round and turning to "real" food is their answer to losing weight, and by real food they mean anything made from fresh, whole, natural unprocessed ingredients. Factory food, the name that the authors give to processed foods, is the colorized, emulsified, texturized, stabilized enemy. (Published by Rodale)

Next: 'The Happiness Diet'

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vital juice LOS ANGELES
THIRST FOR A HEALTHY LIFE

Thursday, May 27, 2010

Vital Spy

Teeny Christine-y

A skinny chick expert shares her weekend plans.



Thirty pounds ago, Christine Avanti, CN, thought there were two ways to eat: starve or don't. "I'd done the low-carb thing, and lost and gained," says the now-slim celebrity nutritionist, chef, and author of the new book, *Skinny Chicks Don't Eat Salads*. Grab her diet-friendly recipe for a Greek chicken ota [here](#), then get a taste of her weekend.

THINK BIG:
"I like the [Saturday Farmers' Market](#) in Santa Monica. I go to Juan Mendoza (pictured with Avanti) at Green Farms; he sells the biggest artichokes I've ever seen, and they're pesticide-free. I buy them for catering." [MAP](#)

TEACH TASTE:
"I teach healthy cooking classes at the [Academy of Culinary Education](#). The owner is my mentor, Chef Cecilia DeCassio (pictured with Avanti). June 16 at 7PM, I'm teaching a gluten-free Mexican class." 4017 Topanga Blvd., Woodland Hills, (818) 903-4395 [MAP](#)

FLIP AND FLOP:
"My husband is a surfer, so we'll go to the beach and I'll stay on the sand, flipping through my health magazines. Food & Wine is a favorite. We go to [Zeros](#); there aren't a lot of people there, and I can zone out."

OCTO-BOMB:
"I am not a person who would like octopus; it freaks me out. But at [Mozza](#), it smelled so good that I tried it, and I was in heaven. It's called barbecued octopus with grilled escarole and mint." 647 N. Highland Ave., Los Angeles, (323) 297-0100, [MAP](#)
That's right, she ate it.
Know a skinny chef? [Send her this email](#).

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YOU WANT TO KNOW ABOUT...

Soups That Slim You

BODY BUZZ

DROP THE BREAD BASKET: A study shows that women who started their meal with a broth-based soup instead ate 100 fewer calories than those who skipped the appetizer.

Why? The combo of liquids and solids curbs hunger. Celeb nutritionist Christine Avanti, author of *Skinny Chicks Don't Eat Salads*, created these low-fat recipes for *Us*. **JESSICA MEHALIC**

Chicken Tortilla Soup, 80 calories per serving

2 boneless, skinless chicken breasts	2 diced celery ribs
¼ tsp and ½ tsp cumin	2 diced carrots
¼ tsp and ½ tsp chili powder	20 halved grape tomatoes
28 oz canned, crushed tomatoes	1 qt low-sodium chicken broth
1 large diced onion	½ cup frozen corn
5 minced garlic cloves	1 lime, cut into wedges
1 tbsp extra-virgin olive oil	¼ cup cilantro
	24 crumbled baked tortilla chips

Cut chicken into small pieces and coat with ¼ tsp cumin, ¼ tsp chili powder, salt and pepper to taste. Set aside. Puree crushed tomatoes, onion and half of the garlic. Heat oil in a large pot over medium heat. Add other half of the garlic, celery, carrots, grape tomatoes, cumin, chili powder, salt and pepper and sauté for 5 minutes. Add tomato puree. Stir frequently for 10 to 15 minutes until thick. Add broth and bring to a boil. Reduce heat to medium-low and boil for 15 minutes. Add corn and chicken; boil until cooked, about 5 to 7 minutes. Pour soup into bowls, squeeze lime wedge over each. Garnish with cilantro and chips. Makes 16 ¾-cup servings.

