

Celebrity Secrets to Losing Baby Weight



Samantha Harris

Age: 35

Gained: About 21 pounds with daughter Josselyn

Celeb Strategy: Harris was diligent about working out and eating healthy during pregnancy, so the E! News correspondent and *Dancing with the Stars* host had a head start on recovering her trim and toned pre-baby shape, according to her nutritionist Christine Avanti. Harris followed Avanti's Healthy Eating for the Expecting Mommy-to-Be nutrition program during and after pregnancy, which calls for balancing carbs and protein at every meal. "I don't let my clients eat just one nutrient at a time," says Avanti. "When you combine the two, you stabilize blood sugar and that helps your body burn fat and save muscle." Typical meals for Harris include a cup of nonfat Greek yogurt with granola and honey for breakfast, a turkey sandwich or fresh fruit with cottage cheese for lunch, and shrimp with brown rice for dinner. Avanti also had Harris eating within one hour of waking up and then every four hours -- a change that helped her feel energized all day long.

Harris hit the gym about four times a week, using the elliptical or treadmill for cardio and taking body sculpting classes. "She and her husband also do a lot of hikes and outdoor walks," says Avanti. Harris will even wear baby Josselyn and run and up and down stairs with her.

Real-Mom Workaround: Come up with some go-to healthy meals and keep your kitchen stocked with those foods and ingredients. "Samantha works two jobs and she doesn't have a chef at home cooking for her," says Avanti. "But she knows to combine lean protein with healthy carbs, like fruit or whole grains, at every meal." If you typically eat a bagel for breakfast, make it whole wheat and spread on a thin layer of peanut butter for protein, or swap your regular cereal for a high-protein version like Kashi. When you eat both carbs and protein at one time, you reduce cravings and stave off mood swings, says Avanti, so you'll be less likely to overdo it later.

[Read more about Avanti's Healthy Eating for the Expecting Mommy-to-Be program here](#)