Sicilian Lentil Soup, 130 calories per serving

1 lb lentils	16 oz canned, diced tomatoes
1 tbsp extra-virgin olive oil	16 oz tomato sauce
1 tsp oregano	1 qt low-sodium vegetable broth
1 large diced onion	8 cups water
2 minced garlic cloves	

Soak lentils in dish filled with water for 1 hour. Drain water. In a large pot, add oil, oregano, onion and garlic. Simmer for 5 minutes. Add tomatoes, tomato sauce, broth and water. Boil for several minutes. Add lentils and cook over medium heat for 1 hour. Season with salt and pepper. Makes 16 1-cup servings.



20 BEST MAKEOVERS

NO SURGERY! The secret ways stars go from "before" to "after"

"I eat a lot of soups," Jenny McCarthy tells *Us*. "I'll make a bunch and freeze them."

With reporting by Caralanne Morales

Media Coverage — Fat Chef



Unlike the pampered contestants of NBC's "The Biggest Loser," stars of the Food Network's new health-based docu-series "Fat Chef" must continue to face the real world challenges of their highly stressful professions during a 4-month weight challenge. For example, in the midst of an in-kitchen workout, one chef was interrupted by representatives from his local health department. According to health consultant and expert nutritionist Christine Avanti, author of "Skinny Chicks Eat RealFood," the off-air emotions that erupted as a result were anything but "staged."

"He went crazy," Avanti recalled. " 'I need to focus on my business!' he was shouting at the camera crew and the staff. It's hard. There's no cushy ranch for our contestants to relax, which is actually a lot more realistic for the average person, trying to fight this fight at home on their own."

The six-episode series follows 12 overweight culinary professionals from Illinois, New Jersey, New York and Ohio on their journey to overcome weight issues with the help of therapists, nutritionists and trainers.

Each episode includes two chefs working with their health consultant, including Avanti; Robert Brace, considered one of New York's "top fitness gurus;" and Brett Hoebel, a former trainer with the "The Biggest Loser." Contestants work to defeat their abusive relationship with food and regain control of their lives. Food is everything to these top chefs who are considered "morbidly obese." It is their profession, their passion... and it could send them to an early grave if they don't figure out how to forge a healthy relationship with it.

Their mission: to lose 25 percent of their fat in four months.



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CHRISTINE AVANTI





THE SKINNY VINE


Chef, nutritionist and author of *Skinny Chicks Don't Eat Salad*. Christine Avanti has prepared three delicious recipes for our three delicious low-calorie varietals.

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THE SKINNY VINE MINI MOSCATO

TASTING NOTES

A beautiful blend of juicy stone fruit, crisp Fuji apple and ripe pear flavors. Oh—and it happens to be a luscious 25-30% lower calories than your typical Moscato.

WINEMAKER'S NOTES

A blend of Moscato of Alexandria, Moscato d'Asti, Pinot Grigio and Orange Muscat from California, this wine was fermented solely to achieve the perfect level of sweetness complemented by a refreshing acidity.

Grapes are picked at peak ripeness to achieve full flavor and complexity.


Lowest grain alcohol at 11%, fermented with natural yeasts, no additives.

The result? Full flavor with lower calories perfect for that special moment at the end of the day.

CHRISTINE AVANTI'S FOOD PAIRING

RASPBERRY-GLAZED BROWNIES

"Mini Moscato's balance of sweetness and acidity ignites the hints of berry and spices up the chocolate intensity in these brownies." — Christine Avanti



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With Christine's guidance, Ally is determined to lose over 75 pounds in just four months.

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Christine checks in on Melba's weight at her New York apartment.



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Food Network's 'Fat Chef' Follows Local Caterer

North Caldwell caterer Ally Vitella dropped 50 pounds since appearing on new series exploring obesity among food professionals. Episode airs tonight at 10 p.m.

By [Teresa Akersten](#) [Email the author](#) February 9, 2012

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Caterer Ally Vitella has cooked for the likes of Lady Gaga, Mariah Carey and John Legend.

But Vitella wasn't only making a living off of parties, she was living off of party food—a lifestyle that led to serious weight gain and poor health.

The 41-year-old mother of two from North Caldwell is one of a dozen overweight food professionals featured on The Food Network's, *Fat Chef*. The premise of the new series? If the typical American struggles with obesity, what's it like for those who work in a kitchen?

Vitella, of Vitella's Catering based in Lake Hiawatha, was followed by camera crews for 16 weeks while she teamed up with a nutritionist and a physical trainer to drop from a size 28 to a size 16. She has lost a total of 50 pounds to date.

Patch caught up with Vitella at the tail end of a national media blitz timed with the January season premiere. The episode featuring Vitella airs Thursday, Feb. 9, at 10 p.m.

"It was so much fun doing the interviews. I'm kind of sad that it's ending," she said.

Fat Chef was a good fit for the busy working mom and her family.

"It was really appealing to me because I wasn't going to have to go to a fat camp anywhere," she said. "It was going to work around my life."

Indeed, the show for the most part was filmed locally. Vitella joined Get Fit in Fairfield and trained with Cornel Hunt (huntforstrength.com).

"He was only required to work out with me like three days a week, but Cornel [Hunt] worked out with me six days a week twice a day."

In addition, scenes were shot at her home and at [Gaiotti](#) in Caldwell.

A nutritionist, Christine Avanti, author of *Skinny Girls Eat Real Food*, taught her the fundamentals of healthy cooking—no frying, fresh foods, low carbs—and good eating habits—sticking to a regiment, sitting down to eat and pre-planning meals.

"I really had to relearn how to cook in a whole new way," said the caterer, who trained in "Italian Boot Camp" with her husband's grandmother and mother.

While Vitella has struggled with weight her whole life, the extra pounds really started coming on when she began working in a kitchen about 10 years ago.

 christine avanti

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12 Healthy Midnight Snacks from Celebrity Chefs

Top chefs share their favorite recipes for nutritious late-night nosh!

Tiffany Tse

You might follow the perfect healthy diet all day long, but when late-night hunger strikes, a [bad snacking decision](#) (<http://www.shape.com/weight-loss/food-weight-loss/best-late-night-snacks>) is a quick way to throw your hard work out the window. These [famous chefs](#) (<http://www.shape.com/healthy-eating/healthy-recipes/celeb-chefs-reveal-my-favorite-healthy-fall-recipe>) reveal what they cook to satisfy their post-[dinner \(#\)](#) hunger pangs, while still keeping calories in check.



1. Christine Avanti: Butternut Squash Soup

If you're hungry right before bedtime, whip up this creamy soup recipe by Christine Avanti, Health Consultant on *Food Network's* new show *Fat Chef* and author of *Skinny Chicks Eat Real Food*. Using low-fat Greek yogurt and sweet corn, she reinvented this classic comfort food so it's only 190 calories per serving.

"[Butternut squash \(#\)](#) provides dietary fiber, which is essential for losing weight," Avanti says. "This soup is a great way to boost your fiber intake if you did not get enough throughout the day. Although it has a subtle hint of sweetness, it's low in sugar. It provides significant amounts of potassium, important for reducing water retention."

Ingredients:

- 1 strip bacon, diced small
- 2 tbsp. extra-virgin olive oil
- 1 med. onion, diced
- 3 cloves garlic, minced
- 2 1/4 lbs. butternut squash, cubed
- 4 c. chicken stock or broth
- 2 tsp. chipotles in adobo, minced
- 14 oz. white [sweet corn \(#\)](#)
- 4 tbsp. low-fat Greek yogurt
- 1 bunch fresh sage

- 1 tsp. sea salt
- 1/2 tsp. freshly ground black pepper

Directions:

In a large soup pot, fry bacon pieces and remove with a slotted spoon, leaving remaining bacon grease. Next, add olive oil and saute [onions \(#\)](#) and garlic until onions are translucent. Add squash, broth, and chipotles in adobo and bring to a boil. Boil for 20 minutes. Add corn and continue to boil for 5 more minutes. Using an immersion blender or an upright blender, puree soup leaving some chunks or until you reach your desired consistency. Garnish with a teaspoon of Greek yogurt, a few bacon bits, and fresh sage.


Makes 8 1 1/2 c. servings.



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Caterer Ally Vitella has cooked for the likes of Lady Gaga, Mariah Carey and John Legend. But Vitella wasn't only making a living off of parties, she was living off of party food—a lifestyle that led to serious weight gain and poor health. The 41-year-old mother of two from North Caldwell is one of a dozen overweight food professionals featured on The Food Network's, *Fat Chef*. The premise of the new series? If the typical American struggles with obesity, what's it like for those who work in a kitchen? Vitella, of Vitella's Catering based in Lake Hiawatha, was followed by camera crews for 16 weeks while she teamed up with a nutritionist and a physical trainer to drop from a size 28 to a size 16. She has lost a total of 50 pounds to date. Patch caught up with Vitella at the tail end of a national media blitz timed with the January season premiere. The episode featuring Vitella airs Thursday, Feb. 9, at 10 p.m.

"It was so much fun doing the interviews. I'm kind of sad that it's ending," she said.

Fat Chef was a good fit for the busy working mom and her family.

"It was really appealing to me because I wasn't going to have to go to a fat camp anywhere," she said. "It was going to work around my life."

Indeed, the show for the most part was filmed locally. Vitella joined Get Fit in Fairfield and trained with Cornel Hunt (huntforstrength.com).

"He was only required to work out with me like three days a week, but Cornel [Hunt] worked out with me six days a week twice a day."

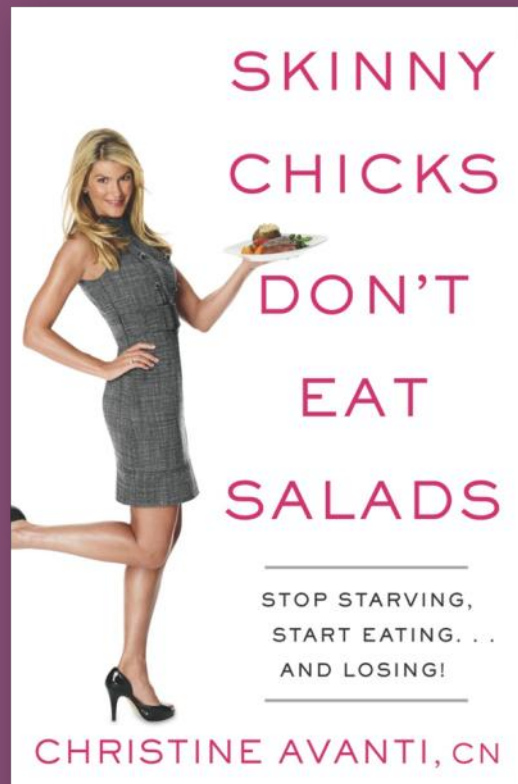
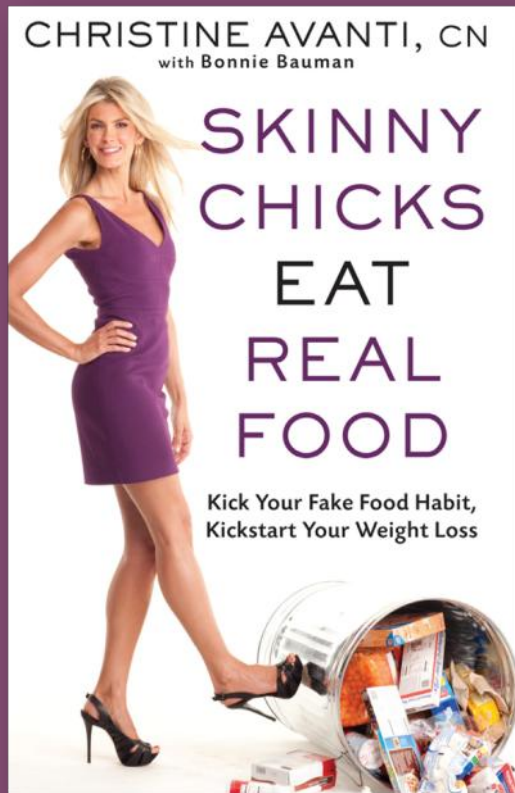
In addition, scenes were shot at her home and at [Gaiotti](#) in Caldwell.

A nutritionist, Christine Avanti, author of *Skinny Girls Eat Real Food*, taught her the fundamentals of healthy cooking—no frying, fresh foods, low carbs—and good eating habits—sticking to a regiment, sitting down to eat and pre-planning meals.

"I really had to relearn how to cook in a whole new way," said the caterer, who trained in "Italian Boot Camp" with her husband's grandmother and mother.

While Vitella has struggled with weight her whole life, the extra pounds really started coming on when she began working in a kitchen about 10 years ago.

Published Author



Rodale Inc. 2012 — In *Skinny Chicks Eat Real Food* Avanti shows readers how a diet rich in all-natural, will help readers control their appetites, boost their metabolism, and lose weight, permanently.

Rodale Inc.. 2009 — *Skinny Chicks Don't Eat Salads* is packed with real-world advice for a real-life transformation...

What the medical community has to say —

"Christine presents a powerful approach to weight loss, combining the latest scientific breakthroughs with her 20 years experience in nutrition counseling. I'm sure Christine's wisdom and compassion will deeply touch the lives of many women".

David S. Ludwig, MD, PhD, Associate Professor in Pediatrics at Harvard Medical School, Director, Optimal Weight for Life (OWL) Program, Children's Hospital Boston and author

"Christine's approach to dieting is all about being healthy, and not at all about being fanatic. This sets her apart from so many fad diet authors and unhealthy starvation diet users. Avanti is wise, experienced, practical, and medically sensible".

Marc Siegel, M.D., Associate Professor of Medicine NYU School of Medicine, LA Times Health columnist, Fox News Contributor

"Christine teaches you the true meaning of real food and why we all need to be eating this way all the time."

Keri Glassman, MS, RD, CDN, Author of The O2 Diet and The Slim Calm Sexy Diet

"Christine has written a medically sound, practical guide to losing weight and getting fit. Her plan is picture perfect for women of all ages and body types".

Ron Eaker, M.D., F.A.C.O.G., Author of "Fat Proof Your Family" and "A Woman's Guide to Hormone Health", Clinical advisor to the American Running Association



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What the entertainment industry has to say...

"Christine knows how to get her clients in the best shape of their lives. Her nutrition knowledge is tops and she has given me wonderful advice on how to maintain my body."

Samantha Harris, TV host, "Dancing With the Stars" and "The Insider"

"Christine Avanti is my go-to nutrition expert and one of Hollywood's best when it comes to weight loss."

Jessica Mehalic, Senior Editor, Us Weekly Magazine

"Christine has put together a nutritional program that is effective and easy to follow. I have been extremely fanatical about my own nutrition for the last twenty years and Christine's plan has captured the essence of what I have relied upon to keep me healthy."

Jason Diamond, M.D., FACS, Diplomate, American Board of Facial Plastic & Reconstructive Surgery, M.D. Expert on E! Channel's hit show Dr. 90210

"We can always count on Christine Avanti to give our viewers the "REAL SKINNY" when it comes to weight loss and nutrition. Her information is always fun, fresh and cutting edge."

Maureen Heaton, Assignment Manager, E! News

"At E! News we go to Christine Avanti as our #1 nutrition and weight loss expert, she is always tapped into the hottest trends in health, diet and weight loss."

Giuliana Rancic, Anchor & Managing Editor of E! News, Co-Star of Style Network's hit show Giuliana & Bill

Christine Avanti's program has changed my life. I have finally found a long term, realistic solution to maintaining a lean, healthy body and I feel healthy, happy and full of energy."

Lisa Germani, Director of Talent, TV Guide Network



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